

## WHERE TO SHOP

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The Big Carrot Natural Health Market  
348 Danforth Ave (at Chester TTC station)  
416.466.2129  
[www.thebigcarrot.ca](http://www.thebigcarrot.ca)

Whole Foods  
87 Avenue Road (north of Bloor, near Bay TTC station)  
416.944.0500  
[www.wholefoodsmarket.com/canada/toronto/](http://www.wholefoodsmarket.com/canada/toronto/)

The Health Shoppe  
1375 Yonge Street (at St.Clair TTC station)  
416.968.1225

Lennie's Health Foods  
489 Parliament Street (at Carlton Street)  
416.920.3777

Ambrosia Natural Foods  
55 Doncaster Avenue (near Yonge & Steeles)  
905.881.7811  
[www.ambrosianaturalfoods.com](http://www.ambrosianaturalfoods.com)

**NOTE:** The larger Loblaws grocery stores have a good selection of organic products and fair-sized health food sections.

*For home delivery of detox-friendly meals:*  
Equilibrium Nutrition  
416.669.6695  
[www.equilibriumnutrition.ca](http://www.equilibriumnutrition.ca)