

DURHAM NATURAL FOODS

1191 Montrose Avenue
705-566-3820

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST®

A. Bases? English 107

FREE FIBRESMART CAPSULES



ON SALE
29⁹⁹

Kit + 60 FREE capsules
NPN 80017882 / EN 138460

Cleansing super duo!

CleanseSMART from Renew Life® works to eliminate toxic materials from the whole body improving liver and bowel function.

BONUS

60 FREE GELCAPS



ON SALE
49⁹⁹

240 gelcaps + 60 FREE
NPN 80004324

100 DAY SUPPLY

Support cardiovascular health!

Health First® Omega-First is a maximum quality fish oil, rated 5-stars by International Fish Oil Standards (IFOS) for potency, purity and safety. ifosprogram.com

BONUS

MAKE A HEALTHY CHANGE

AND KEEP IT!

"It takes time but it's worth it!"



ON SALE
15⁹⁹

30 packets each
EN 151444

alive AWARDS 2011 GOLD

Boost your immune system

Emergen-C® contains 1000 mg of vitamin C combined with B vitamins, electrolytes and antioxidants to help you really feel the good this winter.

30 FREE CAPSULES



ON SALE
34⁹⁹

120 capsules + 30 FREE each
EN 122555 /122556

50 DAY SUPPLY

Support your active lifestyle

Progressive® MultiVitamins Active Women and Active Men are designed for adults on-the-go containing higher potencies of the key nutrients responsible for supporting a more active lifestyle.

BONUS

NEW



EXPERIENCE ALL THREE STAGES!

Vega Sport is the first, complete, all-natural, plant-based sport performance system specifically developed to help athletes perform at their best - before, during and after training and competition.

For a holistic approach to sport fueling and recovery, the Vega Sport performance system was formulated in three stages:

PREPARE Get in the zone with energy to burn

SUSTAIN Push harder, last longer, take it to the next level

RECOVER Recharge & repair so you can do it all again - sooner

vegasport.com for more information

WIN AN ELLIPTICAL FROM VEGA!
ENTER IN-STORE

ON SALE
15% OFF

Pictured: Brendan Brazier, professional Ironman triathlete, author and formulator of Vega Sport.

SALE DATES: JANUARY 7TH - JANUARY 28TH, 2012

30 FREE CAPSULES



ON SALE 22⁹⁹

120 capsules + 30 FREE NPN 80012020

25 DAY SUPPLY

Feeling sluggish?

Natural Factors[®] Milk Thistle with added dandelion and turmeric, provides superior herbal help for the liver and gallbladder.

BONUS



ON SALE 17⁹⁹

7-Day Kit EN 149013

Effective 7-day whole body detox

ReCleanse[®] Herbal Cleanse gently and effectively supports your body's natural detoxifying and elimination process. Supported by over 60 years of clinical use.

HABIT FACTS!

1. It takes the average person 2 months to make a change in habit
2. Changes don't have to be big or difficult to make a difference in your day to day life
3. Exercise related changes take twice as long to form into habits than food or drink related activities



454 g EN 138461

ON SALE 24⁹⁹

2 MONTH SUPPLY

More than just fibre!

FibreSMART from Renew Life[®] contains 50% soluble and insoluble fibre to support bowel health, plus herbs to heal and decrease gas and bloating.



Kit EN 171803 / NPN 80025472

ON SALE 24⁹⁹

Jumpstart your weight loss!

DietSTART from Renew Life[®] is a 14-day kit containing ingredients which help aid in weight management and enhance elimination.

Heart Health

ON SALE 45⁹⁹

60 + 60 softgels / NPN 80019175

2 MONTH SUPPLY

Easily absorbed CoQ10

Udo's Choice QH[™] Plus supports cardiovascular health and protects the heart & brain from oxidative stress in aging populations.

BUY 2 & SAVE



BONUS

ON SALE 8⁹⁹

120 V-Capsules / NPN 80025629

Increase circulation

Prairie Naturals[®] Ginkgo Biloba increases circulation which offers support for: vascular disease, healthy brain function including memory and concentration and tinnitus.



ON SALE 44⁹⁹

360 capsules / NPN 80007295

3 MONTH SUPPLY

Garlic is good, Kyolic is BEST!

Kyolic[®] Formula 104 combines Aged Garlic Extract[™] and lecithin to promote heart health through cholesterol reduction.



ON SALE 31⁹⁹

60 V-Capsules / EN 158367

2 MONTH SUPPLY

Cholesterol too high? Take control

Prairie Naturals[®] Sytrinol is clinically-studied to help reduce total cholesterol and improve LDL: HDL cholesterol ratio with just one capsule-a-day.

Cold and Flu Season

ON SALE 13⁹⁹

30 tablets / NPN 80021981

The cold buster!

A.Vogel Echinaforce[®] Forte is clinically proven for its antibacterial, antiviral and anti-inflammatory effects. Strengthens the immune system and relieves cold & flu symptoms. avogel.ca



ON SALE 11⁴⁹

30 ml / NPN 80024141

Spray the pain away!

A.Vogel Echinaforce[®] Sore Throat Spray is clinically proven, fast-acting relief for pain associated with swollen tonsils, pharyngitis, general throat pain and inflammation.



60 vegetable capsules NPN 80015375

ON SALE 34⁹⁹

2 MONTH SUPPLY

Immune balancing made easy

Health First[®] Immuno-First is a convenient one-per-day phytoesterol formula. Phytoesterols assist in modulating the immune system.



100 Vcaps[®] NPN 80006038

ON SALE 19⁹⁹

100 DAY SUPPLY

Fight your congestion

NOW[®] NAC (N-acetylcysteine) is a precursor to the antioxidant, glutathione, required for the maintenance of healthy cells and tissues in individuals with chronic bronchitis.

Health and Beauty



Honour your BODY... Nurture your SOUL

Arma Crystal Therapy, makers of Gardener's Dream Cream, offers an award winning rejuvenation all-natural skin care line. Our products are made with 100% pure essential oils, chemical free and made with love. A perfect winter treat for healing and beauty!

ON SALE 20% OFF



MAKE A HEALTHY CHANGE

AND KEEP IT!

By: Allison Tannis MSC RHN



Living healthier is important to all of us, but sometimes it is easier said than done. About half of us will make a resolution for the New Year. We do this as a means of reinventing ourselves. Some of us will be successful but, others not. This time let's do it right. Make a healthy habit change and keep it - it's an exercise in healthy living that researchers say you'll keep forever.

What is a Habit?

Habits are those behaviours that have become automatic, triggered by a cue in the environment rather than by conscious will. In other words, when we have established a habit in our brains, we sort of work on autopilot until we're done. For example, taking your supplements every morning, brushing your teeth before bed, or craving a sweet treat at night are habits, or automatic behaviours, many of us have. You can put healthy living behaviours on autopilot too.

Keep it Simple

Why do many people fail with a resolution? According to psychology experts, it is because we set unrealistic goals and we assume that by losing a few pounds, or better managing our debt, our lives will magically change. Be successful - make healthy habit changes that are simple and be realistic. Pick a cue that is a part of your daily routine to help trigger your new healthy habit. Then, you will find your new healthy habit to be less intrusive on your regular day, and easily becomes automatic. Here are some great ideas of simple healthy habits you could add to your lifestyle:

- Eat a piece of fruit at lunch
- Take a daily multivitamin every morning
- Floss your teeth before bed
- Go for an evening walk
- Take a probiotic with breakfast
- Add fish oil to your morning supplement routine
- Eat a handful of nuts or seeds as your afternoon snack
- Do five minutes of yoga every morning

Of note, when choosing which healthy habit you're going to take on next, know that exercise-related activities took twice as long in research studies to form into habits than food or drink related activities.

How long does it really take to change a habit?

Most people believe you can change a habit in 28 days. But, that's not nearly long enough! In the 1960s, a psychologist, Maxwell Maltz, observed a population group change their behaviour in about a month. He extrapolated this finding to the behaviour of all people - but, we are not all created equally.

More recently, a research study out of the University College of London found that it actually takes most people much longer than a month to change a habit. In the study, ninety-six people made a food, drink or activity change in their day (e.g. eat a piece of fruit at lunch, go for an evening walk). The researchers found that it took between 18 and 254 days for people to make a healthy habit change, with the average person taking 66 days. What does that mean? Some people can incorporate a healthy habit into their lifestyles within a few weeks. But, for most of us it will take about two months - for others it may take even longer.

Thus, don't give up! Making change can take some time. Keep going. If you fall off the healthy habit wagon, climb back on. Making healthy changes is not just on January's 'To-Do List'; to truly know you gave your new healthy habit a good shot, stick with it for the year.

REFERENCES:

- Barnes, T. et al. Activity of striatal neurons reflects dynamic encoding and recoding of procedural memories. *Nature*, October 20, 2005, Volume 437.
- Lally, P. et al. How are habits formed: Modeling habit formation in the real world. *European Journal of Social Psychology*. Volume 40, Issue 6, pages 998-1009, October 2010.
- Norcross, J.C. et al. Ringing in the new year: The change processes and reported outcomes of resolutions. *Addictive Behaviors*, 1989,14(2), 205-212.



ON SALE
45⁹⁹

2 MONTH SUPPLY

Convenient & affordable multi-vitamins

MegaFood™ One Daily Multi-vitamins for Women and Men ensure that your body receives concentrated whole food nourishment every day for the maintenance of good health.

60 tablets each
EN 156771 / 163348

60 FREE CAPSULES



ON SALE
35⁹⁹

4 MONTH SUPPLY

Help your underactive thyroid

WomenSense™ ThyroSense® supports optimal thyroid health. Signs of a low thyroid may include: weight gain, low energy, thinning hair or cold hands & feet.

180 vegetarian capsules + 60 FREE
EN 135355

BONUS



ON SALE
17⁴⁹

1 MONTH SUPPLY

Have healthy bones without that chalky taste

LifeTime® Calcium Magnesium Citrate with Vitamin D is easily assimilated and contains no milk or phosphorus. Essential dosage for complete bone support.

475 ml
NPN 80006648

GREAT VALUE



ON SALE
14⁹⁹

90 + 90 tablets
NPN 80003759

6 MONTH SUPPLY

Most biologically available B12

Natural Factors® B12 is essential for healthy red blood cell production to maximize oxygen transport throughout the body for the maintenance of good health.

BONUS



ON SALE
22⁹⁹

60 Vcaps®
NPN 80005425

Winter blues getting you down?

NOW® 5-HTP is an amino acid that helps regulate mood. Supplementing with 5-HTP may reduce headaches and help combat Seasonal Affective Disorder (SAD).



ON SALE
33⁹⁹

100 g
DIN-HM 80007675

The health science of pain relief

Traumeel® S by Heel is scientifically proven to regulate inflammation, relieve pain and accelerate healing.

Putting your Health First®

HEALTH FIRST



ON SALE
34⁹⁹

60 gencaps
NPN 80028062

Relieve BPH urinary symptoms

Health First® Prostate Protect helps relieve urologic symptoms (weak urine flow, frequent daytime and nighttime urination) associated with mild benign prostatic hyperplasia (BPH).



ON SALE
11⁴⁹

100 DAY SUPPLY

Everyday energy support

Health First® Vitamin B-50 Complex contains 50 mg/mcg of the major B vitamins to help metabolize carbohydrates, fats and proteins.

This store is a proud member of Health First Network - Canada's leading independent health & wellness retailers

We use collective wisdom, group buying, and shared marketing to put knowledge, value and health first for Canadians.

We are also locally owned and operated.

We love the people, architecture, politics and uniqueness of our cities and towns. We are your neighbours. Our kids go to school with your kids. We pledge to provide you with the same service, selection and product knowledge we give to our families and friends.

When you buy from a locally-owned store you are helping strengthen your community...

- Our one-of-a-kind stores keep our communities distinctive and fun
- More money re-circulates in our community when you purchase locally, than when you buy from nationally-owned stores
- Buying locally means shorter shopping distances, therefore the negative impact on the environment is much less
- Most new jobs are created at locally-owned businesses.

See healthfirst.ca for details.



ON SALE
32⁹⁹

120 vegicaps
EN 150978

2 MONTH SUPPLY

Regulate your hormones

Macasure by Sequel is made with certified organic Peruvian Maca Root Extract which helps regulate, support and balance hormones in both women and men.

BUY 2 & SAVE



ON SALE
33⁹⁹

60 + 60
vegetable capsules
EN 145042

Cold-Defense works or your money back!

Health First® Cold-Defense main ingredient, the Indian herb andrographis, has undergone clinical testing showing effectiveness in reducing common cold symptoms.

BONUS

30 FREE CAPLETS



ON SALE
22⁹⁹

120 caplets + 30 FREE
NPN 80016066

One size does not fit all

Progressive® Complete Calcium is designed to aggressively defend against all forms of calcium depletion. Available in 50+, Adult Women & Men formulas.

BONUS



ON SALE
33⁹⁹

255 g
NPN 80009137

1 MONTH SUPPLY

Increase your energy & vitality

greens+ from **Genuine Health** is a research-proven blend of 23+ plant-based ingredients providing essential nutrients to increase energy and improve overall health.



ON SALE
21⁹⁹

500 ml

16 DAY SUPPLY

Oil your machine!

Udo's Oil™ 3-6-9 Blend is a source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined seed oils, including certified organic flax, sesame, sunflower, and evening primrose.



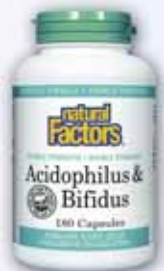
ON SALE
29⁹⁹

30 capsules / EN 151149

30 DAY SUPPLY

Get relief + repair in just 7 days!

fast joint care+ by **Genuine Health** contains Natural Eggshell Membrane, providing essential nutrients to build & repair cartilage while reducing inflammation.



ON SALE
19⁹⁹

180 capsules
EN 100731

2 MONTH SUPPLY

Restore & maintain healthy intestinal flora

Natural Factors® Double Strength Acidophilus & Bifidus is a probiotic that delivers live microorganisms that form a natural healthy gut.

60 FREE CAPSULES



ON SALE
43⁹⁹

180 vegetarian capsules + 60 FREE

80 DAY SUPPLY

Less stress, more energy!

WomenSense™ AdrenaSense® provides adrenal gland support. Symptoms of adrenal fatigue may include: feeling stressed, fatigue, cravings, no stamina and poor sleep. pno.ca

BONUS



PGX® Will change your life even if you don't.

Natural Factors® PGX® Daily can help you lose weight effectively and gradually by creating a sense of fullness and slowing the digestion of food allowing you to eat less and feel full for longer. PGX can also reduce the glycemic index of a meal by up to 50% contributing to healthy blood sugar levels and improving insulin sensitivity. Naturally, the beneficial effects of PGX will be enhanced by a healthy diet and exercise plan, leading to incredible results.

Visit pgx.com for more information.

ON SALE **26⁹⁹** ON SALE **49⁹⁹**

120 softgels
NPN 80017389

240 softgels
NPN 80017389

For a full list of Health First Members, to learn more about Health First and our products visit healthfirst.ca

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