



### Want Wellness? Get Moving!



Summer comes but once a year and while it lasts we owe it to ourselves to get outside and make the most of it. Need a little extra incentive? Consider this: enjoying as little as 30 minutes of activity daily can greatly reduce your risk of Type 2 Diabetes, Cardiovascular Disease, Cancer (including colon and breast cancer), Alzheimer's Disease, Depression and general Cognitive Decline. Who said there wasn't a silver bullet, when it comes to health? We hope you enjoy this month's newsletter - and be sure to find more great tips throughout the month at: [naturesemporium.com/our-blog](http://naturesemporium.com/our-blog).

2535 Major Mackenzie Drive West in Vaughan / 905.553.5527  
16655 Yonge Street in Newmarket / 905.898.1844

### Get Active Month Healthy Tips!



#### Walk - Whenever You Can!

It's easy to underestimate the power of a simple walk, but it truly works health wonders. As little as 30 minutes of walking daily provides significant benefits to your heart health!

#### Go Swimming!

The summer is here and regular swimming - whether in the pool or at a local beach - offers an excellent full body, low impact workout for the whole family!



#### Stay Hydrated!

Remember: intense activity in the sun can quickly lead to dehydration. Be sure to consume water - with a dash of Himalayan salt to replenish minerals lost in sweat - as well as fresh fruit, which provides a great source of natural energy!

#### Guard Against Harmful UV Rays!

While the sun provides the ideal source of Vitamin D, it's important to guard against skin damage that can increase long term cancer risk. Rather than chemical sunscreens, choose mineral sun-blocks made with natural or organic ingredients. We carry an amazing selection in-store, including locally sourced varieties from trusted Canadian brands like the Green Beaver Company!



Source: <https://www.cdc.gov/physicalactivity/basics/pa-health/>

### Did You Know?



#### The right food choices can make or break your efforts to live more actively!

If you've struggled to embrace a more active lifestyle, it may be your food choices that are holding you back!

This month, make the commitment to reach for naturally energy packed fruits and energizing veggies like dark leafy greens and microgreens (sunflower sprouts are a favourite) throughout the day. For an added kick, look to superfood allies like wheatgrass and maca - both available as boosters at our juice bar.

The dense nutrients found in these foods, as well as the added hydration, will provide the right fuel to get you up, moving and active!

Learn  
more on a  
**FREE** store  
tour!

Find your fuel with our wellness experts! Visit us online, or at our Customer Service desk to book a FREE store tour today.

[naturesemporium.com/store-tour](http://naturesemporium.com/store-tour)

## Featured Recipe!

Makes 6 Burritos

#### Ingredients:

##### Burrito:

- 6 Sheets Nori Seaweed
- 2 Cups Organic Sushi Rice (Dry)
- ¼ Cup Rice Seasoned Vinegar
- 3 tbsp Toasted Sesame Seeds
- 1/3 Organic English Cucumber (Julienne)
- 1 Medium Organic Carrot (Julienne)
- 1 Medium Organic Sweet Potato (Julienne)
- 1 ½ Organic Avocados (Sliced)
- 2 Packs Sophie's Kitchen Vegan Smoked Salmon (113g/ea)
- 3 Organic Green Onions (Thinly Sliced on the Bias)
- 3 tbsp Coconut Oil

##### Spicy Mayo:

- 1/3 Cup "Follow Your Heart" Grapeseed Veganaise
- 3 tbsp "Simply Natural" Organic Red Sriracha

**eat well & live better!**

**Sushi  
Burrito**

#### Directions:

1. Cook rice according to bag instructions, combine with rice vinegar and allow to cool.
2. Over medium-high heat, cook your sweet potato strips in coconut oil until crispy and set aside.
3. Prep the rest of the ingredients for assembly, including whisking in the Veganaise and Sriracha in a small bowl and set aside.
4. Place a nori sheet on top of a rolling mat and add sushi rice, spreading it evenly across the entire sheet.
5. Sprinkle with toasted sesame and spread some spicy mayo along one edge of the nori sheet spacing it about an inch from the edge.
6. Top with the remaining ingredients along the spicy mayo line in any order.
7. Roll starting from the filling edge outward and make sure the roll is tightly held in place.
8. Wrap half of the burrito in parchment paper for easier/less messy consumption and enjoy!



**Enjoy  
& Have  
Fun!**

Source of  
Protein

Contains  
Dietary  
Fiber

Source of  
Vitamin C

Find more great healthy recipes & events online by visiting us at: [NaturesEmporium.com](http://NaturesEmporium.com)!

## This Month's Featured Product Picks!



On Sale  
This  
Month!

### Kaizen - Unflavoured Whey Protein:

Whey sourced from New Zealand is a healthy, clean and whole source of protein. New Zealand Whey is a great way to get the protein your body needs. Protein provides your body with energy, helps you feel full for a longer period of time and regulates metabolic processes while also helping to repair bones, cells and muscle tissue. The average North American diet lacks the recommended amount of protein, so an extra boost is something almost everyone can use!



On Sale  
This  
Month!

### Weleda - Arnica Muscle Soak:

This aromatic bath milk - made with only natural ingredients - helps soothe both your muscles and mind! Organic arnica and birch extracts help relieve feelings of fatigue and tiredness, while lavender and rosemary essential oils provide an uplifting natural fragrance. Arnica Muscle Soak is ideal after a workout to ease sore muscles, or anytime you need a calming, restorative bath.



On Sale  
This  
Month!

### Kickstart Cold-Pressed Booster Shot:

While our juice bar menu is packed with fresh smoothies and cold pressed juices that are perfect for pre-workout, post-workout and everything in between, Kickstart - featuring highly oxygenating Cordyceps mushrooms - offers the key to unlocking your best performance yet. Try Kickstart - and our whole range of Superfood Boosters - today!

Learn  
more on a  
FREE store  
tour!

[naturesemporium.com/store-tour](http://naturesemporium.com/store-tour)

## This Month's Healthy Inspiration!

If it doesn't challenge you,  
it doesn't change you.

Fred Devito



Nature's  
EMPORIUM  
[www.naturesemporium.com](http://www.naturesemporium.com)

Like  
Us!

Find us on Facebook to connect with  
More Healthy Inspiration, Healthy Tips,  
Fresh Monthly Recipes & More!

 **NaturesCanada**



### Elevates Your Mood

Walking triggers the release of natural painkilling endorphins in your body, which helps to elevate your mood and increases your feelings of wellbeing.



### Helps Detoxify

Exercise increases your breathing rate, which leads to increased oxygen in your blood stream - as well as increased exhalation of waste products!



### Increases Weight Loss

Brisk walking helps tone leg, lower back and abdominal muscles. This gradually increases lean muscle mass while increasing daily calories burned!



### Improves Joint Health

Walking increases the distribution of synovial fluid filled with vital nutrients and oxygen to the joints, which do not have the benefit of an active circulatory system.



# The Health Benefits of a Daily Walk.

Source: [bit.ly/1sJEuCG](http://bit.ly/1sJEuCG)

Make July your Month to Move.



Nature's  
EMPORIUM

# Only at Nature's Vaughan: Holistic Living Summer Kid's Camp

## What They'll Learn:

When it comes to good health, getting an early start is key. That's why we've put together a unique, fun-filled day-camp that's packed with nutrition, yoga, arts & crafts and educational activities – the perfect way to inspire your kids to build a strong foundation for a lifetime of health!

Each day will offer a chance for your child to get hands on with their own health, as they create healthy and nutritious organic snacks and lunches alongside our in-house Chef. They'll also explore & experiment, finding new ways to live well with our in-store Nutritionist, Sabrina Cellupica, while enjoying fun team building activities. They'll laugh, play and thrive all while learning natural, holistic ways of living!

Email [Events@NaturesEmporium.com](mailto:Events@NaturesEmporium.com) for More Info!



With

**Sabrina Cellupica**  
Holistic Nutritionist  
& the Team @ Nature's!

Event Takes Place Only at Nature's Vaughan • July 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup> • 905-553-5527

## Get Active Month Specials

Our team has put together a collection of great products - with great savings - to help you get active throughout July!








Explore  
Great Savings  
Online

View Weekly & Monthly Flyers @  
[NaturesEmporium.com](http://NaturesEmporium.com)





# Don't Miss This Month's Special Events!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				01 	02	03
04 Monthly Gathering for Highly Sensitive Women with Puja Jones 7 pm - 8 pm (Newmarket)	05	06	07	08	09	10
11	12	13 Nordic Pole Walking with Shawn Nisbet, RHN 7 pm - 8:30 pm (Newmarket)	14	15	16	17
18	19 Holistic Living Summer KID'S CAMP (Vaughan) 	20 Nordic Pole Walking with Shawn Nisbet, RHN 7 pm - 8:30 pm (Newmarket) Holistic Living Summer KID'S CAMP (Vaughan) 	21 Holistic Living Summer KID'S CAMP (Vaughan) 	22 Holistic Living Summer KID'S CAMP (Vaughan) 	23	24
25	26	27	28	29	30	31

Discover More Great Events Happening This Month @  
**NaturesEmporium.com/Events**

