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Did you know that 70% of

Alzheimer's sufferers are woman?

December 2 is Women's Brain Health Day

Dementia risk is affected by many factors, some of which we can't control, like genetics and age. However, research shows that there are several things that we can do to help support our brain health as we age.

Regular exercise, frequently engaging in cognitively stimulating activities, and eating a nutritious, brain-healthy diet like the MIND* diet, with an emphasis on plant foods and a low intake of high-fat foods, have been shown to reduce cognitive decline and lower the risk of developing dementia. However, it's not only WHAT we eat that is important, but also how well our bodies absorb nutrients from our food. A healthy microbiome - the beneficial microorganisms living in the human digestive tract - is critical in the body's ability to properly absorb and process nutrients. This is why several clinical trials have found that probiotic supplements improve memory, cognitive function, and biochemical and histological measures in subjects with dementia and cognitive impairment.

Kenron Probiotics are a super-high potency formulation containing 11 strains of healthy bacteria and 90 Billion live cells per capsule. Speak to our pharmacy team for more information.

*For more info on the MInd diet, visit: <https://womensbrainhealth.org/think-tank/do-you-know-your-six-pillars-of-brain-health>

Quinoa Brittle

7-ingredient Quinoa Brittle naturally sweetened with maple syrup and coconut sugar, and it's butter-free! Crispy, crunchy, nutritious - a healthier dessert or snack!

Ingredients:

- 1/2 cup uncooked quinoa
- 3/4 cup pecans, chopped
- 1/4 cup gluten-free rolled oats
- 2 Tbsp chia seeds
- 2 Tbsp coconut sugar
- 1 pinch sea salt (optional)
- 2 Tbsp coconut oil
- 1/2 cup maple syrup



Instructions:

- Preheat oven to 325 degrees F (162 C) and line a baking sheet with parchment paper, ensuring it covers the entire surface and all the edges (to prevent spill over).
 - Add quinoa, pecans, oats, chia seeds, coconut sugar, and salt (optional) to a mixing bowl - stir to combine.
 - To a small saucepan, add coconut oil and maple syrup. Warm over medium-low heat for 2-3 minutes, stirring occasionally until the two are totally combined and there is no visible separation.
 - Pour over the dry ingredients and stir to thoroughly combine and coat. Arrange on parchment-lined baking sheet and spread into an even layer with a metal spoon. Try to get it as even as possible, or the edges will burn and the center won't crisp up.
 - Bake for 15 minutes, then turn the pan around to ensure even browning. Bake 5-10 minutes more and watch carefully as to not burn. You'll know it's done when uniformly deep golden brown in color and very fragrant. The edges may appear to be getting too brown, but they're just getting crisp and caramelized, so don't be afraid of that!
 - Let cool completely before breaking into bite-size pieces with a sharp knife or your fingers.
- Once completely cooled, store leftovers in a sealed bag or container at room temperature for 1 week or in the freezer for up to 1 month. This makes an excellent holiday dessert or gift!

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