

News from CFS and our Community



The CFS Wellness Advisory Team is a unique group of compassionate, knowledgeable, and committed Holistic Health Care professionals. Setting the bar high, in the health-food industry, is our on-going mission.

We strive to meet each of our customers where they are at, in their uniquely individual journeys, with friendly curiosity and humility.

Our enthusiastic team is stacked with credentials in Holistic Nutrition, Herbology, Reflexology, and Energy Medicine. We strive to stay up-to-date with the latest leading-edge research that can help us to serve our customers and community to the best of our ability. It is our collective calling to serve and we are always here to help!

Meet the Wellness Advisory Team



Tiffany C. Brawn, R.H.N.C. (Wellness Department Manager)

Dayana Robinson, R.H.N. (Wellness Department Manager)

Katherine Dorie, Herbalist (CFS Apothecary Manager)

James Day, R.H.N. (Chef, CFS Cafe Manager, & Wellness Purchaser)

Jenny Shrewsbury, R.H.N. (Wellness Advisor & Purchaser)

Ashley Clark-McKay, R.C.R.T. (Wellness Advisor & Purchaser)

Ashley Pequin, (Grocery Manager & Holistic Advisor)

Veronica Carpenter, D.S.H.M. (Wellness Advisor)

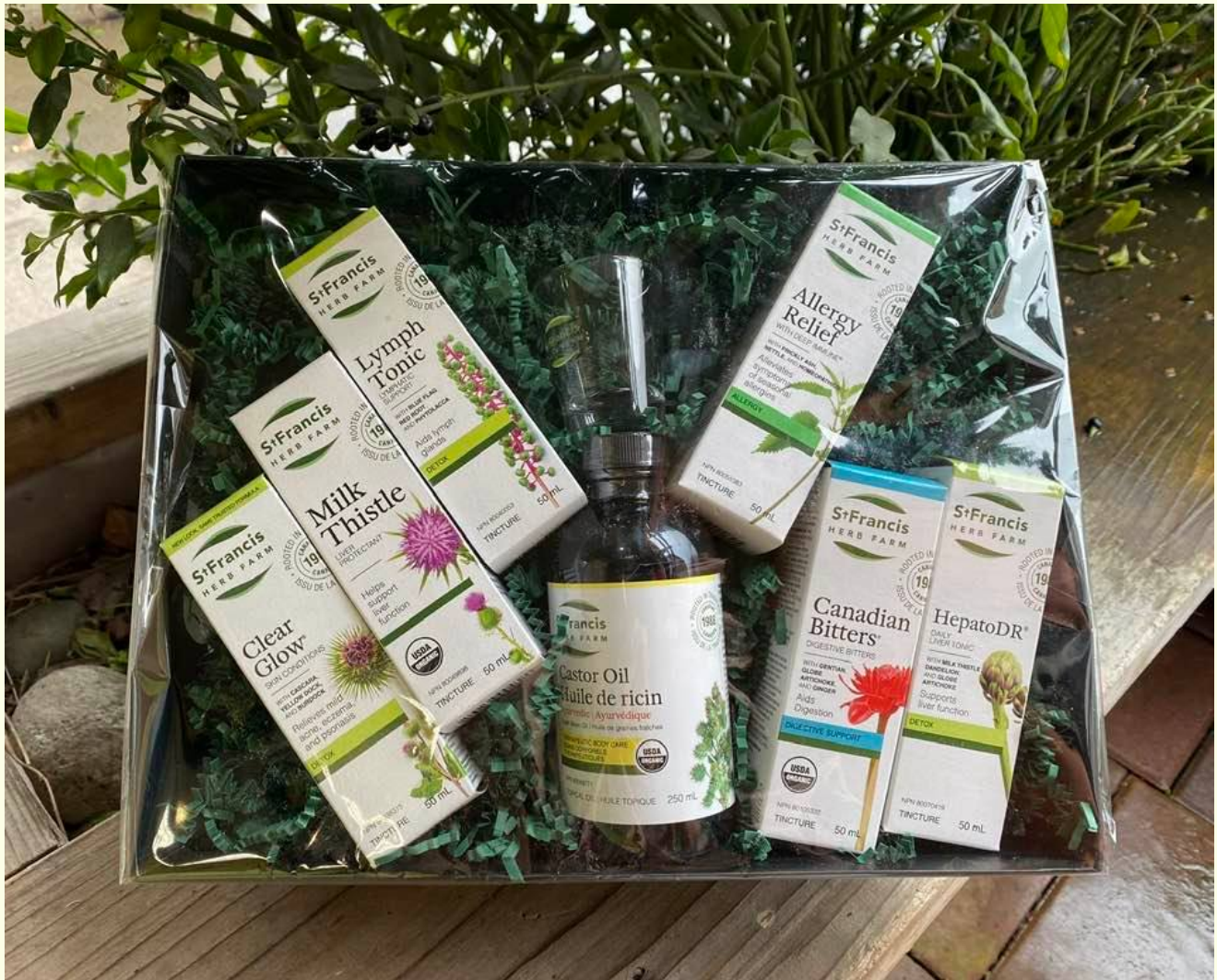
Debbie Whitburn (Wellness Advisor)

Congratulations to Ashley Pequin - our new CFS Grocery Manager! We're excited to see Ashley bring her wealth of holistic knowledge into her new position. She is still available to help you with your wellness needs, so don't be afraid to ask!

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Monthly Wellness Draw



We have a fabulous cleansing prize basket from our friends at St. Francis Herb Farm! Simply place an online order including a wellness product during the month of April for your chance to win. Visit <https://shop.communityfarmstore.ca/> to get started!

What's New in Wellness



'Okahai

Whether you're too busy to start a spring detox or your health is too tender to push your body to that edge right now, this new cutting-edge supplement will support your body and daily self-care practice. 'Okahai is a line of proprietary blends and the first to combine Hemp Seed Oil and Mushroom Elixirs with advanced formulations of holistic medicinal herbs and nutrients. Plus, they're made locally in Vancouver!

These are all-in-one formulations that work towards different aspects of reaching specific health goals and improving overall wellbeing. Each of these formulas is in a base of hemp seed oil and MCT oil for increased brain function and absorption. Take alongside your Vitamin D for best absorption.

Available in the following formulas:

Thrive - To help strengthen the immune system. Contains Elderberries, Zinc, Mitake, and other medicinals.

Revive - To help address issues of sprains, aches, and joint health. Contains Boswellia, Turmeric, MSM, and Reishi, along with other medicinals.

Rest - Designed to help regulate your sleep cycle, improve sleep quality and full-body

relaxation. This formula contains Reishi, Melatonin, L-theanine, 5-HTP, and other medicinals.

Calm - To help improve your body's response to stress and anxiety, and upgrade your mood and focus. Contains Ashwagandha, Lion's Mane, Valerian, and other medicinals.

Apothecary Attraction



Pau D'Arco

Pau d'arco, also called taheebo, is an evergreen tree that has rose-coloured flowers. The bark is valued for its powerful and therapeutic phytochemicals. Research identified two active chemicals in pau d'arco called naphthoquinones - lapachol and beta-lapachone. These chemicals have the power to kill bacteria, fungi, viruses and parasites. They have also shown anti-inflammatory properties, which are important in treating health conditions such as osteoarthritis.

Find it in the CFS Apothecary for a tea and in the Wellness Department as a tincture.

Typical Uses

Tincture:

Children (10 years): one half of the adult doses.

Children (14 years): three quarter of the adult doses.

Adults: 2-3ml ; 2 - 3 times a day in water or juice.

Decoction:

Boil 1 - 1½ tsp in 1 cup water for about 10 minutes. Drink 1 cup 2 - 3 times a day.

Precautions:

Pau D'Arco is toxic in very high doses. It may affect the blood's ability to clot, and could interfere with any blood-thinning drugs you are taking, including Warfarin (Coumadin), Clopidogrel (Plavix), and Aspirin.

Read on to learn more:

Homeopathic Heroes



Nat Sulph

A great ally during detox season, Nat Sulph can assist with many issues arising as the body attempts to clear itself from winter congestion. This tissue salt will aid nature's efforts to clear surplus water from the tissues, thus helping our systems to detoxify. Indigestion, bilious diarrhea with bad gas, excessive urination, and even skin inflammations with watery secretions can benefit from Nat Sulph. There may arise a bitter taste in the mouth, or slimy expectorant. This inorganic salt comes to aid to keep bile flow, and gastric juices regulated and in natural balance.

One requiring the support of this tissue salt may experience exacerbated symptoms in the morning that are worsened by the cold, wet weather of spring. It is an excellent adjunct to support any spring detox.

Key sign: dirty greenish grey coating at the back of the tongue

Fantastic Ferments



The Cultured Coconut - Nature's Finest Probiotic

The Cultured Coconut is an exciting whole-food probiotic that offers your body over 40 strains of beneficial, living bacteria. In fact, just 1 tablespoon of **Cultured Coconut** is teeming with over 4 trillion CFU (colony forming units), an exceptionally high concentration of live bacteria and yeast strains in one food source. These bacterial allies are naturally anti-pathogenic (crowding out the "bad guys"), anti-viral, and anti-fungal, helping to build and maintain a strong immune system during allergy season.

Cultured Coconut is dairy, gluten, and sugar-free, affordable, and easy to use. Simply add it to your smoothies, guacamole, hummus, or even warm dishes like curry, soup, and chilli. Just make sure to add your dose of Cultured Coconut after you're done cooking to ensure you don't kill the living probiotics with excessive heat. Cultured Coconut is safe for everyone in the whole family including your beloved pets. Once opened The Cultured Coconut will last 6-8 weeks in the fridge. **Find yours in both our Fermentation Station down the produce aisle and in the Wellness Department probiotic cooler.**



Botanica Fermented Milk Thistle

Milk thistle is a powerful herb that can be used as a day to day liver tonic for extended periods of time, protecting us from various environmental toxins. By supporting our liver we can improve our immune system, balance our hormones, reduce inflammation, clear our skin, and prevent rapid aging.

Botanica Fermented Milk Thistle is loaded with enzymes, B vitamins, micronutrients and organic acids – and a dose of milk thistle. All to help support a healthy liver which can be put under stress as it tries to detoxify life for us.

Botanica's small batch brewing process starts with organic milk thistle harvested at peak potency. It's made into a herbal tea and combined with a unique scoby (Symbiotic Culture of Bacteria and Yeast). Then it is fermented fully for months, unlike other kombuchas which typically ferment for mere days or weeks.



Probiotic-Rich Milk Thistle Vinaigrette

This tasty vinaigrette has cleansing properties supporting healthy liver function while providing the digestive tract with a good dose of probiotics. Make sure to sip any remaining dressing in the bottom of your bowl!

Ingredients:

- ¼ cup (60 mL) **Botanica Fermented Milk Thistle**
- ¼ cup (60 mL) flax oil
- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) fresh lemon juice
- 1 garlic clove, smashed and finely minced

Directions:

1. Place all ingredients into a small bowl or bottle. Whisk or shake until well blended and slightly thick.
2. Serve over salad greens, steamed or roasted vegetables, on top of grains or as a bread dip.

Supplemental Spotlight



Ki Hayfever Control - Save 20%*

Ki Hayfever Control Formula combines tried and tested herbs used in Traditional Chinese Medicine, along with scientifically researched ingredients to help strengthen your immune system and reduce symptoms of hayfever and other allergic reactions. **Ki Hayfever Control Formula** is also effective for environmental sensitivities to dust and mold and for pet-related allergy symptoms. To achieve optimal immune-supportive results it is suggested that one should start a Ki Hayfever Control Formula protocol 7 weeks before allergen exposure to strengthen immune function and assist in building resistance to said allergens.

Ki Hayfever Control Formula blends powerful herbs and bioflavonoids including:

- Astagalus root (including Rhina-mp® patented extraction) strengthens the immune

- system, delivers relief for allergy and hayfever symptoms
- Ginger traditionally used in TCM to help clear nasal passages and relieve chesty coughs
- Magnolia flower traditionally used to relief hayfever symptoms including headaches and watery nasal discharge
- Quercetin, a natural plant flavonoid shown in scientific studies to inhibit histamine production when immune cells are under attack from allergens

For many people, allergy season is long and uncomfortable. Why not suffer less this year and give your body the break it deserves? Come in today and pick up a box or two of Ki Hayfever Control at a great price! Since the full effects may take a few weeks to be felt, feel free to compliment this formula with homeopathic products like Allium cepa to help control acute symptoms in the beginning of your protocol.

*During the month of April, while supplies last

Herbal Helpers



Flora Health Flor-Essence 7-day Purification Program

In today's world, high levels of pollutants like heavy metals, hormones, chemicals and food preservatives are increasingly present in our water, air and food sources. The human body's elimination system simply cannot keep up. Over time, these built up toxins can deplete the normal functioning of cells and organs and contribute to a number of serious health concerns. The **Flora Health Flor-Essence 7-Day Purification Program** offers a comprehensive three-part regime to accelerate the body's natural process of detoxification to remove accumulated toxins and wastes. While fasting or other cleansing programs can be harsh or inconvenient, the Flor-Essence 7-Day Purification Program is a safe and gentle whole-body cleanse.

This three part cleanse starts with **Flora's Flor-Essence herbal tea blend**, based on the traditional Ojibwa formula of bitter herbs (like burdock root, sheep sorrel, and slippery elm bark) used to stimulate your palate and spring your liver and digestive tract into action. The second part is a deep kidney cleanse with **Pro-Essence detoxifying herbs** (like prickly ash bark, juniper berry, and uva ursi leaves) that target the filtration organs of the body. The finale is a **fibre follow up with Floralax II** (including defatted flaxseed, psyllium husks, and oat bran) taken with water to absorb the toxins that will be ushered to the colon for elimination. Some people experience a brighter complexion, improved energy, deeper sleep, and improved digestion after using this program.



Flora Health Flor-Essence Gentle Daily Cleanse

Flor-Essence is a gentle daily cleanse that supports your body's cellular detoxification processes, helping it to remove pollutants safely and efficiently. Inspired by a traditional Ojibwa recipe, the 8-herb formula was developed and perfected through years of clinical use by Canadian nurse Renee Caisse, with the help of Dr. Charles Brusch, former personal physician to U.S. President John F. Kennedy. This traditional formula, steeped in Western Herbalism, may improve inflammatory disorders, promote healthy blood circulation, ease bowel ailments, boost resiliency to viral and bacterial infections, and improve skin health.

The Flor-Essence antioxidant-rich formula includes Burdock root, Sheep Sorrel, Slippery Elm

bark, Blessed Thistle, Watercress, Red Clover, Indian Rhubarb root, and Sea Kelp. Flora Flor-Essence is made with organic herbs, is Kosher, non-GMO, vegan, and gluten-free. This pre-brewed tea concentrate is a simple and effective way to incorporate cleansing into your daily wellness routine.

Caution: Always consult with a qualified healthcare practitioner before using herbal medicine to avoid any potential contraindications. Do not use Flor-Essence if you are pregnant, or breastfeeding. It is important to understand that detoxing may cause healing reactions that are similar to cold and flu symptoms.

Read on to learn more: <https://www.healthline.com/nutrition/essiac-tea>

The image shows the packaging for Wild Rose Herbal D-Tox. The box is white with a pink bottom section and is set against a background of white-painted wooden planks with scattered yellow and red rose petals. On the box, the text "WILD ROSE" is in pink and "HERBAL D-TOX" is in large black letters. Below the title, there are four product containers: three small jars labeled "BILHERB", "CLEANSAHERB", and "LAXAHERB", and one larger glass bottle labeled "POLYHERBAL EXTRACT". To the right of the products is a circular portrait of Dr. Terry Willard. The pink section at the bottom of the box contains the following text: "Whole body cleanse / Cure pour le corps entier", "12 day program* / Programme de 12 jours*", "Specific diet included / Guide alimentaire inclus", and "DR. TERRY WILLARD, PH. D. / Clinical Herbalist - Herboriste clinicien". At the very bottom of the pink section, it says "SINCE 1975 • DEPUIS 1975 / DESIGNED IN CANADA • FORMULÉ AU CANADA".

Wild Rose Herbal D-Tox

To help maintain a healthy balance of assimilation and elimination, the Wild Rose Herbal D-TOX Program is uniquely designed to enhance all aspects of metabolism. It is a proven 12-day cleansing program, placing an emphasis on supporting the function of the liver, the small intestine and the bowels to promote proper digestion and elimination of toxins and wastes. The herbal formulas combined with the Simple Cleanse-Enhancing Diet is designed to encourage continued health, clearing of a congested system or renewal following over-consumption. It's a simple way to maintain health, start a new lifestyle or break old habits.

During the 12-day period of the Wild Rose cleanse, you can eat as much food as you want. However, it is crucial to only eat the recommended foods from the [Wild Rose detox food list](#).

Tincture Treasure



St. Francis Herb Farm Cleansing Tinctures - Save 20%*

Support your springtime cleansing routine with some of our favourite tinctures from [St. Francis Herb Farm](#). These effective, gentle herbal formulas optimize the body's natural detoxification pathways.

Hepato DR - Save 20%*

This synergistic multi-herb formula supports complete liver detoxification and aids eliminatory functions. Featuring certified organic milk thistle, with active silymarin for optimal liver function. Hepato DR aids in bile production and flow, to support digestion and enhance detox capacity, offering full-spectrum liver detox support to help cleanse the body or for degenerative or inflammatory disorders of the liver.

Tip: Take for a month to feel the effects of a focused liver detox.

Dosage: Take 2 mL (60 drops) 3 times daily in a little water on an empty stomach.

Cautions and Warnings:

Consult a health care practitioner before use: if you have gall bladder disease; if you have intestinal obstruction; or if symptoms worsen or persist.

For contraindications please check out this link:
<https://stfrancisherbfarm.com/product/hepato-dr/>



Lymph Tonic - Save 20%*

Promote the health and detoxification of your lymph glands with this expertly crafted Lymph Tonic formula, featuring blue flag, cleavers, red root, and phytolacca - all lymphatic herbs.

Tip: Use in combination with lymphatic massage, especially useful to use after colds & flu's and cleansing.

Dosage: Adults - Take 2 ml (60 drops) 3 times daily in a little water on an empty stomach.

Cautions and Warnings:

Consult a health care practitioner before use: if you are taking immunosuppressants; if you have an autoimmune disorder or a progressive systemic disease such as tuberculosis, leukemia, collagenosis, multiple sclerosis, AIDS and/or HIV infection. Keep within recommended dose range. Can cause headaches and inflammation of the eyes and throat. Consult a health care practitioner if symptoms worsen or persist. For Contraindications please check out this link:
<https://stfrancisherbfarm.com/product/lymph-tonic-formerly-laprinol/>



Clear Glow - Save 20%*

St. Francis's Clear Glow tincture helps relieve skin conditions like mild acne, eczema, and psoriasis. This anti-inflammatory and antibacterial herbal formula removes toxins and supports the natural elimination functions of the skin.

Tip: Use for one month minimum for visible changes in complexion.

Dosage: Adults - Take 1-2 mL (30-60 drops) 3 times daily in a little water on an empty stomach. Take a few hours before or after taking other medications or health products.

Cautions and Warnings:

Consult a health care practitioner before use: if you are taking thiazide diuretics, corticosteroids, licorice root or other medications or health products which may aggravate electrolyte imbalance; if you are taking immunosuppressants, cardiac medications such as cardiac glycosides or antiarrhythmic medications; if you have faecal impaction; if you have a kidney disorder, an autoimmune disorder, a progressive systemic disease such as tuberculosis, leukosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection; if you are taking other medications or have a medical condition. Consult a health care practitioner if symptoms worsen or persist. For contraindications please check out this link:

<https://stfrancisherbfarm.com/product/clear-glow/>

*During the month of April, while supplies last

Tincture Tip

If your dropper clogs simply take a small needle, or straightened paper clip, and insert it into the end to unclog the tip. Then run hot water through the dropper by taking off the cap of the dropper. Once clean, replace the cap.

Superfood Sensation



Laird Organic Activate Daily Jumpstart - Save 20%*

A delicious hydration solution to help you energize your day! Lemon fresh with a hint of spice, this organic blend of premium freeze-dried lemon powder, ginger, cayenne, and lucuma takes your first glass of water for the day to the next level. **Laird Superfood** Organic Activate Daily Jumpstart contains 2g of carbohydrates per serving, making it a keto-friendly option.

This formula contains:

Lemon: To optimize pH levels and supports the body's natural detoxification process; lemon is a natural source of antioxidant vitamin C.

Lucuma: Known as the "Gold of the Incas" with a creamy citrus flavour, Lucuma is packed with antioxidants, vitamins, minerals, and can be used as a natural diabetic-friendly sweetener.

Ginger: To aid digestion, balance blood sugar and cholesterol levels, reduce inflammation, and keep bad bugs at bay in the bowel.

Cayenne: Supports the circulatory system reversing blood clotting issues, improves digestion, balances triglycerides, and increases feelings of satiety.

Sea salt: To support the body's fluid and electrolyte balance and add a plethora of trace minerals.

*During the month of April, while supplies last



Beekeepers Naturals B-Powered Superfood Honey

Beekeepers Naturals B-Powered Superfood Honey incorporates Royal Jelly, Bee Pollen, and Propolis, into a hive-powered raw honey, superfood medicine. Well-researched for their

immune enhancing properties, Royal Jelly and Propolis promote sustained energy and mental clarity. Bursting with vital nutrients, living enzymes, and youth-promoting antioxidants, Beekeepers B-Powered, hand-harvested raw honey superfood may help to ease symptoms of seasonal allergies, can be used as a pre-workout tonic, or before a mi-day slump to put a kick back in your step.

Whether it's low energy, a scratchy throat, or brain fog, we all need an extra dose of TLC sometimes which is why Beekeepers Naturals creates potent, natural medicine backed by rigorous scientific testimony. Obsessed with sustainability, Beekeepers Naturals is also dedicated to raising environmental awareness for the welfare of the pollinators that we depend on for our own survival. Why not vote for a healthier world with your hard-earned money and treat yourself to a delicious and potent natural medicine that makes a positive difference in our world?

Caution: Not for children under the age of 6 or individuals with asthma or severe allergies to pollen or bee products.

<https://beekeepersnaturals.ca/collections/all/products/b-powered>

Essentials & Essences



Pure Potent WOW Citrus Kiss

Citrus Kiss is a great blend of uplifting and energy-moving citrus fruits which will surely help to invigorate your home and soul this spring! **Pure Potent WOW** essential oils are organic and created in Canada.

This blend contains essential oils of:

- Orange - used for anxiety, chronic fatigue, bronchitis, & cellulite
- Lemon Peel - used for fatigue, digestive issues, and high blood pressure
- Lime - used for Acne, Cellulite, Congestion, Immune system boosting, and Mental exhaustion
- Grapefruit - used for headaches, mental and nervous exhaustion, depression, and menstruation support

Find Citrus Kiss along with our extensive selection of organic and wildcrafted essential oils in

Bodacious Body Care



Dry Brushing

Dry brushing is a type of Ayurvedic medicine that has been around for centuries. Perfect for detoxifying season! Our Wellness Department has everything you need to add dry brushing to your self care routine.

Health benefits from dry brushing are:

- Improves lymphatic drainage, and helps rid toxins
- Exfoliates the skin which improves skin health and appearance
- Increases circulation
- Reduces stress and boosts energy levels and mood
- Helps to break down cellulite
- Better muscle tone

How to practice dry brushing:

1. It's best to dry brush DRY and before bath/shower preferably in the morning as it has energizing properties
2. Start at your feet and move up your body
3. Brush your skin using wide, circular, clockwise motions. Move in the direction toward your heart.
4. Use light pressure in areas where your skin is thin and harder pressure on thicker skin, like the soles of your feet
5. After dry brushing, take a shower or bath to help remove the dry skin.
6. After your shower/bath, dry off and then moisturize!

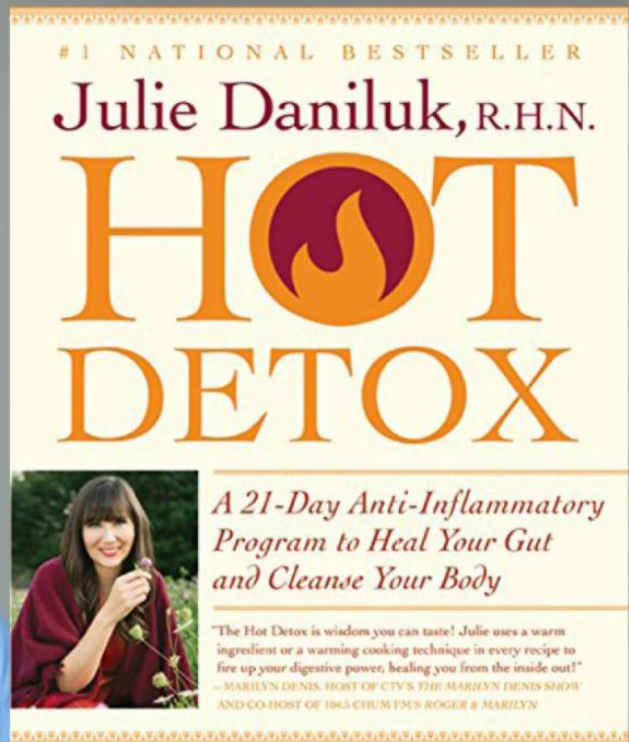
Pet Wellness



EcoSpaw

New to the CFS, this Canadian-made line of products offers you an easy-to-use and clean solution for your pet's body care. **EcoSpaw** uses completely natural and advanced nanotechnology to attack oils and get the job done safely and efficiently. Find their Ear Cleaner, Soothing Shampoo, and Bathless Spray in both our Wellness and Pet Departments. Staff tested and approved!

Brilliant Books



Hot Detox

The Hot Detox book is a mix between a cookbook and a textbook. Designed to help you get back to your full health potential by giving you the information and inspiration to guide you through a food-based detox and get your digestive fire hot again. Written by Canada's most famous nutritionist, Julie Daniluk, this book is not only a helpful guide and learning tool but packed with healthy and deliciously creative recipes you can make all year long!



The Community Farm Store
Organic Health & Whole Food Market
Proudly serving the community since 1993

Monday - Saturday 9-6
Closed Sunday
Good Friday, April 15 ~ 9-6
Easter Monday, April 18 ~ 10-6

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