

FREE ISSUE

HOLIDAY 2019

# Nourish

## A Taste of Local

8 delicious holiday brunch recipes featuring ingredients gathered locally from farmers here at home!

# 21

IMMUNE BOOSTING  
FOODS & MORE!

STAY HEALTHY  
THROUGH THE  
*Holidays*

Cranberry Semifreddo  
Recipe on page 32



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immune support



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energy production

# GENUINE HEALTH



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free



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free



vegan



Try  
these festive  
energy bites

## GINGERBREAD ENERGY BITES RECIPE BY TORI WESSZER

### INGREDIENTS:

- 1 c. whole almonds
- 1 c. large flake oats
- ¼ c. hemp seeds
- 2 scoops vanilla fermented organic vegan proteins+
- 5 Tbsp. molasses
- 2 Tbsp. almond or cashew butter
- 12 pitted dates
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tsp. ground ginger
- ½ tsp. cloves
- pinch sea salt
- 2-4 Tbsp. plain unsweetened almond milk
- ground and/or finely chopped almonds and/or hemp seeds (for rolling the bites in)

### DIRECTIONS:

1. Place all of the ingredients up to and including the sea salt in a food processor and process until the mixture resembles a very fine crumb, scraping down the sides if needed.
2. Add the almond milk one tablespoon at a time until the mixture just sticks together and easily rolls into a ball: you may not need all of the milk.
3. Roll 2 teaspoons of the mixture into a ball using the palms of your hands and roll each ball in either the ground almonds, chopped almonds or the hemp seeds. Set aside and repeat with the remaining mixture.
4. Store in the refrigerator or freezer.

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PROUDLY 

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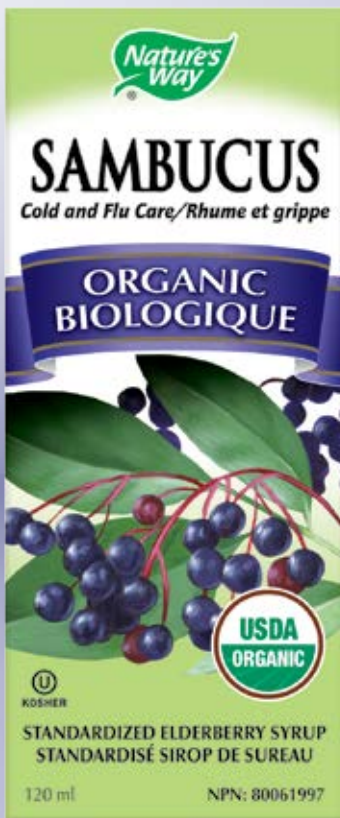
Your guide to staying healthy through the holidays and enjoying every minute of it!

### **<<23** A Taste of Local

8 delicious holiday brunch recipes created by our own Chef Pekka Woods featuring ingredients gathered locally from farmers here at home!



**Tastes  
so good,  
you'll  
almost  
wish you  
had a  
cold.**



**[** It's the most wonderful  
time of the year!

'Tis the season for catching up with friends and enjoying time with family & loved ones. At Goodness Me! nothing is more important than family. Spending time with the people we love, sharing good food, and appreciating our time together, is what the season is all about.

With that in mind, we wanted to help make your holiday preparation as easy as possible!

That's why we are so excited to share our special holiday edition of Nourish: our stress-free, one stop holiday shop for all your gifting and entertaining needs!

We heart local—and we want you to as well! Be inspired by Goodness Me!'s own Chef Pekka Woods to create these simple yet delicious brunch recipes all made with ingredients found in our own backyard.

We've also included two great guides to meet all your shopping needs—whether looking for unique finds to load up those stockings, or healthy foods to top your holiday table--you'll find them here!

From our Goodness Me! family to yours, we wish you peace, health and great happiness this joyous holiday season. May you have many opportunities to gather 'round the table with loved ones and enjoy a nourishing and delicious meal. May the season warm your soul and bring love to your heart.

- **Goodness Me! Natural Food Market**

## Find A Location

### Upper Gage

1000 Upper Gage Ave.  
Hamilton, Ontario  
L8V 4R5

### Locke St.

176 Locke St. South  
Hamilton, Ontario  
L8P 4A9

### Burlington

2300 Fairview St.  
Burlington, Ontario  
L7R 2E4

### Waterdown

74 Hamilton St. North  
Waterdown, Ontario  
L0R 2H6

### Brantford

605 West St.  
Brantford, Ontario  
N3R 7C5

### Cambridge

525 Hespeler Rd  
Cambridge, Ontario  
N1R 8J6

### Mississauga

720 Bristol Rd. W.  
Mississauga, Ontario  
L5R 4A5

### Guelph

36 Wellington St. W.  
Guelph, Ontario  
N1H 4H7

### Waterloo

668 Erb St. W.  
Waterloo, Ontario  
N2T 2Z7

### Barrie

79 Park Place Blvd., Unit #2  
Barrie, Ontario  
L4N 6P4

### Online

Online Store  
Canada Wide Shipping  
goodnessme.ca

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Goodness Me! Natural Food Market



Get to know our Chef,

# PEKKA WOODS

**Director of Culinary Experience & Prepared Foods**

BY ALEX SYER

Pekka Woods was raised in Toronto where his love for the culinary arts blossomed. Once Pekka knew that he belonged in the culinary world, he began to pave the way for his future success. Pekka attended the Stratford Chefs School where he graduated with honours and earned the ethnic cooking award. From there, he worked in the food service industry for over 28 years, with 20 of those years being designated as a Red Seal Chef.

Pekka has worked with notable figures in the culinary world such as Mark McEwan of North 44, Norman Laprise of Toque, Lee Parsons of Escabeche, and Neil Baxtor of Rundles. Pekka was also the head chef of The Epicurean

(Located in Niagara on the Lake) and Alice's Restaurant (formerly located in Toronto). Before joining the Goodness Me! Team, he was formerly the Culinary Director for HMSHost who are leaders of culinary innovation for airport dining.

We are excited to bring on an innovative mind who understands the core values that Goodness Me! was founded on. We share the same standards - we both want our customers to enjoy a sustainable and healthy meal made with ingredients you can trust. We look forward to refining and reinforcing that our eatery is authentically local, made with fresh ingredients, and served up with care for customers. >>



## QUESTION

Why did you decide to become a Chef?

## ANSWER

I guess that becoming a chef just kinda spoke to me. I had worked in the food industry for several years but when I finally got my first opportunity to really get into the kitchen—it was an immediate fit. It kinda found me.

**Q: What has been your favourite moment in your culinary career?**

**A:** Gosh, that's a tough one! I've had so many great moments; from the first realization that I loved working in the kitchen, to being hired by some really high-end restaurants, being the chef of my own kitchen... there are so many! There's not one specific moment that stands out—it's been a journey.

**Q: Who is a Chef that you admire?**

**A:** I admire so many of the chefs that I've worked with—and from each one you gain insight into what they're doing; aspects of how they operate—from a sense of flavour, to the finance end, to what a really healthy work environment looks like. All of them were passionate about what they do—and that spoke to me!

**Q: What is your favourite dish to make at home?**

**A:** Depends on what mood I'm in! If I'm in a hearty mood then my go-to is spaghetti bolognese, if it's a nice summer day I'm out cooking on the grill, if I'm lazy I'll do a stir-fried rice.

**Q: What are your daughters' favourite dishes you make?**

**A:** They love it when I do Indian dishes all at once—we love a whole variety of dishes on the table! It can be challenging 'cause one is a vegetarian and one is a meataterian. My vegetarian is really liking the Goodness Me! vegan chili that I've been working on—and we're launching soon!

**Q: What are three things every beginner chef should have under their belt?**

**A:** Have an open mind, desire to work hard, and don't be afraid to make mistakes.



Mushroom Quiche  
Recipe on page 23





**Q: How has your time at Goodness Me! been so far?**

**A:** Fantastic! What an amazing team across the board. So many engaged store managers, a supportive leadership team and so many opportunities for new ideas and growth.

**Q: What is your favourite dish you grab at a Goodness Me! eatery?**

**A:** Butter Chicken

**Q: Any exciting updates you can share with us about the future of Goodness Me!'s eatery?**

**A:** There's a new sandwich program in the works. After that we're working on some amazing mix & match meals; like chicken wings that you can take home with your choice of favourite sauce. We've also got some new vinaigrettes in the salad bar available for sale to take home. Basically, anything you find on our salad bar & eatery will be available to take home and recreate for your family!

## QUESTION

One fun fact about you!

## ANSWER

I am working towards my 3rd degree Shodan In Kendo.

**Salmon Gravlax**  
*Recipe on page 27*

*Emile Noël*  
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# HOLIDAYS DONE RIGHT

with our Ho Ho Hibiscus mocktail. Made with our relaxing Hibiscus & Rose Hips kombucha, this fizzy delight will keep you feeling calm and cozy during the festive season.



## HO HO HIBISCUS

### INGREDIENTS

- Sprig of mint, smacked in your palm to release oils (breathe in the scent, save some for garnish)
- ¼ Gala apple, peeled; save an extra slice for garnish
- 0.5 oz lime juice
- 4 oz RISE Hibiscus & Rose Hips Kombucha
- Crushed ice


### DIRECTIONS

1. Take out any familial frustrations (kidding — or not?) by muddling ¼ Gala apple at the bottom of a glass; add crushed ice
2. Top it with freshly squeezed lime juice and the sprig of mint
3. Breathe deeply as you pour RISE Hibiscus & Rose Hips Kombucha and stir
4. Finish it off with an apple slice for garnish
5. Savour the flavours. Relax. Enjoy!

Making a RISE cocktail at home? Tag us for a chance to be featured.

  @risekombucha #risekombucha





# Boost your immunity!

## 21

### IMMUNE BOOSTING FOODS, TONICS & TEAS

BY KATIE MITTON

*It's that time of year again: the sniffles are starting, the coughs continuing, and the nausea never-ending. Cold and flu season is upon us. Whether you are susceptible to getting sick or are able to avoid the illnesses most years, cold and flu prevention is important. Not only is a cold or flu a nuisance, interrupting your daily life and routines and making you feel awful, but it's also a sign of an immune system in need. A weak immune system can also be linked with high levels of stress, poor sleep, and poor digestion, so addressing all of these things can help bolster your immune system in a very powerful way. However, there are foods, herbs, tonics and teas that you can use to help strengthen your immune system to try to prevent getting sick, and also things you can include in your diet to help you if you're already sick. From fruits and vegetables to extracts and tinctures, read on for 21 of our most powerful immune-boosting foods, tonics, teas, and more!*

#### VEGETABLES

Vegetables harness so much amazing power to impact and better our health. We have 4 of our favourites for immune-boosting benefits, but before we dive in, let's talk about the importance of organic. Certified organic produce is the best choice you can make for your health. It helps ensure you are getting the minerals and nutrients you need from organic soil, whereas conventional produce is grown on mineral-depleted and nutrient-starved soils. Certified organic produce also is grown and farmed without the use of chemicals or pesticides. In fact, by choosing the Dirty Dozen (the 12 most contaminated fruits and vegetables) organic, you can reduce your pesticide intake by up to 80%.

**Cabbage:** Cabbage is a cruciferous vegetable that comes in many colours and is low in calories, but mighty high in nutrients, including vitamin C—of which it has about 37mg per 100g of cabbage. And vitamin C is a powerhouse when it comes to immunity! While raw it is very healthy for you, cabbage is even better for your immune system and digestive tract when it's fermented in the form of sauerkraut or kimchi. Fermented foods heal your gut lining and digestion, and your gut houses 70% of your immune system cells, meaning fermented foods boost your immunity, too.

**Garlic:** Garlic contains compounds that have been shown to improve white blood cells' ability to fight

off certain viruses, such as those that cause colds and flu. It's great to eat, but it also comes in a supplement form, and studies have shown that daily supplementation with garlic reduced colds by 63% when compared with placebo. Plus, another study shows that a high dose of garlic extract can reduce the amount of cold or flu sick days by 61%. It's a powerhouse for your immune system!

**Peppers:** Red bell peppers have the most vitamin C of all varieties, and all bell peppers also have lots of phytochemicals and carotenoids, like beta-carotene, which are chock full of antioxidant and anti-inflammatory benefits as well. Plus, peppers can help clear out congested mucus membranes in the nose and lungs, helping you eliminate the toxins and disease-causing components of your cold or flu faster!

**Spinach:** Like its friends cabbage and peppers, spinach is loaded with vitamin C which helps fight cold and flu and bolster the immune system. That's not all it has, though. It's also high in antioxidants and beta-carotene, like peppers, which may help our immune system fight infection and viruses easier. An interesting fact about spinach is that its nutrients are best retained when the vegetable is raw, so try enjoying spinach in a delicious salad rather than in your stir fry for the most immune benefits.

# LISTEN TO THE PROS!

## TIP #1

Dr. Wendler is a licensed Naturopathic Doctor practicing family medicine in Waterdown, Ontario. After completing an honours degree at the University of Guelph in Applied Human Nutrition, Dr. Wendler went on to complete her post-graduate naturopathic medical education at The Canadian College of Naturopathic Medicine in Toronto. She is licensed by the Board of Directors of Drugless Therapy – Naturopathy to practice in the province of Ontario.

***"Ditch the dairy and stop the sugar at the first sign of any winter illness. Dairy thickens fluids in your body allowing the mucus to hang around in the ears, nose, throat, and chest- a perfect place for nasty bugs to grow and multiply . Refined, processed sugar (only as little as a teaspoon) puts the breaks on your immune system and serves as food for the unwanted microbes."***

### FRUITS:

Just like vegetables, fruits are more beneficial for our health and immune system when they are grown organically. Especially fruits like berries, which are frequently on the dirty dozen list, and yet so high in things like antioxidants, vitamins, and nutrients.

**Coconuts and Coconut Oil:** Coconut in all its forms is a superfood powerhouse. It's loaded with healthy medium chain fatty acids, and is beneficial for our metabolism. Coconut oil has been shown to be antimicrobial, killing fungus and bacteria, and has proved beneficial for helping fight pneumonia. One study showed that children who took coconut oil recovered from pneumonia much faster than those who did not, and also had reduced fevers, clearer breathing, and normal blood oxygenation.

**Berries:** Berries, such as blueberries, raspberries, strawberries, and blackberries, are extremely high

on the ORAC scale—meaning they contain some of the highest levels of antioxidants, which help to fight free radicals. Blueberries in particular may help you fend off colds and flu, though, as they are high in pterostilbene. Researchers from Oregon State University found that when this compound was combined with vitamin D, the body's ability to fend off illness increased.

**Citrus Fruits:** Citrus fruits, like grapefruit, oranges, and lemons, are low in sugar, which is known to be an immune-suppressant, and packed with vitamin C, which is essential for fending off infections like colds and flu by boosting the production of white blood cells. Your body does not produce vitamin C on its own, so make sure to stock up on vitamin C by enjoying the fruits and vegetables—like citrus fruits—which are rich in this immune-boosting vitamin!

**Apples:** Along with being high in vitamin C, apples are also a rich source of soluble fiber. A study in 2010 done at the University of Illinois showed that soluble fiber helps to strengthen the immune system by changing the "personalities" of immune cells. Instead of being pro-inflammatory, the cells turn to anti-inflammatory, healing cells that help the body recover from infection and illness faster.

### HERBS:

Herbs are a passion of Janet Jacks'. She understands how much power they have to harness our health, and improve it when things are going awry. She often turns to herbs in the form of spices and teas to help her deal with different health issues, and encourages others to do the same. Herbs are especially vital when it comes to our immune system—and they're so readily available to us! Using them in our cooking in dried or fresh forms, or finding them in oils and tinctures, you can't go wrong when you decide to include more herbs in your everyday life.

**Oregano:** Herbs are powerful when it comes to our health, and oregano is a great one for immune benefits. It's high in vitamins A, C, E, and K, all of which are good for your immune system, and has anti-inflammatory, anti-microbial, and anti-fungal effects. In fact, studies have shown that essential oils from oregano may help to fight off *Listeria* and the superbug MRSA.

**Turmeric:** You've probably heard of turmeric as a superfood herb, with its high antioxidant and anti-inflammatory properties. But did you know the active ingredient that helps with these things in turmeric is actually curcumin? This is an anti-viral, anti-fungal, anti-inflammatory compound that is excellent to help fend off everyday colds and flus as well as more serious conditions like cancer.

**Ginger:** Ginger is a powerful agent in helping ward off and dispel nausea due to its ability to help break up and dispel intestinal gas or other disruptions. It's a great remedy to have when you have the flu, as in lemon and ginger tea or in a chew like the Ginger People chews. Plus, because it's good for nausea, it's also been shown to be effective for motion sickness, seasickness, and sickness associated with pregnancy.

**Licorice root:** Licorice is good for so many ailments, and one amazing power it has is to boost the adrenals and support the stress response. Your adrenal system is intricately linked with your immune system. When you're too stressed and your adrenals are worn down, your immune system is more vulnerable to attack. Helping support your adrenals and stress response is a great way to support your immune system!

### TINCTURES & EXTRACTS

Just like herbs, tinctures and extracts are a powerful way to improve health—but they are even more potent. Tinctures and extracts offer a unique way for your body to absorb compounds that may not be as readily available from water extraction, and increase the potency and benefits of these compounds compared to when they are not in tincture or extract form.

**Astragalus:** Astragalus is an adaptogen, meaning it helps the body balance out what needs balancing: lowering what is high and increasing what is low. Adaptogens protect the body against various stresses, including physical, mental, and emotional—and yes, the immune system is protected there as well. It's known to prevent colds and upper respiratory infections, as well as have antiviral properties that help stimulate the immune system. You can find astragalus in all kinds of extracts and tinctures, but Deep Immune by St. Francis is a great combination that contains



astragalus and helps to tonify a weak immune system. It's perfect for this time of year!

**Oregano oil:** Derived from the leaves and flowers of oregano, which you would use in your cooking, oregano oil comes in tincture and extract form to help boost your immune system. One study done at the Georgetown University Medical Center showed that oregano oil is able to overcome harmful organism infections, making it great to ward off things like salmonella and E. coli.

**Mushroom extracts:** Mushrooms contain some of the most powerful natural medicines on the planet. Immune 7 by Purica brings together the power of 6 different medicinal mushrooms to offer full-spectrum immune support. In addition to these powerful mushrooms, Immune 7 also contains Nutricol, which is Purica's own blend of super-strength antioxidants.

**Echinacea extract:** Echinacea is a powerful extract that can help with lung support and bronchial infections. It's typically known to shorten the duration of the common cold and flu, as well as reduce symptoms like sore throat, cough, and fever. Anti-Viral by Natural Factors is a potent tincture that includes Echinacea to help fight colds in a powerful way.

#### TEAS:

What's better when you have a cold or the flu than curling up on the couch with a giant mug of tea? You probably like this for more than just the comfort reason. Teas are a great way to help improve your immune system and battle common symptoms when you've already become run down with a cold. They have different properties that help things like a sore throat, upset stomach, and congestion, and can help you feel like your symptoms are fading away.

**Ginger tea:** You can make your own ginger tea by grating fresh ginger and steeping it in hot water with some lemon. This produces a delicious tea that is soothing for the throat and also is great for helping with any nausea or digestive complaints.

**Holy basil (Tulsi tea):** One of the best uses of holy basil tea when you are sick is to help with

respiratory disorders, though it's also beneficial for fever, asthma, lung disorders, heart disease, and stress. In fact, holy basil is another amazing herb to help relieve stress and support your adrenal glands, which indirectly helps support your immune system.

**Mint:** Mint is possibly one of the most popular teas, and for good reason! Not only does it taste great and help your breath feel fresh, but its strong aroma and flavour can help soothe sore throats or provide some much-needed relief from respiratory ailments.

**Chamomile:** It's great for its relaxing and mood-soothing benefits, as is the essential oil of chamomile in a diffuser. However, chamomile tea is also great to help calm an upset stomach, which is why many people use it when they have colds or flu.

**Lavender:** Probably one of the most notable effects of lavender is on stress. It helps to relieve stress and increase relaxation, which is so vital when you're feeling under the weather. It's also great for helping to promote restful sleep, which might seem evasive when you have a cold or the flu. Many people like soaking in Epsom salts and some lavender oil in the bath when they're sick, and lavender tea is another great way to enjoy its benefits. Plus, it's been shown to help soothe stomach bloating!

Try using these different foods, herbs, and tips to strengthen your immune system this season and avoid catching that pesky cold or nasty flu. And remember that the key to laying a healthy foundation for your immune system is a healthy diet, lowered stress levels, and lots of sleep. Our Lifewatchers program can help you!



## LISTEN TO THE PROS! TIP #2

Tiffany Wyse is a licensed Naturopathic Doctor, Medical Herbalist and a birth Doula. She was first introduced to the concept of holism when working within a First Nations education model. Then, during a four-year sojourn teaching in Europe & Asia, she was made aware of the incredible healing power of nature, the importance of nutrition and discovered Eastern healing techniques and meditation.

**"When feeling the onset of a cold I head to my medicine cabinet to take some Immune Boosting nutrients. These include: zinc: this mineral is a great immune booster. I usually have either zinc picolinate or zinc gluconate and take 30mg. Vitamin C: Liposomal vitamin C is the best absorbed but if I do not have that on hand I take between 1000mg to 4000mg of buffered vitamin C (ascorbic acid) in divided doses or up to bowel tolerance. Vitamins A & D: these two fat soluble vitamins are found in Cod Liver Oil and work best when taken together for immune support. I take 1-2 tsp. a day during the flu and 1 tsp. a day for immune support."**

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# MILK INTOLERANT?

## DIGEST THIS

### WELCOME BACK TO MILK

Sheldon Creek Dairy is proud to announce our A2 Milk Product Line!

With the same great taste as our other products, A2 Milk provides an alternative choice to those who have trouble digesting milk.

### A NEW TYPE OF MILK

Milk is a real nutritional powerhouse with an amazing balance of protein, hydration, calcium and micronutrients in every glass. Some have given up milk due to digestive problems or lactose intolerance, but those issues tend to disappear when people drink A2 milk. A1 and A2 proteins affect the body differently. The structure of A2 protein is more comparable to human breast milk, as well as milk from goats, sheep and buffalo.

### ONLY 100% A2 MILK

We craft the only 100% A2 Milk available in Ontario. We test the DNA of our cows by using a hair sample, which ensures the cow is an A2A2 protein producer. Sheldon Creek Dairy A2 Milk is available in convenient 2L Plastic jugs, 1Qt Glass bottles and 350mL plastic bottles delivered fresh weekly to the shelves at Goodness Me.



### WHAT IS A2 MILK?

BY DEFINITION | A2 is cows milk that contains only the A2 type of beta-casein protein rather than the more common A1 protein found in a majority of milk. Our pure A2 milk comes from our cows that naturally produce milk with the A2 version of beta-casein.

### OUR COWS

Our cows eat the feed which is grown on our farm. We have a voluntary milking system which means the cows can milk themselves when they want. Come and see for yourself how happy our cows are on one of our monthly tours. Check out our website to book a tour and read more about our products and our family farm.

### OUR FAMILY FARM

Our family farm is located in Loretto Ontario, where we milk 65 cows. We produce non-homogenized milk so the cream rises to the top. We bottle and process our milk on our farm so you get the freshest product possible. Look for our other products in the dairy aisle such as Yogurt, Kefir, Labneh, Ghee and Butter.

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# Give Great

## Stocking Stuffers

*Finding a great gift can be tough, so we've collected some of our favourite products that are sure to be a hit! This Christmas, fill your stockings with goodness!*

### REUSABLE GLASS STRAWS STRAWESOME

Strawesome makes durable, high quality glass straws that you can enjoy and reuse for all your beverages. Wide enough for smoothies but sleek enough to go in a stocking, these straws are part of the #plasticsucks movement and reduce the use of disposable plastic straws around the world. They are dishwasher friendly and easy to clean with straw brushes. The perfect stocking stuffer for your eco-conscious loved ones!

### ESPRESSO CUP BEESWAX CANDLES CHEEKY BEE

Made locally in Ontario, these limited edition espresso tin candles are the perfect gift for the candle lover in your life! Made with all pure beeswax, these candles have a longer burn time than conventional candles and are free from any chemicals or fragrances that cause toxicity. Handmade with love, the tins come in a variety of colours in the perfect stocking-stuffer size!

### BEESWAX FOOD STORAGE BAGS BEEBAGZ

Christmas cookies love BeeBAGZ™! Give the gift of greener living and fresher food. BeeBAGZ™ are reusable, 100% biodegradable and are made from 100% cotton, Canadian beeswax, jojoba oil, resin and lots of love! They're perfect for lunches, snacks and storing fruits, veggies, cheese, baked goods and more.

Green

*Pamper*

**SWEET ORANGE, PEPPERMINT AND BLACK SPRUCE ESSENTIAL OILS**

5 ml | AWAKEN MY SENSES

Fill your home with the wonderful scents of Sweet Orange, Peppermint and Black Spruce this Holiday Season. The oils can be used individually or blended using 10 drops of Orange, 5 drops of Black Spruce and 3 drops of Peppermint. Blend together in a 120 ml spray bottle and add water. Instant Holiday Room Spray... Enjoy!



**HAND CREAM ANDALOU**

Choose from three beautiful hand cream formulations from Andalou - Clementine, Lavender or Lime Blossom. Each formula starts with a nourishing base of Shea Butter and Cocoa Butter, made without GMOs, gluten, paraben preservatives, petrochemicals, phthalates, sulfates, synthetic colours, dyes or fragrances. 100% eco-friendly and always cruelty free! 100% of the net profits from the purchase will support women's and girls equality and empowerment. A perfect stocking stuffer!

**MINI VOLUMIZING MASCARA MINERAL FUSION**

You can't go wrong with the new mini-mascara from Mineral Fusion, perfect for on-the-go and quick makeup touch ups. Contains only the best ingredients - the luxurious full-bristle brush effortlessly coats lashes and make lashes thicker and fuller. Coloured with pure minerals to coat and define each lash and brighten eyes. Gentle and non-irritating, applies easily without clumping, flaking or smudging.



**ORGANIC BODY CARE DR. BRONNER'S**

Only the purest organic and fair trade ingredients—most products are vegan and certified to the same organic standards as food! No synthetic preservatives, no detergents, no foaming agents. Products for body, hair, face, mouth & teeth—food, dishes, laundry, mopping and even for your pets! Dr. Bronner's is the very best for human, home, and earth. Fully committed to socially and environmentally responsible products.



**HOLIDAY SKIN CARE GIFT PACKS DERMA E**

Give the gift of Clean Beauty this year! New this Holiday Season from Derma E are two beautiful gift sets available for a limited time only. Choose from the "Perfect Travel Kit" or the "Proven Clean Beauty" kit. Each of these sets have highly-effective beauty must-haves that are uniquely designed to instantly optimize skin's tone and texture for a healthier-looking complexion.

**HOLIDAY CHOCOLATE BARS 85 g | THEO**

A great stocking stuffer for the chocolate lover in your life! Made from the highest quality cocoa beans, the *Theo Organic, Fair Trade Holiday Chocolate Bar Collection* is available for a limited time only! Choose from Peppermint Stick, Gingerbread Spice, Nutcracker Brittle or Cranberry Orange. Try them all (and get them while you can!).



**SOFT LICORICE 170 g | PANDA LICORICE**

Every licorice candy lover knows that Panda Natural Licorice is a classic. Always right from the first bite, it's exactly how licorice should be - soft, mouth-watering and deliciously tasty. A sweet treat to add into any stocking this holiday season!



# Foodie

## ENERGY BITES

60 g | LITTLE TUCKER

Made from simple, natural ingredients and contains no hidden naughties! Little Tucker is committed to bringing you real food which not only tastes delicious, but makes you feel good from the inside out. Mindfully created, these superfood energy bites are something for your taste buds to enjoy while nourishing your body.

## ORGANIC CHOCOCRUNCH BITES

95 g | PATIENCE FRUIT & CO.

Made with Cranflakes® – crunchy, slowly dried Canadian cranberry flakes packed with antioxidants and no sugar added. Delicious Chococrunch bites are perfect for everyone who likes a little treat that isn't too sweet. Gluten-free, source of fibre and polyphenols, certified Organic Chococrunch bites are indulgent snacking at its best!



## KETO CHOCOLATE BARS

85 g | LILY'S SWEETS

Lily's Chocolate Bars and Baking Chips are made with finest and delicious ingredients. Botanically sweetened with stevia. NO sugar added, low carb and keto friendly. Certified gluten-free, non-GMO and Fair Trade. Life just got sweeter! Indulge, share and spread Lily's Sweets passion for zero percent sugar and 100% indulgence!



## ASPARTAME FREE GUM

PUR

PUR products are made with your health in mind. They've eliminated artificial sweeteners and flavours, opting for healthier alternatives instead.

PUR believes in having a short and naturally sweet list of ingredients that's simple, clean and safe to share. In addition to being non-GMO, vegan, and diabetic friendly, PUR Gum and Mints are made with 100% natural flavours and are free from the Top 8 allergens.



## ORGANIC CEREMONIAL GRADE MATCHA

30 g | AIYA

For over 800 years, Matcha green tea has been a staple of Japanese culture and a powerful superfood with immune boosting properties. Shade grown tea leaves are stone ground into a fine powder, and contain high levels of L-theanine and antioxidants. Since 1888, Aiya has been producing premium Japanese Matcha, from seed to bowl.

## CHRISTMAS TEAS

18 Tea Bags  
STASH TEAS

Created especially for the holidays, these festive blends enliven the spirit of the season. Christmas in Paris is a delicate blend of chocolate flavours with aromatic lavender and cool peppermint. Holiday Chai is a spicy, aromatic blend of black teas, pure spices and natural gingerbread and rum flavours. Christmas Morning is an exquisite blend of black teas with wide-awake flavour. Christmas Eve is a delicious caffeine-free herbal blend of mint and sweet spices, perfect for a moment of peaceful reflection. Grab them all while you can!



# BONE BROTH

**12 HOUR  
EXTRACTION**

*by the cup*



## Ingredients

Filtered Water  
Chicken Bones  
Onions  
Carrots  
Basil  
Garlic Powder  
Onion Powder  
Oregano  
Apple Cider Vinegar  
Parsley  
Sea salt  
Celery  
Bay Leaves



**\$2.99/16oz**  
*Served Hot!*

# HOLIDAY HOSTING 101

Expecting company this holiday season?  
We've got you covered with our favourite  
must-haves for you and your guests!



## AROMATHERAPY DIFFUSERS

Le Comptoir Aroma

Create the perfect atmosphere for your holiday parties with Le Comptoir Aroma's high quality, beautiful décor-designed diffusers. Choose from a variety of sizes and colours that run for hours with your favourite holiday scented essential oils. All you need to do is add water, your essential oil of choice, and your home will smell like a winter forest, mulled wine, or cranberry spice. Ask us about our favourite essential oil blends!



## STAINLESS STEEL STRAWS AND REUSABLE BAGGIES

Keep Leaf

These products are perfect for holiday entertaining or to bring as a hostess gift to your eco-friendly friends and family members! The telescoping straw fits perfectly into your purse, car, or pocket so you can use it on-the-go instead of plastic straws, and the organic cotton baggies are washable and perfect for bringing snacks or treats with you all day long. Or, use the baggies as treat bags from your party! Ditch the plastic this holiday season and embrace the reusable trend.



**NEW!**  
Black Garlic  
Flavour

**CASHEW  
CHEESES**

120 g | Nuts For Cheese



**4 YEAR OLD  
ORGANIC CHEDDAR**

200 g | L'Anceêtre Cheese



**GRUYERE  
SWISS**

150 g | Emmi



**ORGANIC PORK AND  
TURKEY KIELBASA**

300 g | Mclean Meats



**EXOTIC  
VEGETABLE CHIPS**

141-170 g | Terra

Terra Chips are made with real vegetables. They are Gluten-free, Kosher and made with non-GMO ingredients. Try the new "Terra Cassava" and "Terra Plantains" now available at Goodness Me!



**SMART COOKIES**

12 Pack | Sproutalicious

Running short on time this holiday season, but still want delicious, homemade-tasting cookies for the table? Try Sproutalicious Smart cookies! Made with sprouted spelt, coconut sugar, dates and coconut oil, they have lower sugar, smarter fats and are suitable for a plant-based diet and vegans. Nutrient density, as opposed to energy density, is the goal - it's the difference between empty calories and smart nutrition. Sproutalicious products are easy to digest, delivering a power pack of energy and help maintain a healthy blood sugar metabolism.



**ORIGINAL AND SUPER SEED CRACKERS**

155-184 g | Mary's Organic Crackers

Crafted with a hearty combination of pumpkin seeds, sunflower seeds, poppy seeds and more - each serving of Mary's Super Seed crackers offers 5 grams of plant-based protein to fuel your lifestyle. Always gluten-free and organic, perfect to have on hand around the holidays for that cheese board, appetizer tray or just to snack on alone!

**FLATBREADS AND  
SUNDRIED TOMATOES**

142 g & 300 g | Savör

Savor provides you with high quality, natural and organic products to stock your pantry.

The sundried tomatoes are organic and kosher, full of flavour and the perfect addition to any charcuterie board. Pair them with Savor's crackers or flatbreads for the perfect combination!





### ORGANIC SPARKLING JUICE

750 ml | VAL DE FRANCE

Val De France: the Champagne of Apple Juices – toast worthy to the last drop. This is the perfect drink alternative to alcohol. It tastes like real fruit and pairs well with sandwiches, salads or pastries. Available in 5 delicious flavours: Apple, Apple Pear, Apple Peach, Apple Pomegranate, and Apple Raspberry. Organic 90% juice from concentrate, gluten-free, non-GMO, low in sugar, and Kosher.

### HOLIDAY NOG AND PEPPERMINT ALMOND COLD BREW

1.4 L | Califa

'Tis the season for beverages that put you in a festive mood! Califa Farms takes all your very favourite seasonal flavours – pumpkin spice, peppermint and a tiny bit of nutmeg – and puts them into special almond milk and coffee beverages! Their festive products include holiday coffee and plant-based, vegan egg nog. Bottling delicious flavours with real ingredients, lower sugar, and fewer calories.



Plant-based fav!



### WHOLE BEAN COFFEE

340g | Balzac's Coffee Roasters

With more than 25 years of roasting experience, Balzac's thoughtfully sources the finest selection of quality Arabica beans from around the globe. Each coffee is skillfully roasted and developed to a degree which highlights it's inherent and unique flavour characteristics. Perfect for all your holiday entertaining and brunch needs!



### MARASCHINO CHERRIES

375 ml | Tillen Farms

Finally, a maraschino cherry that tastes as delicious as it looks. Grown in the rich soils of the Pacific Northwest, their cherries are crafted from and preserved with only natural ingredients—no corn syrup or red dyes here! They make for a sweet, juicy treat you can feel good about using to top off ice cream sundaes, fruit salads, decadent desserts and more. For a little bit of heat, try their Fire & Spiced Maraschino Cherries. Does not contain any of the eight most common allergens.



### MARTINI OR KALAMATA OLIVES

398 ml | Mezzetta

For over 70 years, Mezzetta has brought delicious and healthy foods from the Mediterranean to the Canadian table. Their unwavering commitment to family recipes, world-class ingredients, and unforgettable flavour remains the same today.



### LIVING ORGANIC FOODS

500 ml | Green Table Foods

Looking for the perfect foods to help aid digestion this holiday season? At Green Table Foods, we are enamoured by the great fermentation traditions of the world. Our approach is simple: "Food is Life." Since 2005, we've been making nutritious, lacto-fermented vegetable foods with certified organic, farm-direct ingredients, one small batch at a time.



**BETTER BODY CARE**  
Discover our Standards



*Great Gifts with  
Great Ingredients*

**GOING BEYOND SKIN DEEP WHEN  
CARING FOR OUR BODIES!**

You won't find any of the usual suspects in our personal care, such as parabens, phthalates, or artificial fragrance, but we also go above and beyond to eliminate anything harmful and include ingredients like minerals and plant sterols to keep it as natural as possible.

***We seek products that are healthier for you and  
your family and cleaner for the environment.***


With ingredients given to us by the planet, we think your overall body care experience will benefit by ditching all the toxins, and going "au naturel" when it comes to your personal care routine!



**GOODNESS**  
*Me!* natural food market



[goodnessme.ca/  
standards](http://goodnessme.ca/standards)



2019  
Holiday  
Brunch

# A Taste of Local

8 delicious holiday brunch recipes created by chef Pekka Woods using ingredients gathered locally from farmers here at home!

Local  
DUNDAS,  
ONTARIO

## Piccioni Farms

Located locally in Dundas, Ontario, Piccioni Bros. Mushroom Farm was started in 1964 by Battista and Tony Piccioni. Fast forward 55 years, their children are now running the family farm and provide Goodness Me! with the highest quality of organic mushrooms.

# Mushroom Quiche

## Pastry

1 cup organic white spelt flour  
½ tsp salt  
½ cup butter  
1 large egg  
1 tbsp cold water

### Pastry Method:

Mix dry ingredients in food processor briefly.

Add butter and mix until crumbly. While the food processor is running, add egg and water until just combined. Remove to counter and knead until it comes together.

## Custard

1 ¾ cup organic 35% cream  
3 large eggs  
1 tsp fine sea salt

## Garnish

2 Tbsp organic butter unsalted  
1 lb organic Piccioni Farms mushrooms, sautéed  
½ cup organic onions, sliced and caramelized  
1 cup grated (non renit) gruyere cheese  
Salt and pepper to taste

### To Make the Quiche:

Cook the mushrooms: in a pan over medium heat, melt the butter. Just before the butter begins to brown add the mushrooms, season with salt and pepper and cook until all moisture has been released and evaporated. Set aside.

Roll out the pastry dough into a removeable bottom tart pan. Bake at 350°F for 22 minutes or until light golden brown. Be sure to use pie

weights for the first 10 minutes to ensure the pie crust doesn't develop air pockets. Remove from the oven and cool to room temperature. The crust can be cooked a day in advance.

Keeping the shell in it's pan, place on a baking sheet and spread the mushrooms and caramelized onions out evenly on the crust and sprinkle on the cheese. Slowly add the custard until it reaches the top of the crust but doesn't spill over.

Bake in a 350°F oven for 35 minutes, until the custard is completely set.

Remove from the oven. Allow to cool 5 minutes, then carefully separate crust from the tart pan. Allow to cool to room temperature. *\*Removing the pan ensures the quiche sides will stay crisp and not get soggy.*

Local

KINCARDINE,  
ONTARIO

### Harmony Organic

Harmony Organic is located in the picturesque, rural community of Kincardine, and has been exclusively organic from the start. Everything is grown naturally without the use of chemicals on organically certified land.

Local

SOUTHERN  
ONTARIO

### Emerald Grasslands

Emerald Grasslands butter is made from fresh, grass-fed, organic, Jersey cream — sourced and segregated exclusively from their three partner-farms in Southern Ontario.

# Scones with Maple Butter

#### Scones Ingredients:

3 ½ cups organic white spelt flour  
1 tbsp + 1 tsp baking powder  
1 tsp fine sea salt  
2 tbsp organic cane sugar  
1 cup Emerald Grasslands organic butter  
1 ⅓ cup Harmony Organic buttermilk

#### Method:

Preheat an oven to 400°F.

Mix the dry ingredients, and then add the butter and mix with a pastry knife to achieve a coarse pea-sized crumble. Add the buttermilk and mix by hand until just combined.

Pat into a 1" thick disc and cut into 8.

Bake on a parchment lined pan for 20 minutes or until golden brown.

Allow to cool slightly and serve warm.

#### Maple Butter Ingredients:

##### Ingredients

1 cup Emerald Grasslands unsalted organic butter  
½ tsp fine sea salt  
½ cup maple syrup

#### Method:

Allow the butter to soften to room temperature.

In a stand mixer fitted with a batter paddle, mix the butter on medium speed until light and airy.

Sprinkle in the salt and slowly drizzle in the maple syrup. If syrup is added too quickly it will not mix properly.

Once all the syrup is in turn off the mixer, stir the butter with a spatula to catch anything missed at the bottom of the bowl and store for later use.



Local

DUNDAS,  
ONTARIO

### Nutri Spring Farms

Nutri Spring Farms, located in Dundas, Ontario provide us with eggs from free-range hens who forage on green grass during the summer months and dried grass and mixed grasses during the winter months. Their heens have access to an open concept, weather sheltered barn, where they can roost, nest and perch.



# Perfect Scrambled Eggs

#### Ingredients:

2 tbsp unsalted butter  
4 Nutri Spring Farms whole eggs  
¼ cup organic 35% cream  
½ tsp fine sea salt  
¼ tsp ground black pepper  
Chives to garnish

#### Method:

Whisk eggs, cream and salt together.

Over medium high heat bring a sauce pot to temperature.

When the pot is hot add the butter, allow to melt halfway, and then add the egg mixture and begin to stir quickly.

Move the pot on and off the heat so the eggs don't cook too quickly.

When the eggs are starting to set remove the pot from heat and stir slowly until pot has cooled slightly.

The scramble should be quite soft but not runny.

Remove to a serving dish and garnish with pepper and chives.

Local  
SCARBOROUGH  
ONTARIO

### Crown Sprouts

Crown sprouts is a modern plant house. Quietly tucked away in Scarborough, Ontario they create organic, GMO-free micro greens, hydroponic sprouts and salads.



# Super Sprout Salad

with Goodness Me!  
House Lemon Pepper  
Vinaigrette

#### Lemon Pepper Vinaigrette

- ¼ cup dijon mustard
- ¼ cup honey
- 1 tsp fine sea salt
- 1 tbsp ground black pepper
- 2 whole lemons (zest of one and juice of both)
- 1 cup extra virgin olive oil
- 1 cup extra virgin grapeseed oil

#### Method:

Combine mustard, honey, salt, pepper, lemon juice, and zest. Whisk well. Whisking vigorously drizzle in all of the oil.

#### Super Sprout Salad Mix

- Organic carrots, cut into thin coins
- Cherry tomatoes, cut in half
- Radishes, cut into thin coins
- Fennel bulb, shaved across the grain thinly
- Crown Sprouts GMO-free micro greens

#### Method:

Gently toss the salad mix together and serve in a shallow bowl. Garnish with a drizzle of Lemon Pepper Vinaigrette, as desired.

Local  
CREEMORE,  
ONTARIO

### Miller's Dairy

Just outside the village of Creemore, Ontario is Miller's Dairy—a farm home to Jalon Jerseys, a 100% purebred herd, consisting of 130 milking cows that have been supplying quality dairy products to their community for over 5 generations.

# Salmon Gravlax

## with Dill Cream & Toasted Sourdough

### Cured Salmon

2 sides sockeye salmon  
1 lemon, zest  
1 orange, zest  
1 lime, zest  
ground pepper as needed  
¼ bunch thyme  
¼ bunch tarragon  
¼ bunch parsley  
1 cup coarse sea salt  
1 cup organic cane sugar

### Method:

Lay the salmon sides out on a sheet pan so they are not touching, skin side down.

Zest the citrus and generously grind pepper evenly onto the salmon.

Chop the herbs finely and mix together then spread evenly over the salmon.

Mix the salt and sugar together and spread over the salmon.

Allow the salmon to sit for 24-36 hours in the fridge.

Under slowly running cold water gently rinse of salt and sugar.

Remove any excess moisture with paper towels and wrap tightly.

*\*Will keep wrapped for 5 days.*

When ready to serve, cut the cured salmon from the tail or thin end first. With a long thin knife held at a shallow angle cut the salmon as thinly as possible using a gentle sawing motion. Try not to cut through the skin. If that happens, trim the skin off of the sliced salmon.

### Dill Sauce

2 cups sour cream  
½ cup Miller's 35% cream  
1 whole lemon, zest and juice  
1 tsp fine sea salt  
½ bunch dill

### Method:

Wash and spin the dill and then finely chop. Combine all ingredients and mix well.

**Serve with sourdough, bagels  
or rye crisps.**



*"Cut the cured salmon from  
the tail or thin end first."*

# Holiday Hash

## Ingredients:

3 cups roasted potatoes  
1 cup caramelized onions (*recipe below*)  
2 cups roasted root vegetables  
½ bunch chives  
Grapeseed oil — to coat the vegetables  
Salt and pepper to taste  
1-2 large eggs, cooked sunny side up

## Caramelized Onions

2 tbsp butter  
3 medium onions, peeled and sliced thinly  
1 tsp salt  
½ tsp ground pepper

In a sauce pot over medium heat melt the butter and add the onions.

Season with salt and pepper and cook stirring occasionally until the onions are soft and have begun to caramelize.

## Holiday Hash Method

Ensure all the roasted vegetables are a similar size. Combine them in a bowl and toss with oil to coat.

Stir in caramelized onions, and season gently with salt and pepper. Roast in a 375°F oven until they begin to caramelize (approximately 20 minutes).

Place in a serving dish or in the pan they were cooked in and top with fried or poached eggs.

Local  
NEW HAMBURG,  
ONTARIO

## Pfennings Farms

From their farm to your table, Pfennings Organic Farm is a key partner of Goodness Me! To them, organic isn't just a certification—it's a way of being. A mindset. And a mission. Located near New Hamburg, Ontario they've been working in a close relationship with their soil and the life growing in and around it for over 30 years.

*What to do  
with those leftover  
holiday sides?*





# Fruit Salad

with Rosemary Oil

## Rosemary Oil

1 cup extra virgin grapeseed oil  
1 bunch of Pfennings Farms rosemary

### Method:

Chop rosemary roughly. Combine all and rosemary and heat to 80°C

Remove from heat and allow to sit overnight.

Strain out the herbs.

Store in fridge for up to 1 week.

## Fruit Salad

4 navel oranges,  
peeled with a knife and sectioned  
1 pint strawberries,  
hulled, cut into quarters  
½ cup blueberries  
½ cup blackberries, halved  
2 kiwi, peeled and sliced into rounds  
1 cup pineapple pieces

### Method:

Gently toss the fruits together and serve in a shallow bowl.

Garnish with a drizzle of rosemary oil and some chopped rosemary leaves.

# How to Build the Ultimate Holiday Charcuterie Board

The holidays are here and what's better than brunch when you're snuggled up in your jammies, have a hot coffee in hand, and snow is coming down! The answer is nothing is better! That's why we have provided you with the ingredients and steps to create your own ultimate brunch charcuterie board!

## How to Assemble Your Brunch Board

1. Start with your main brunch items that will take up most of the space – we used soft-boiled eggs, bacon, waffles, bagels, & a fresh baguette.
2. After you've placed your brunch items, you can start filling in the board with smaller items like cheese, crackers, and your bigger fruits like bunches of grapes & sliced apple.
3. Add your small bowls with things like spreads, jams, yogurt, and smaller items like olives or sundried tomatoes.
4. Fill in the extra spaces with your smaller fruits like mixed berries, granola, dark chocolate pieces, and nuts & seeds.
5. Accent with fresh herbs, crushed pistachios, and pomegranate seeds.
6. Voila! You have created your ultimate brunch charcuterie board.

## Ingredients

- Eggs
- Bacon
- Waffles
- Bagels
- A Baguette
- Yogurt
- Granola
- Dark Chocolate
- Blackberries
- Strawberries
- Red & Green Grapes
- Goat Cheese
- Apples
- Crackers
- Olives
- Walnuts
- Fresh Rosemary
- Crushed Pistachios
- Pomegranate Seeds





Local  
LORETTO,  
ONTARIO

## Sheldon Creek

Nestled in the rolling hills of Sheldon Valley in Loretto, Ontario, Sheldon Creek Dairy believes in embracing a life of tradition, infused with a dose of modern inspiration. What makes Sheldon Creek Dairy different is that they produce and bottle their non-homogenized milk completely on their farm, so you get the freshest product possible!



# Cranberry Semifreddo

### Ingredients

½ cup slivered almonds  
½ cup organic cane sugar  
¼ cup dried cranberries  
¼ cup dried apricots  
2 tbsp dried blueberries  
4 dried prunes  
¼ cup Muscat wine  
2 cups Sheldon Creek 35% organic cream  
Egg whites from 3 large eggs  
¾ cups organic cane sugar

### Method:

Soak the dried fruits with the Muscat at room temperature overnight.

Line a sheet pan with parchment paper and set aside.

In a small sauce pot add ½ cup sugar and a ¼ cup of water. Over high heat bring the sugar and water to a boil.

Continue to boil until the sugar begins to change colour to a light golden colour.

Add the almonds, stir briefly with a wooden spoon or high heat spatula and pour the sugar and almond mixture onto the parchment lined sheet pan.

Press the almonds flat and allow to cool completely. Chop into pieces.

Store in an airtight container.

Make Swiss meringue by beating egg whites to soft peak and gradually adding the remaining sugar.

Whip the cream to soft peak and fold a small amount into the fruits.

Fold in the rest of the cream.

Then fold in Swiss meringue and nougat (the almond brittle).

Pour into parchment lined loaf pan and freeze overnight. *\*Freezes, well wrapped, for up to a month!*

Serve with toasted almond, granola and cranberry sauce.





# STAY HEALTHY THROUGH THE *Holidays*

Here's your guide to staying healthy through the holidays and enjoying every minute of it!

BY KATIE MITTON

'TIS THE SEASON—FOR HOLIDAY PARTIES, DELICIOUS APPETIZERS, FESTIVE BEVVIES AND ALL THINGS JOYOUS! 'TIS NOT THE SEASON TO BE FEELING RUN DOWN—BUT THIS CAN OFTEN HAPPEN AS WE HOP FROM PARTY TO PARTY AND ENJOY FOODS OR DRINKS OUR BODY MIGHT NOT BE AS FAMILIAR WITH. WE WANT TO KEEP YOU GOING AND GOING LIKE THE ENERGIZER BUNNY ALL SEASON LONG SO THAT YOU CAN MAKE IT FROM THE FIRST SNOWFALL TO NEW YEARS DAY FEELING YOUR ABSOLUTE BEST!

## 1. PRAIRIE NATURALS ENZYME FORCE:

This is absolutely KEY to enjoying those holiday parties! If you're anything like me, certain ingredients or foods that you don't normally eat can throw your stomach and digestion for a real loop. Digestive enzymes can help, and Prairie Naturals Enzyme-Force is one of my faves. Including fermented and plant-derived enzymes, this product helps your body properly digest and absorb proteins, starches, and fats so you can absorb all the good nutrients and move the rest out of the body. *It acts quickly to improve digestion and keep your energy high, and prevents fatigue after eating—something we all need after Christmas dinner.* Carry some of these with you as you venture through the holidays enjoying all your favourite foods and drinks so your digestion can stay in tip-top shape!



## 2. BACH RESCUE REMEDY:

Okay, let's admit it: the holidays are amazing, but sometimes they can be stressful. Running from party to party, spending more time with family, and trying to find the perfect gift for that special someone can all be sources of stress. But that shouldn't ruin your enjoyment of the season. *Bach Rescue Remedy is a blend of 5 powerful flower remedies that help us get through stressful situations, from last-minute deadlines to calming us down after a long day.* Rescue Remedy will help get you relaxed, focused, and calm so that you can approach the holidays and your to-do list with ease. Even better, it comes in drops, spray, or pastilles so they're super easy to take on-the-go.



### 3. NATURAL FACTORS TRANQUIL SLEEP:

Right on the heels of stress comes sleep. Whether it's from staying out later, excitement or nervousness, or just being busier than usual, sleep can be evasive over the holidays. But it's also the most important thing to keep you energized, happy, and ready to take on the day! Enter: Natural Factors Tranquil Sleep. This miracle-worker stays on my bedside table all year round and comes with me as I venture through the holidays. *With calming l'thianine as well as 5-HTP and melatonin, Tranquil Sleep helps you fall asleep more quickly and promotes restful sleep so you can stay asleep longer.* Even better, it comes in a chewable tablet for fast-action. Get the sleep you need!



### 5. LORNA VANDERHAEGHE GLUCOSMART:

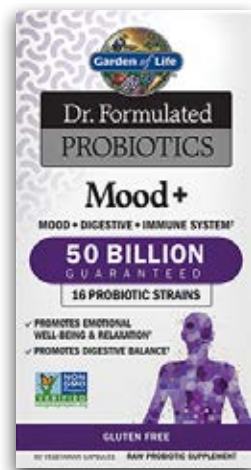
If you struggle with blood sugar issues, the holiday season might be a bit scary for you. You should be able to enjoy them without worry! This is where Lorna Vanderhaeghe GlucoSmart comes in. *This formula is made with chirositol and helps to fight belly fat, aid in weight loss, but more importantly normalizes blood sugar and insulin, making it perfect for pre-diabetics and type 2 diabetes.* It also reduces sugar cravings, so those sugar cookies won't have such a hold over you after all. Plus, GlucoSmart is proven to help enhance serotonin, keeping us happy over the holidays, and also improves Polycystic Ovarian Syndrome. Sound too good to be true? *Try it over the holidays to help curb your cravings and keep your blood sugar balanced, even with a cookie or two.*



**NOURISH YOUR BODY WITH DELICIOUS FOOD, AND MOST IMPORTANTLY, TAKE CARE OF YOURSELF AND YOUR LOVED ONES.**

### 4. DR. FORMULATED PROBIOTICS:

Enzymes are great to help you digest things in the moment, but probiotics are essential to help long-term digestive health by populating healthy bacteria in your GI tract. Dr. Formulated Probiotics are some of the best available. They come in a range of strengths from 20 to 90 billion, and also come in a variety of specialties. My favourite one for the holidays is the Mood+ formula because not only does it provide 50 billion CFU from 16 probiotic strains, but it also *helps support emotional wellbeing and relaxation with the adaptogen ashwagandha—a double whammy of support during the holidays.* Keep your digestion and your mood on track with this great product.



### 6. CANPREV SYNERGY C:

So we've talked about stress, sleep, digestion, and blood sugar balance, but what about immunity? People often get sick in December when the temperature is lower and people are feeling run down, but you can avoid falling ill this year with CanPrev Synergy C. *This formula includes sea buckthorn, vitamin C, citrus bioflavonoids and zinc to help keep your immune system strong and your defences running round-the-clock.* Vitamin C in particular shortens the duration of cold symptoms, but it also helps block damage from free radicals and produce collagen, making it great for skin health as well. Fending off illnesses AND keeping your skin youthful? Yes please!



## 2020 GOALS:

- 1.
- 2.
- 3.
- 4.
- 5.

**YOU CAN MAKE IT FROM THE FIRST SNOWFALL TO NEW YEARS DAY FEELING YOUR ABSOLUTE BEST!**

*What are your intentions?*

### 7. ANCIENT NUTRITION BONE BROTH COLLAGEN PROTEIN:

This is my favourite new product on the market for so many reasons. *First of all*, it's an awesome source of beef bone broth from non-GMO, pasture-raised sources and types I and III collagen. *Second*, it provides 20g of protein and only 1g of net carbs per serving, making it the perfect way to start your morning or end the day with a relaxing drink. *Third*, it supports healthy skin, hair, nails, and joints. And finally, it comes in delicious flavours—Chocolate and Vanilla. I know what you're thinking—chocolate bone broth?! TRUST ME ON THIS. *It's like having a delicious mug of hot cocoa but getting all the benefits of collagen for your gut, skin, and joints while also getting a full serving of protein.* With all the heavier meals around the holidays, this makes a great lighter breakfast or snack, and mixes easy into cold or hot water or nut-milk. You can even add it to your Christmas baking!



### 8. GENUINE HEALTH GREENS+ EXTRA ENERGY:

We all know the holiday season isn't when we're eating the most salads—so getting your greens in a powder form is an awesome idea to make sure you're still getting all the nutrients you need. *With a full serving of antioxidant-rich, pH balancing greens+ in every scoop, this formula also has taurine and naturally occurring caffeine from the kola nut to give you all-natural energizing ingredients so you can make it from morning to night in party mode.* Replace your morning coffee with this great-tasting formula or try it as an afternoon boost for sustained, balanced energy, increased vitality, and more mental clarity. Just shake and go!

These are my top picks for products to help you *Stay Healthy Through the Holidays* this year, tackling all the important areas: digestion, stress, sleep, blood sugar, immune function, lighter meals and well-rounded energy. Find them at any Goodness Me! location or online at [goodnessme.ca](http://goodnessme.ca) to see which one might work for you.

Besides these products, there are some other keys to staying healthy this holiday season. Enjoy the time you have with family and friends. Stay present and in the moment—especially when with family and friends! Take time to slow down. Enjoy a meal or coffee date with a friend instead of stressing about finding the perfect gift for them. Donate to a family less fortunate and more in need. Nourish your body with delicious food, and most importantly, take care of yourself and your loved ones.



*Happy Holidays!*



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