



Don't Underestimate Your Risk!

While there's no doubt that men tend to neglect their wellness more often than women overall, it's also true that women tend to underestimate the major risks - such as Heart Disease - they face every day. It's important not to be complacent! Fortunately, building a strong foundation for women's health isn't complicated. This month, we've put together a collection of healthy tips, product picks and exclusive new recipes to help! We hope you enjoy this month's newsletter - be sure to find more great tips throughout the month at: naturesemporium.com/our-blog.

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Women's Health Month Tips!



Eat Heart Healthy Foods!

Heart Disease & Stroke are by far the leading cause of death for women. Eat heart healthy foods, like fibre rich beans and legumes, nuts and seeds, plenty of fruits and veggies, as well as lean meats and omega 3 rich seafood!



Exercise for Heart Health!

It doesn't take much to do a lot of good for your heart health. A daily 30 minute brisk walk, cycling, swimming, yoga or low intensity pilates can make a drastic difference in your heart health while protecting against many diseases!



Know Your Health History!

Knowing your family health history can play a crucial role in helping to minimize the risks of disease. By communicating these risks to your health care practitioner, you can take proactive steps to maintain your wellness.

Don't Underestimate Warning Signs!

Women are not immune to the risks of ignoring key warning signs that indicate all is not well with their health. Don't dismiss nagging symptoms, sudden or chronic pains, or doubts. Talk to your doctor. Remember: it's always better to rule something out than to be caught off guard!

Did You Know?



Broccoli offers a wide range of Women's Health boosting benefits!

When it comes to women's health, few single foods offer as many potential benefits as the humble broccoli.

From Detoxification, which is enhanced thanks to a rich supply of Isothiocyanates (ITCs), to its supply of Vitamin K and Vitamin A, which help maintain balanced Vitamin D levels, to its strong Anti-Inflammatory effects - thanks to ample supplies of flavonoids like Kaempferol - broccoli is truly a Women's Health superfood!

When preparing Broccoli, we recommend gently steaming it in order to protect the diverse and delicate nutrients that are waiting within!

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

Discover more Women's Health superfoods on a Free Store Tour! Visit us online, or at our Customer Service desk to book yours today.
naturesemporium.com/store-tour

Source: <http://bit.ly/2atEr5f>

Featured Recipe!

Makes 4 Personal Cakes

Ingredients:

Cake:

- ½ Cup "Bob's Red Mill" All-Purpose Gluten Free Flour
- 1 tsp Baking Powder (Low Sodium, Aluminum Free)
- ¼ Cup Organic Cacao Powder
- ¼ Cup Organic Cane Sugar
- ¼ Cup Almond Milk (Unsweetened)
- ¼ Cup Coconut Oil (Melted)
- 1 tsp Orange Extract

Ganache:

- ¼ Cup Chocolate Chips
- 1 tbsp Almond Milk
- ½ tsp Orange Extract

Chocolate Orange Molten Lava Cake

Directions:

1. Over a double boiler, melt and combine your ganache ingredients.
2. Place in a refrigerator and allow to solidify.
3. Pre-heat the oven to 350F.
4. In a large bowl, sift and mix together all of the dry cake ingredients.
5. Whisk in the wet cake ingredients until the batter is smooth, but do not overmix.
6. Spoon the mixture halfway into 4 ramekins greased with coconut oil.
7. Form a ball equaling a heaping tbsp from the solidified ganache, slightly flatten and place in the center of each ramekin.
8. Top with remaining batter.
9. Bake for 14 min and allow to rest for 5 minutes before flipping onto your serving plates.
10. Optionally top with candied orange peels and coconut whipped cream.



Enjoy
&
Have
Fun!

Gluten
Free

Dairy
Free

Vegan

eat well & live better!

Find more great healthy recipes & events online by visiting us at: NaturesEmporium.com!

This Month's Featured Product Picks!



On Sale This Month!

Lorna Vanderhaeghe - ESTROsmart:

Designed by Lorna Vanderhaeghe - a leading natural health expert - ESTROsmart helps create and maintain healthy estrogen-to-progesterone balance. It supports healthy breasts, an effortless period, and protects against endometriosis, cysts, and PMS.



On Sale This Month!

Routine - Clay & Beeswax Deodorant:

Ethically crafted and manufactured in Canada, this deodorant is designed to be effective while maintaining an ultra clean and pure ingredient list. Each jar lasts 3-6 months with daily use, and ensures you avoid unnecessary chemical ingredients while keeping unwanted odors at bay!



On Sale This Month!

Natural Factors - Women's Multi Probiotic:

This supplement is specially designed for women to maintain healthy digestive and urinary tracts. This formula provides live microorganisms to enhance both intestinal, vaginal and urinary tract flora.



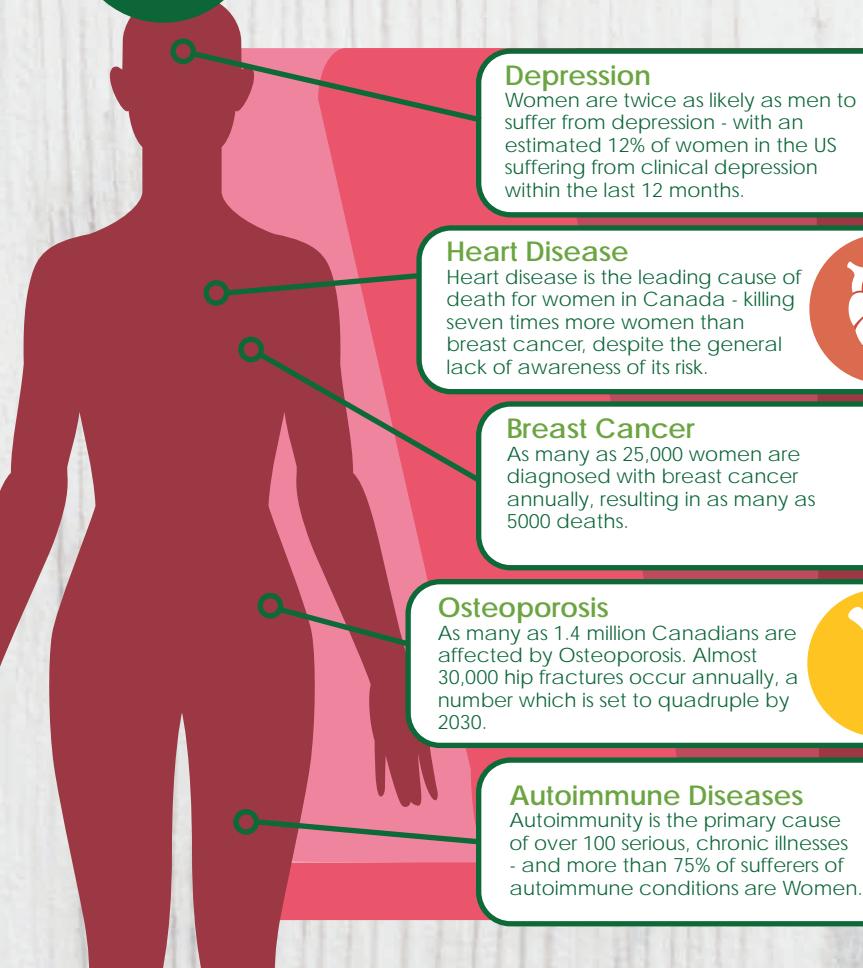
On Sale This Month!

Now - Enriched Skin Creams:

Get ready for intense moisture that truly nourishes the skin. These deeply hydrating skin creams are made using high quality ingredients like Sea Buckthorn, Vitamin C, D and E and are entirely Paraben-Free. They'll leave your skin feeling silky smooth - naturally!

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Learn more on a
FREE store tour!



This Month's Healthy Inspiration!

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

— Maya Angelou



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NaturesCanada



Top 5 WOMEN'S Health Concerns

Although the average life expectancy is higher now than at any point in human history, complacency - as well as emerging environmental and lifestyle threats - risks derailing decades of gains for woman's health. The effort to build lasting wellness starts with recognizing the major risk factors facing women's health and creating a health-boosting framework - with plenty of healthy food and exercise - in order to reduce them!

Sources:
<http://bit.ly/2aexgQu> • <http://bit.ly/29ZvBjq> • <http://bit.ly/29ZvsfC>
<http://bit.ly/2a4yaMI> • <http://bit.ly/2amfOL1>

Your Health Matters.

13 Top Tips... To Plan Your Healthy Picnic

with Kirsty Dunne

Lighten up your next summer outing with Kirsty & Nature's, using our selection of healthy picnic picks & tips that are perfect for the whole family!



Stay hydrated with Flow Water: Essential minerals like Zinc, Potassium, Magnesium, and Calcium Carbonate give Flow water its unique silky and smooth taste and healthy properties - like a naturally high pH to help offset an acidic diet - while offering electrolytes to keep the body more hydrated and feeling energetic!



Stay Balanced with Fontaine Santé Parsley Tabouleh: It's rich in vital vitamins C, B 12, K and A. Parsley keeps your immune system strong, tones your bones & helps the nervous system too!



Snack healthily with Simply 7 Cheddar Quinoa Chips: This ancient super grain line of chips is a healthier alternative to potato chips and definitely will satisfy your taste buds! They come in a variety of flavours such as BBQ, Cheddar, Sea-salt and Sour Cream and Onion... delicious! Gluten free with the nutty flavor of quinoa and rich, smoky cheddar, you'll find a delicious snack down to the very last bite - without the guilt!



Boost Stamina with Fontaine Santé Humm! Roasted Beet Dip! Beets help to boost stamina and regulate blood pressure. With a drizzle of olive oil and toppings developed especially to delight the taste buds, Humm! goes great on chips and offers a great source of gluten-free fibre.



Nourish Your Skin with Cal Organic Rainbow baby Carrots:

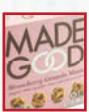
You've probably heard that carrots are good for eye sight, but did you know that they can also boost the skin's natural protection against the sun's rays? Carrots are one of the best dietary sources of beta-carotene — a nutrient that is known to help protect the skin against the free radical damage from sun exposure.



Quench Thirst with King Island 100% Pure Coconut Water: It's a natural and refreshing way to hydrate from young green coconuts from Thailand, with only 6g of naturally occurring sugars per 250ml!



Keep the Kids Happy with Annie's Bunny Fruit Pink Lemonade Natural Fruit Snacks: Super tasty, with no artificial flavours, colours or preservatives!



Sun Protection with Goddess Garden Everyday Natural Sunscreen: This sunscreen prevents sun damage without the risk of toxins absorbed through the skin! Made with plant-based ingredients and natural minerals, it provides powerful broad-spectrum sun protection that feels sheer and non greasy when you apply it!



Satisfy with Made Good Granola Minis: The perfect snack: organic, gluten free, Non-GMO project verified and contains the nutrients of veggies from six sources!



VegiDay Coconut Crunch: This is one snack that definitely quashes cravings: it's naturally sweet, crunchy and packed with keep-you-moving nutrients that taste great on their own or as a topping!



Replenish with the Citrus Zinger! Water can be boring and most of us find it challenging to drink enough. The Citrus Zinger makes it so simple, so easy, and so tasty: you can create delicious lemonades, limeades, and orangeades!



Pereg Quinoa Puffs: Try adding this Quinoa cereal as a topping on yogurt, or sprinkle some on fresh watermelon (my favourite!).



Spoil Your furry friend with Crump Naturals Chicken Morsels: with these healthy treats, they won't feel left out when you open the picnic basket! A delicious, healthy 100% Chicken treat made from 100% USDA Chicken



About Kirsty Dunne:

Renowned celebrity fitness expert and juicing guru Kirsty Dunne's philosophy for better health is simple: *It Begins Within*. That's why she's devoted herself to creating transformative programs that target all aspects of healthy living and produce noticeable results in as little as 21 days.

Kirsty has trained celebrities and high profile clients internationally, helping them transform their bodies and improve their health for special projects, events and appearances. She has worked with professional athletes and celebrities such as Mario Lopez, the LA Lakers, and Beto Perez (founder of Zumba Fitness.) Learn more about our partnership with Kirsty here: <http://bit.ly/2avKhI1>



Don't Miss This Month's Special Events!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 Civic Holiday <u>Please note:</u> Our store will be closing at 6pm	02	03	04	05	06	07
08 Monthly Gathering for Highly Sensitive Women with Puja Jones 7pm - 8pm (Newmarket)	09	10	11	12	13 Woodbridge Framer's Market 8am - 2pm Woodbridge Pool & Memorial Arena	14
15	16	17	18	19	20 PhysioChiro Wellness Event 11am - 2pm (Vaughan)	21
22	23	24	25	26 Electro-dermal Testing - The Health Detective with Lucinda Korman 11am - 6pm (Newmarket)	27	28
29	30	31				

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

