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The Dandelion Healing Centre



Take our Dandelion Metabolic Index Survey Challenge

Store Survey Conducted by Staff Super Saturdays: May 8 & June 15

The health of our customers is at the forefront of our efforts at Organza Market. The criterion of what to bring into the store is a very difficult task. We have a dedicated buying committee that scrutinizes every product that is presented to us from hundreds of different suppliers. We look at every new product's ingredients, the nature of its origin (Organic, GMO, etc...), the cost of shipping to our part of the world, the ethics of what the product is (bottled waters), etc . This committee is not always sure of what the truth really is especially when you listen to the manufacturers' claims. After all, according to them, they each have the right ingredients, the best known solutions, the best process to help us in our fight against aging and malaise of many sorts. We decipher the information and bring to store what we think is the best for us and our families, by extension, you and yours'.



[Read more about our upcoming health survey here...](#)

The Ancient Art of Reflexology

Healing with Charleton Kubera

Reflexology is a natural healing art based on the principles that there are reflexes in the feet, hands and ears which correspond to every organ, gland and part of the body. Reflexology has been practiced in India, Egypt and China for thousands of years and continues to be used throughout the world today as a safe, effective, non-invasive and beneficial therapy. Charleton Kubera practices Full Spectrum Reflexology which involves the use of Photo Reflex Beamer 3-b which emits near, red, mid and far infrared light, the Vibra pro 7000 Vibration Machine, and Dr. Riley's Percussion Instrument, along with traditional hands-on techniques. This combination effectively stimulates all the reflex points, frees up the thousands of nerve endings, clusters of lymph nodes, circulatory endings and relaxes the musculoskeletal system. The benefits of this combination of treatments are Detoxification, increased oxygen, stress reduction, decreased pain. Improved function of all systems: Circulatory, Respiratory, Digestive, Lymphatic, Endocrine, Urinary and musculoskeletal.



[Learn more about reflexology here...](#)

Seedlings at Organza From our Market to your Garden

Seedlings at Organza: from our market to your garden

Every spring/summer, for a number of years, we at Organza have been selling the seedlings from Room To Grow Greenhouse, in Boissevain, Mb. David and Maggie have worked tirelessly to promote organics in Manitoba for many years. Theirs was the first Certified Organic greenhouse in Manitoba, and they have always specialized in Heirloom varieties of vegetables, and have been great educators about little known medicinal and native plants.

[Learn more in the full article here...](#)

Recipe of the Month Roasted Beet and Arugula Salad



Makes 4 Roasted Beet and Arugula Salads

Prep Time: 10 minutes
Cook Time: 60 minutes
Total Time: 70 minutes

[View the full recipe here...](#)

Healthy Bits and Bites

PGX - Eat Yourself Thin

PGX (PolyGlycopleX) is a revolutionary combination of water-soluble polysaccharides (plant fibres)

Fresh Cut Wheat Grass & Juicers

Locally Grown Organic Wheatgrass now available at

stemming from many years of research. This research focused on the link between blood sugar imbalance, appetite, and weight gain, and how each can be safely and effectively corrected.

Because feeling hungry and deprived is often what causes people to drift away from their diets, PGX can be added to any sensible diet plan or program if you already have one that works for you.

- * PGX allows you to correct your appetite and successfully lose weight
- * PGX enables you to control and balance your blood sugar levels
- * PGX helps you lower your cholesterol and triglyceride levels
- * PGX accomplishes your weight loss objectives safely and without stimulants



Organza Market (fresh cut in ziploc bags found in the produce department).

- * Detoxifier
- * Natural Immunomodulator
- * Haemostatic / haemolytic agent
- * Anti-inflammatory

*To review 27 summaries from medical and scientific journal articles supportive of clinical effectiveness of Wheatgrass please visit:

<http://www.wheatgrassprofessional.info/references.htm>

Fully harness the nutritional and therapeutic benefits of Fresh Wheatgrass Juice.

The healthy juicer is a great design that is efficient, easy to use and clean. Available for only \$59.99 and includes a FREE bag of wheatgrass.



Shawn's Picks

Beauty and health advice
with Shawn Nesbit



Ask Shawn

Natural Health Q & A

Question:

Is Vitamin K an overlooked supplement?

Answer:

Perhaps, and some health experts are saying vitamin K is one of the most promising vitamins of our time. How could such a seemingly low key vitamin get top billing on par with vitamin D. Its because recent research supporting vitamin K's usefulness in bone and heart health is now becoming too abundant to be overlooked. According to a well known health expert Dr Mercola, vitamin K plays a crucial role in many bodily functions. Further to it may be a key vitamin to fight the signs of ageing. Its a stronger antioxidant than vitamin E and Co Enzyme Q10 and it is being looked at by scientists as being a vitamin to promote immune health and memory support.

[Read more about the benefits of Vitamin K here...](#)

Amazing Discovery Broccoli Leads to Young Skin?

Sulforaphane From Broccoli Seed Maintains the integrity and loss of DNA. Did you know that it takes two years for the body to replace every single cell on the face and ears. This means that you get a new face every two years. Every time a cell produces a new cell it loses a little bit of DNA. This is why your looks change as you get older. You can liken it to a photocopy of a photograph. You lose a little bit of the quality image every time you photocopy the photocopy and so on. Sulforaphane protects, maintains and repairs the DNA. Look younger and stay looking younger longer with Sulforaphane skin care.

Curious? Try: *NEWCO Sulphoraphane Ointment 50ml DNA Repair*



Staff Pick The Benefits of Vitamin D-3 &K-2

NOW® combines two nutrients extensively researched for their benefits for the bones, teeth and cardiovascular system. Vitamin D₃ promotes calcium absorption and calcium transport to bones. Recent studies indicate that Vitamin D₃ may support healthy insulin action and glucose metabolism and may have a positive impact on immune function. Vitamin K₂, likewise is beneficial in the areas of bone and cardiovascular health. Vitamin K is critical for the formation of healthy strong bone matrix. Bone quality is dependent on the presence of adequate Vitamin K. Vitamin K's role in arterial health revolves around its ability to support proper calcium metabolism in vascular structures. Vitamin K₂ is the most biologically active form of Vitamin K.



We would like to congratulate Kelly Gustafson, last month's winner of \$250 worth of free Organza groceries! Congratulations Kelly!



Upcoming Health Q & A Session with RoseMarie Pierce, B.Sc.Pharm

RoseMarie Pierce is a highly respected holistic pharmacist with over 40 years of experience in the field of natural health.

Holistic Pharmacist RoseMarie Pierce will be in the store from **10:30 – 12:00 on Tuesday, April 27th** to answer any of health related questions.

In addition we will be sampling the new Revolutionary Probiotic Gum and Recleanse Fibre Chews.

Come Celebrate World Laughter Yoga Day May 2nd @ Dandelion Healing Centre

Charelton, a Laughter Leader will be offering his first 20 minute Laughter Yoga class - special introductory offer FREE. Just bring a yoga mat or Twel.

To register call Charelton 791-0075 or email gerry@organzmarket.com

Upcoming Special Presentation: Viewing of Dr. John Gray's Venus on Fire, Mars on Ice

Dandelion Healing Centre Screenings:

Thursday May 6 from 7pm - 9:30pm

Saturday May 8 from 10am – 12:30pm

\$5 per person - payable at the till

Call (204) 453-6266 to reserve your seat - Seating is limited to 30 people

Dr. John Gray is an amazing fellow who really puts the icing on the cake when he talks about his own experiences and his relationship with his spouse. This is a lively presentation that makes one realize that we are mammals with a brain where hormones can reek havoc. He opens our eyes to what are commonly viewed as stereotypical acts to really be functions of our natural behavior.

So come, watch and have lots of fun talking about these funny anecdotes and how they apply to our own relationships and lives. The video is 1 hours and discussion will follow afterward.

[Get a sneak peak of the video here...](#)

Organza Market

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6PM NEWS