



30 Rebecca Street, Stratford | 519 271 0388 | **September 2017 Issue**

**In-Store SPECIALS September 17th- October 4th**

**While Quantities Last**

View our In-Store SPECIALS online at: [The Gentle Rain](#)

**LION'S MANE**  
Beyond  
**Memory Support**

- Boost Your Brainpower
- Memory Support
- Mental Clarity

**Purica Lion's Mane**

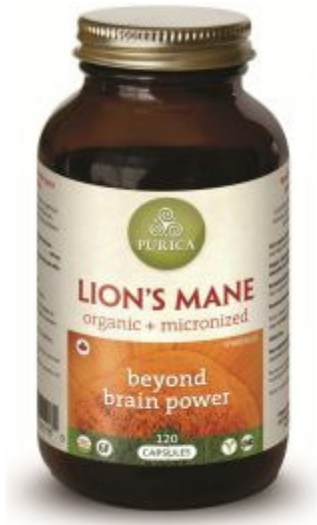
**SALE \$39.99 (60's) | \$23.99 (120's)**

**REGULAR \$22.99 | \$39.99**

**SALE \$37.99 (powder)**

**REGULAR \$45.99**

The Lion's Mane mushroom gets its name due to its long cascading tendrils that resemble the mane of a lion. Legend has it



that those who consumed lion's mane mushroom would have "nerves of steel and the memory of a lion".

Recent studies confirm support of the digestive system by administration of Lion's mane mushroom, but more promising is its ability to stimulate synthesis of nerve growth factor (NGF), which may help inhibit brain dysfunction and age-related loss of cognitive function.

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## Platinum Naturals Teen Multi's

SALE \$26.99 (60's)

REGULAR \$32.10

Teens often skip meals or eat fast food, and their diet often lacks crucial vitamins and minerals. Easymulti Teen provides the nutrients that teenagers need for overall health, clear skin, strong teeth and bones, better eyesight, as well as improved mood, concentration and energy.



- Designed to fill nutrition gaps for teens
- Provides essential nutrients for brain power and healthy vision
- Supports strong bones and teeth during this rapid growth period
- Promotes healthy skin and helps minimize breakouts
- Improves mood, concentration and energy
- Omega Suspension Technology (OST) provides better absorption and results you can feel.

Available in Young Women & Young Men.

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## Health First Cold Defense Duo Pack

SALE \$29.99

**Health First Cold-Defense** uses powerful herbs and ancient Chinese wisdom to prevent and relieve cold and flu symptoms.

1. We are exposed to a multitude of bacteria and pathogens daily.



Our own healthy immune systems protect us from most of these invaders. However, when our immune system is weakened with stress, trauma, poor nutrition, overeating, tiredness or intoxication, we leave vulnerabilities in our immune system, leaving us more susceptible to colds or flu.

2. When a cold or flu gets past our immune system, it often affects our stomach. Not only can we experience stomach upset, but the digestive ability of the stomach is weakened. A weakened digestive system makes fighting a cold or flu that much more difficult.



3. Cold-Defense helps the body deal with a cold or flu in several ways. The herb Huo Xiang helps to settle and strengthen the stomach. Next, Andrographis begins to neutralize the invading virus with its antimicrobial and antiviral properties. Meanwhile, the formula's Ginseng and Astragalus re-strengthen the immune system and act as energy for the Andrographis.

4. An important element of the Cold-Defense formula is one overlooked by similar formulas. Overcoming the infection with herbs such as Andrographis is not enough. The infection's toxins must be released from the body or they will hide in the tissues adversely affecting long-term health. The Fang Feng in Cold-Defense helps the body open its natural channels for expelling the toxins, which also reduces related neck and shoulder pains.

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## Bulk Herbs (shelf stock only)

**DISCOUNT 10% OFF**

Have you ever tried making your own tea blends? Now is the perfect time to experiment! We have a wide variety of organic or wildcrafted dried herbs that are sustainably and carefully sourced.

Please note: special orders not included.

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## Tea Balls

**SALE \$2.39**



REGULAR \$2.69

Put one teaspoon of your favourite loose tea in this tea ball infuser (make sure you do not overfill the infuser as the water needs to be able to circulate around the leaves and the leaves will swell to double their size) and put the infuser in your cup with some freshly boiled hot water. You will see colour in the cup almost straight away. Allow to continue to infuse for 3 – 5 minutes to get a full flavour.

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## Nuts to You Cashew Butter

**SALE \$10.99**

REGULAR \$14.45

Cashews are about 20% protein and 45% fat, mostly unsaturated. They have high levels of calcium, iron, magnesium, phosphorus, potassium and zinc. Located in Paris, Ontario, Nuts to You is 100% Canadian owned and operated. Their products do not contain preservatives, saturated fats or fillers added to their products and all of their nuts are dry roasted, not oil roasted.



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## Nuts to You Cashew Butter

**SALE \$10.99**

REGULAR \$14.55

Almond butter made by Canadian owned and operated, Nuts to You from Paris, Ontario. This Almond Hazelnut butter is a delicious, healthy alternative to traditional peanut butter.





## Wholesome Org Blue Agave (480ml)

SALE \$10.29

REGULAR \$12.80

Wholesome! Fair Trade Organic Blue Agave is a natural low glycemic sweetener harvested from the core of the Blue Agave plant.

Organic Blue Agave is a mild delicious syrup that is ideal for sweetening beverages, oatmeal, pancakes, waffles, yogurt, cereal and more. It is also great in smoothies, iced tea, or cocktails as it dissolves quickly in cold beverages. Agave is easy to bake with as well.

Try it wherever you would use a tabletop sugar.



## Nature's Path Superfood Bars

SALE \$5.79

REGULAR \$7.19

Dark Chocolate Cranberry Almond

Dark chocolate chunks, crunchy roasted almonds, and whole dried cranberries for a truly tasty super snack.



Blueberry Cashew

Whole dried blueberries, crunchy roasted cashews and creamy cashew butter, not to mention nutty pumpkin seeds for a truly tasty super snack.



Dark Chocolate Peanut

Dark chocolate chunks, roasted peanuts, with creamy peanut butter for a truly tasty super snack.

## NEW Que Pasa Tortilla Chips

SALE \$3.99

REGULAR \$4.79

Dig your hands into a bag of these new **sweet and spicy ranch chips**. The flavour combinations are so good, you'll be eating these by the handful!

The mouthwatering **Jalapeño & Lime tortilla chips** provide a truly delicious, authentic and savoury snack. Enjoy them just as they are or pair them with your favourite dip.

Also available in Nacho flavour - and it's vegan!





## Manitoba Harvest Hemp Oil

SALE \$14.99

REGULAR \$17.69

This hemp oil is cold pressed and cold filtered with no added preservatives or dyes. Each 15-millilitre serving (1 tablespoon) contains 10 grams of omega-3 and omega-6. The light, nutty taste is perfect drizzled over veggies, on pasta, or even on your popcorn for movie night. You can also add it to salad dressings, sauces, dips, and shakes.

Use this light green oil as a substitute for other oils in recipes that aren't heated above 300 °F (150 °C). Not recommended for frying.

## Toasted Hemp Seeds

SALE \$4.29

REGULAR \$5.29

Toasted Hemp Seeds pack a powerful punch, with bold flavours and a nutritional profile that is hard to beat! Each 30 g serving of Toasted Hemp Seeds contains 8 g of protein, 8 g of omegas 3&6 and 9 g of fibre.

Made in small batches, whole hemp seeds are lightly toasted and seasoned with quality ingredients, creating delicious snacks that you can eat at home or on the go!

Also available in Sriracha flavour.



## Chimes Ginger Chews (141g)

SALE \$3.99

REGULAR \$4.95

It's 1935 in Java Indonesia

'A young couple has just opened up a modest café in town, and their friend, who is an herbalist, stops by. He's just created a chewy candy, and can't wait to share it with the couple. The recipe calls for cooking fresh ginger, tapioca starch, and cane sugar together. The result is a chewy, spicy ginger treat that quickly becomes a town favorite, and soon the couple makes a



small business out of these candies. Even though generations have passed since those first candies, the same family crafts our ginger chews using the same timeless recipe and ingredients! Read more about the history of Chimes [HERE](#).  
Sale includes: Original, Mango, Orange, Peppermint & Peanut

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## Alba Acedote Wash & Lotion

SALE \$11.99

REGULAR \$13.99

Are your pores yearning to breathe free?

Clean them up with this powerful, botanically effective acne wash. Formulated with zit-zapping Salicylic Acid and Willow Bark Extract, this lathering cleanser digs deep into pores to unclog the gunk, helping banish existing zits and prevent new ones. You'll be cleaned up and ready to go with squeaky clean skin.

- maximum strength
- oil-free
- dermatologist tested
- non-comedogenic

Take your shine to the matte!

In your corner: the ultimate, acne-fighting, mattifying lotion. This powerful, botanically effective, oil-free formula keeps shine at bay while it weightlessly hydrates skin. Formulated with Salicylic Acid and Willow Bark Extract, this lotion takes zits down for the count and you'll see a visibly clearer complexion. Never tight, never oily, skin is smooth, fresh and prepped for your day (or night!).



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