



Marlene's™

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

June 2023

Brain foods • Warm weather planting
Men's nutrition • Mindful eating

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Marlene Beadle, founder of Marlene's Market & Deli.

A Letter From Us

June is here, and what a wonderful month it is! The bright green of spring is almost the deep green of summer. Flowers and vegetables are growing profusely and everything is just gorgeous. Happy times in the Pacific Northwest!

For those who appreciate the gifts of nature, June is one of the most rewarding months in our area. Don't let it slip by. If you have limited outdoor growing space, consider doing some indoor jar sprouting to supplement your culinary pursuits. It's inexpensive, surprisingly quick, and an easy way to get a boost of nutrient-rich freshness into your meals.

And please come visit our produce department! We are absolutely bursting with beautiful fruits and vegetables right now.

Congratulations to all grads out there, and a special congratulations to those who've worked hard to support them. May your dreams and potential be realized and appreciated.

A special thank you to the men in our lives as we celebrate dads and father figures everywhere, too!

Be well and take care of each other,

Lisa

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Smoky, Savory Black Bean & Brown Rice Burgers

These classic patties are stand-alone delicious! But you can dress them up with all the mouth-watering toppings and condiments you can fit under a bun.

- 1 Tbl olive oil (+ more for frying patties)
- 1 small diced onion (about $\frac{3}{4}$ cup)
- $\frac{1}{2}$ cup diced carrots
- 2 tsp smoked paprika
- 1 tsp cumin
- $\frac{1}{4}$ tsp chili flakes
- 1 tsp sea salt
- 1 15 oz can of black beans, rinsed and drained
- $1\frac{1}{2}$ cups cooked brown rice
- $\frac{1}{2}$ cup walnuts, crushed or ground
- 2 eggs, lightly beaten
- $\frac{1}{2}$ cup chopped cilantro or parsley leaves

In a large skillet, sauté onion and carrot in 1 Tbl olive oil over medium heat. When mixture is tender and just beginning to brown, add smoked paprika, cumin, chili flakes and sea salt. Stir until fragrant, about 1 minute.

Add the black beans, mashing them in the pan until about oatmeal consistency and leaving some beans whole for texture. Remove from heat and allow to cool in the skillet a few minutes.

In a large bowl, mix brown rice, walnuts, and black bean mixture. Stir in egg and cilantro and mix thoroughly. Form 6-8 patties. Place patties in refrigerator for about 30 minutes to maximize firmness.

Heat 1 Tbl olive oil in a skillet over medium heat. Fry 3-4 patties at a time for 5-7 minutes on each side. Continue in batches until all patties are nicely seared and cooked through. Serve warm with everything!



BADGER: BETTER FOR YOU, BETTER FOR THE PLANET

Sunscreen made with love, organic goodness, and 100% solar energy!

by Badger Balm

Here at Badger, we have a unique philosophy of product formulation: every product starts with someone we love. That's how we started making sunscreens in 2005 after an employee was diagnosed with skin cancer. Since our very first batch, we have set the standard in safe, organic sunscreens for people and the planet. Over the two decades since, our sunscreens have grown to be trusted around the world for their simple formulations, effectiveness, and high-quality ingredients. And we're excited to announce they're made using renewable energy! Our solar array generates over 600,000 kWh of clean electricity, enough to power all our operations and send energy back to the grid. Badger sunscreens aren't just made with love and organic goodness—they're made with 100% clean solar power. While you won't see "sunshine" on the ingredients list, trust us, it's in there.

Because of their simplicity, Badger sunscreens aren't just healthier for people; they're healthier for our oceans. The same sunscreen ingredients concerning for humans (including oxybenzone and octinoxate) have been shown to kill or bleach coral, even at extremely low concentrations. Sadly, up to 10% of the world's coral reefs may be threatened by chemical

sunscreens. Many coastal communities, such as Hawaii and Key West, are responding with legislation—but without a legal definition for the terms "reef-safe" or "reef-friendly," people have no way of knowing whether their sunscreen is truly safe for reefs. And because there isn't any regulation, a product might be labeled with the phrase even if it contains reef-damaging ingredients.

So, while all Badger sunscreens are reef-friendly, we've gone a step further and partnered with nonprofit scientific organization Haereticus Environmental Laboratory to produce a sunscreen line with a rigorous certification. Our products have undergone rigorous testing by the HE Laboratory to ensure they have the least possible impact on coral reefs.

Badger continues to set the standard in mineral sunscreens—a leader in safe formulations, efficacy testing, ingredient sourcing, and small-batch manufacturing. And we continue to make them for people we love.



*Sun care that's safe for you
and safe for coral reefs!*

How to make sure your sunscreen is reef-friendly and used effectively:

1. Check the ingredients list. There are many ingredients known to kill or bleach coral, even at extremely low concentrations. Read your sunscreen label and make sure it contains only natural and organic ingredients that will biodegrade in the outdoor spaces you play in.
2. Choose mineral-based sunscreens. Zinc oxide and titanium dioxide are the only active sunscreen ingredients generally recognized as safe by the FDA.
3. Skip the chemicals. Avoid oxybenzone and octinoxate, and other ingredients that may harm coral.
4. Use water-resistant sunscreen. It's more likely to stay on your skin longer instead of washing off in the water.
5. Cover up and seek shade: The best way to protect yourself from the sun's rays is a hat, sunglasses, and a shirt or rash guard. Seek shade during peak sun hours. You'll still need to apply sunscreen to exposed skin, but the amount you'll need to apply and reapply will be less.



How Do You Know If Your Thyroid is Unhappy?

by Jennea Wood, ND

It's estimated that up to 60% of people with a thyroid disorder don't know they have it. In preparation for my class in July on the Hidden Causes of Thyroid Disorders, I wanted to go over what you might notice in your body if your thyroid isn't working optimally.

It's helpful to think of the thyroid as the thermostat of the body. If the thermostat gets turned way down (known in medicine as HYPOTHYROIDISM), you can expect to feel chilly, tired, and various body functions will slow down and dry out. The skin gets dry, the hair gets dry and coarse and falls out at a faster rate, the heart rate slows and digestion slows too, leading to constipation. Tissue healing slows, so wounds sometimes heal more slowly and you can wind up feeling achy and stiff in the muscles and joints. Mood can be low too, and cognition is sluggish. People become more prone to weight gain, and without enough thyroid hormone in circulation, fertility is reduced. A general lack of metabolic energy can lead to a sensation of muscular weakness. In some cases, the thyroid can swell, and some people notice a lump sensation in the throat, or hoarseness. Low thyroid function is more common with age and ten times more common in women.

On the other hand, if the thermostat gets turned up too high (known as HYPERTHYROIDISM), body functions trend toward warmer, faster and more anxious. You might notice feeling jittery, antsy, anxious and irritable. Insomnia sets in and heart rate picks up. A lot of people experience a racing or flip-flopping sensation (palpitations) of the heart, and sometimes a sense of shortness of breath or a fine tremor in the hands. The body feels warm, often overheated with easy sweating, and sometimes the bowels get moving too fast leading to frequent bowel

movements or loose stools. You might expect one would feel super energized with all that thyroid hormone racing around, but often people actually feel fatigued. In advanced stages of Grave's disease, the most common cause of hyperthyroidism, the eyes start to bulge outwards.

If someone tells me they are experiencing multiple symptoms that point to a thyroid imbalance, I will recommend blood testing. In conventional medicine, testing is often restricted to TSH and free T4, but these tests miss a lot of thyroid imbalances.

Here is a list of the tests I recommend for a thorough baseline of thyroid function:

- Free T3
- Free T4
- TSH
- Reverse T3
- Anti-TPO antibodies*
- Anti-TG Antibodies*
- Thyroid stimulating immunoglobulin**

We'll get into so much more detail on why thyroid imbalances happen at my class. Please join us and bring your questions!

*Antibodies that signal the presence of Hashimoto's thyroiditis, the most common cause of low thyroid function in the US.

** Antibodies that signal the presence of Grave's disease, a cause of excess thyroid function. This test would only be run on a person experiencing signs of excess thyroid function.

Dr. Jennea Wood is a naturopathic physician practicing with Tummy Temple in Greater Olympia/Lacey. Her goal with every patient is to identify and address root causes of disease. Her areas of specialty include helping people who are struggling with gastrointestinal diseases of all kinds, thyroid and adrenal dysfunction, anxiety and depression, atopic diseases including asthma, allergies and eczema and autoimmune conditions. You can learn more about her practice and the other offerings of Tummy Temple at: tummytemple.com/jennea-wood-nd/

Join us online!

Uncover the sneaky foils of thyroid health with Dr. Wood.

Tuesday, June 20
at 7 pm, Online

Details at marlenesmarket-deli.com/classes



Thyroid
health

Deep Nourishment with Mindful Eating



When we consider the distractions and responsibilities of our daily lives, mindful eating doesn't seem like an easy or practical task. However, eating with mindfulness is not only reserved for those on retreat or in formal mindfulness programs. We can all reap the benefits of being deeply nourished by adopting a less formal approach to mindful eating. Here are some guidelines to differentiate between mindless and mindful eating and to bring the body and mind back to the table together.

- Allow your body to catch up with your brain. Focus on eating slowly, stopping when your body says it's full. Slowing down while eating is essential for the mind and body to communicate what is needed for nourishment. Did you know the body sends its satiation signal about 20 minutes after the brain? This is why we often overeat unconsciously. By slowing down and consciously chewing each bite 20 times, we can pay attention to our body's signals and understand when we have eaten enough. Additionally, beginning a meal by sitting down to eat and setting utensils down between bites can help us be present for the whole experience.
- Learn your body's personal hunger signals. Rather than eating when we get emotional signals, like stress, sadness,

frustration, loneliness, or boredom, we can listen to our bodies. When we listen to our bodies, we are mindful of what we are eating, and we eat according to our body's needs instead of our emotional wants. True mindful eating is about listening deeply to the body's signals for hunger.

- Try to eat with others at set times and places instead of eating alone and randomly. Eating at consistent times and places can boost our mental and physical health, improve our mood and sleep, and help us create healthy connections with others.
- Cultivate a mindful kitchen. Having a mindful kitchen means organizing and caring for your kitchen space so that it encourages healthy eating and nourishing gatherings. Consider what you bring into your kitchen and where you put things away. Prioritize placing healthy foods in easy-to-reach locations, and put treats and less nourishing foods out of sight. When food is around, we tend to eat it, so we can be mindful of the foods we are using and storing.
- Understand your motivation behind food choices. By eating healthy foods and practicing mindfulness, we are less inclined to binge on our comfort foods and more inclined to enjoy healthful

foods. Allow yourself to choose foods that are both nutritionally healthy and emotionally comforting. Although it may seem like a tricky balance, we can find nourishing foods that are also satisfying and comforting.

- Plan for special occasions and have some flexibility with your eating habits. We should be aware that we might change our eating habits at different times of the year or for different occasions. When we plan ahead, we are more likely to eat the amount our body needs at that moment and we avoid undereating and overeating.
- Practice self-compassion and be kind to yourself. Eating mindfully is not always easy, and we should not be hard on ourselves when we find it difficult. We can practice formal mindful eating on retreat and special occasions and we can practice personal mindful eating in our daily lives.

In our often busy and distracting culture, practicing mindful eating is essential for physical and mental health. By using these simple guidelines, we can differentiate between mindless and mindful eating and unify the body and mind. Through this method of awareness, deep nourishment is available to all of us.



Superfoods for the Brain

Our brain needs healthy foods. What we eat affects how we think and feel, and there's now ample evidence that consuming certain foods can help protect the brain and maximize its functioning. Though no single food will prevent dementia or protect memory as we age — the brain needs a variety of fruits, vegetables, proteins, and carbohydrates to function optimally. Incorporating these superfoods into your diet is an excellent way to ensure you're getting a broad spectrum of nutrients that can benefit your brain and your whole body!

Consider these dietary allies the next time you're stocking your kitchen:

Kale

Kale contains large amounts of vitamin C (one serving has as much vitamin C as an orange), vitamin A, vitamin K, and is high in brain-supporting antioxidants including beta-carotene, flavonoids, and polyphenols. The nutrients in this long-stemmed, leafy green also include Omega-3 fatty acids and may help slow the loss of memory and thinking skills that typically come with age.

Eggs

In addition to being good for your vision, the nutrients vitamin D and lutein have been associated with better cognitive function in older adults. Eggs have both nutrients, and regular consumption of eggs has been associated with improved cognitive performance in adults.

Avocados

This fruit provides B vitamins that studies have found may boost mood, reduce anxiety, and relieve irritability. In addition, by reducing high blood pressure, the unsaturated fats in avocados may lower the risk of cognitive decline.

Lemons and limes

A naturally occurring compound in citrus fruits may help safeguard the brain's nerve cells.

Walnuts

Walnuts are the top nut for brain health. They have a significantly high concentration of DHA, a type of Omega-3 fatty acid.

Beans

Beans pack a powerful punch of brain-friendly nutrients, including magnesium, zinc, fiber, antioxidants, and folate. Folate is essential for brain function. Deficiencies in this particular nutrient have been linked to neurological disorders, such as depression and cognitive impairment.

Blueberries

These brightly colored berries play a role in improving communication between brain cells. Research also suggests that compounds in blueberries known as flavonoids may improve memory, learning, decision making, verbal comprehension and numerical ability.

Rolled oats

Rolled oats and other whole grains provide a steady supply of glucose to fuel the brain. Oats also contain choline, which the body needs in order to produce a neurotransmitter called acetylcholine. Acetylcholine helps with both learning and memory.

Extra-virgin olive oil

Compounds found in this oil may increase mental focus and slow decline in thinking skills. Olive oil reduces brain inflammation and activates a process called autophagy, where cells break down and clear out intracellular debris and toxins. If this process doesn't happen, it can mark the beginning of Alzheimer's disease.

Green tea

Research indicate that the combination of caffeine and L-theanine improves brain function by strengthening working memory and attention. Green tea also boosts focus and mood improvement.

Drug-Free Help for ADHD

by Terry Lemerond

If the idea of your child using synthetic drugs to deal with Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder (ADD/ADHD) makes you cringe, a safer alternative may be at hand. Food swaps, lifestyle changes, and a few key nutrients can help parents and children cope with ADHD safely and effectively. Committing to a protocol now may offer

According to the Centers for Disease Control and Prevention, more children are being diagnosed with ADHD in recent years and at a younger age as well. Constant screen time, processed foods, lack of restorative sleep, and less exercise also contribute to hyperactivity in children, who are already wired to behave more impulsively. Fortunately, some simple changes can make a difference.

Nutrition and ADHD

While study results are mixed, most experts agree that dietary changes can be improve overall mood, reduce impulsive behavior, and strengthen attention spans. Here are three helpful steps:

1. Eliminate gluten-containing foods, foods with artificial flavors, sweeteners, colors and preservatives and refined sugars.

2. Switch to a low carbohydrate diet with high-quality protein from fish, eggs, low fat meats, chicken and healthy fats from butter, olive oil and sesame seed oil.

3. Add omega-3 fatty acids bound to phospholipids from salmon.

Other Vital Nutrients for Memory, Attention and Peace of Mind

Nutrients, including DMAE, the amino acid L-tyrosine, and vitamin B6, aid in the function of neurotransmitters, which are messengers in the brain. Others, including grape seed extract, phosphatidylserine, taurine, rhodiola, and N-acetyl-cysteine (NAC) are also excellent ingredients for mood, concentration, and focus.

For example, in clinical trials of children with ADD, phosphatidylserine was able to improve attention and reduce symptoms. In fact, 11 of 18 children receiving phosphatidylserine had no further ADD symptoms at all. The herbal botanical rhodiola has long been used for its ability to increase focus, concentration, and memory, especially during stressful times such as final exams.

8 JUNE



Also, bear in mind that B-vitamins in general are really the unsung heroes of the mind. The brain and nervous system simply can't survive without them. However, when they're deficient you're much more likely to see cases of ADD, ADHD, and autism. In fact, a recent study showed that when women supplemented with folic acid before and during pregnancy, their child was 40 percent less likely to be diagnosed with autism.

Thriving Naturally with ADHD

It can be challenging if your children have traits identified as attention deficit and/or hyperactivity. However, as they grow and mature some of these behaviors may even come to be seen as unique gifts of energy, spontaneity, risk-taking and creativity. The goal is to promote healthy brain function, improve mood, and enhance self-esteem while avoiding the self-defeating stigma of labeling kids. With the help of supportive teachers and parents, a healthy diet, and supplements that improve focus and attention, children with this trait can lead a more relaxed, comfortable, and productive life. With ADHD behavior refocused, children are free to be what they are meant to be!

Terry Lemerond is the founder and president of EuroPharma, Inc.®, a premier U.S. based dietary supplement company with over 100 products. He has over 45 years of experience as a natural health expert, author, and speaker.



MARLENE'S SOUND OUTLOOK

Diet & Supplements for Men's Health

by Neil Levin, CCN, DANLA, NOW Solutions Senior Nutrition Education Manager

According to numerous diet and nutrition experts, men face several potential nutrient deficits. Abbott Nutrition lists 'Five Nutrition Tips Every Man Needs.' First, dietary protein is listed as the most important factor in preventing and reversing the excessive loss of lean muscle mass as we age. Secondly, getting more vitamins C and E is suggested to help control oxidative stress and reduce wear-and-tear on coronary arteries. The third nutrition tip encourages enjoying healthy, omega 3-rich seafood. The American Heart Association recommends eating two to four fish-based meals per week, especially fish with deep-colored flesh, including salmon. Abbott's fourth recommendation is to ease up on refined carbohydrates to help manage weight and cognitive health, relying more on whole grains as well as whole fruits and vegetables. Their fifth recommendation is to check vitamin D levels to aid in both muscle and bone health as we age.

There are several herbs and other botanicals that are typically used for men's health. One of them is the herb Tribulus (Tribulus terrestris or bindii), which is reported to have effects on the sex drive, as well as supporting the normal production of red blood cells that contributes to support of healthy blood circulation and oxygen transport.

Several forms of ginseng are typically used by men as well. Asian Panax Ginseng is commonly used by elderly people in Eastern Asia to support mental and physical vitality. Its active ginsenoside components are thought to fight fatigue and stress by supporting the adrenal gland and the use of oxygen by muscles during activity.

Saw palmetto berries (Serenoa repens) contain a lipid that, when extracted, has been shown in numerous controlled clinical studies to provide safe and effective support of the prostate gland. Saw palmetto extracts have been approved in Europe for this use.

Tongkat Ali, also known as Long Jack, is another commonly used botanical for men. It has been shown to support testosterone levels already within the normal range in healthy adult males.

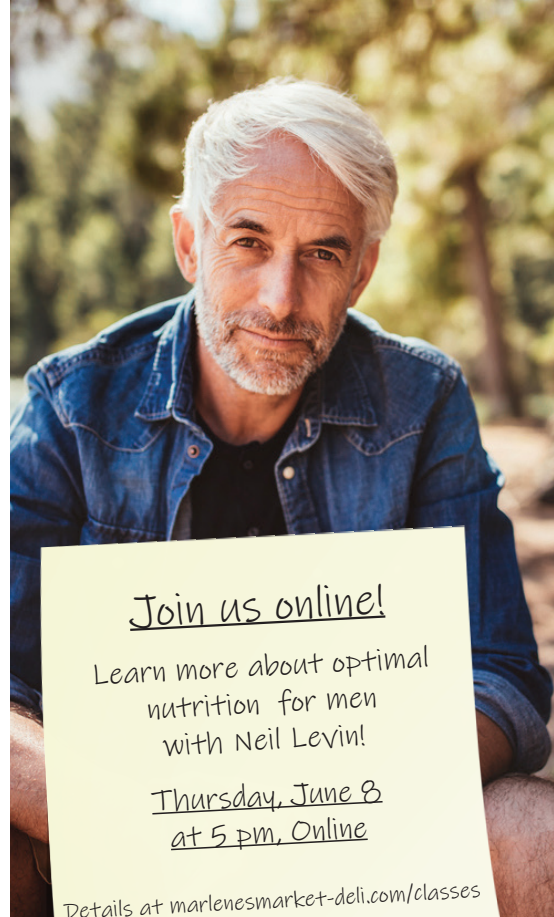
The botanical maca (Lepidium meyenii) has also been traditionally used for male fertility and libido while the herb muira puama can be found in men's formulas due to its historic use as a tonic for male energy and physical capabilities.

The red pigment lycopene, typically found in tomatoes and other naturally red foods, has also been shown to support prostate health. And plant sterols, known as phytosterols, are a source of beta-sitosterol that has also been used clinically in support of a healthy prostate gland.

The combination of zinc, magnesium, and vitamin B-6 together help maximize absorption and promote recovery from exercise. Zinc is central in regulating cellular growth and tissue repair, plus the maintenance of a healthy immune system. Magnesium is essential for hundreds of biochemical reactions in the body, including maintenance of electrolyte balance, energy production, and normal neuromuscular function. In a double-blind, randomized study, researchers found that male athletes supplementing with these three nutrients during an 8-week period of intense training had increased levels of muscle-building hormones and increased leg strength, possibly due to maintaining levels of free and total testosterone within a healthy range, whereas men receiving placebo had decreased levels of testosterone.

For men interested in closing potential nutrition gaps, consider these supplements and dietary adjustments with a healthcare practitioner for optimal wellbeing.

Neil E. Levin, CCN, DANLA, is the Senior Nutrition Education Manager and a product formulator for NOW® and a board-certified clinical nutritionist.



June Events & Education

Online class registration available at: marlenesmarket-deli.com/classes.

WARM SEASON EDIBLE GARDENS



with Laura Matter, Garden Hotline Educator

Saturday, June 3 at 10 am

Get your sun hat out! It is time to start planting your favorite sun-loving crops. Get tips on taking care of plants that take a little extra care. Discuss the upcoming replants as you harvest your spring crops and what you should be doing and saving for next year.

HORMONE BALANCE FOR ENERGY, WEIGHT LOSS, MOOD AND MORE!



with Glen Depke, Dr. Mercola Educator

Tuesday, June 6, at 5 pm

You may be feeling the effects of hormone imbalance right now. Fatigue, weight gain, discomfort, mood swings, brain fog – all of these symptoms and more are often a byproduct of an imbalanced hormone cycle. Join Dr. Glen Depke for an enlightening discussion about creating hormone balance with lifestyle adjustments and helpful supplements.

NUTRITION FOR MEN'S HEALTH



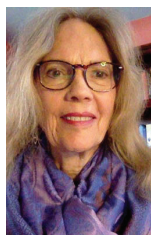
with Neil Edward Levin, CCN, DANLA, Senior Nutrition Education Manager for NOW Foods

Thursday, June 8 at 5 pm

Men's nutritional needs change with age and lifestyle, and restricted dietary choices often increase the risk of nutrient deficiencies that contribute to health problems. In this informative presentation, learn what experts say are the most common nutrients that men don't get enough of, the reasons

why, and suggested nutritional options.

SPIRITUAL & SOUL GUIDE TO A HEALTHY BRAIN, MOOD & MEMORY



with Barbara Maddoux RN, DOM, IFMCP

Tuesday, June 13 at 1 pm

The power to create a healthy brain is in your hands! Join functional medicine practitioner, Barbara Maddoux for a discussion about utilizing facets of western, eastern and functional medicine to create a healthy and happy brain, good mood and sharp memory! Discover how what you think, what you eat, what you drink and how you move all

play a role in your wellbeing now and in the future.



3 TOOLS FOR OPTIMIZING BRAIN PERFORMANCE

with Lexi Loch, ND and Terry Naturally, Educator

Thursday, June 15 at 5 pm

Whether you're in your 20s, 40s or 80s – optimal brain health is an essential part of our daily lives. When brain dysfunction occurs, we may experience decreased attention

and focus, brain fog, depression, anxiety, or even dementia and Alzheimer's disease. Join Dr. Lexi Loch to learn about nutrients, lifestyle options and supplements that can help boost brain performance at any age.

GET YOUR SPARK BACK! THE HIDDEN CAUSES OF THYROID DISORDERS



with Jennea Wood, ND and Heidi Ochsner, RD at Tummy Temple

Tuesday, June 20 at 7 pm

Thyroid disorders are common, and they can cause a variety of symptoms including fatigue, anxiety, depression, difficulty losing weight, hair loss, achy joints and digestive issues. But 60% of people with a thyroid

problem aren't aware that they have it and many people who do know have never had thorough testing and still feel fatigued despite taking thyroid hormone. Join Dr. Wood to learn about the best tests to identify thyroid issues, the root causes of this condition and the reasons why standard thyroid medication isn't bringing back your spark.

MANAGING PITTA AND INFLAMMATION



with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor

Thursday, June 22 at 5 pm

The summer months and hot weather can be particularly triggering for people experiencing inflammatory disorders. In Ayurveda, the summer season is considered Pitta aggravating. Learn how to manage Pitta and inflammation with simple changes in diet and lifestyle, and finally enjoy the season.

VEGAN BACKYARD BARBECUE



with Chef Tyrone Brown, Owner of Soul Ty's Custom Catering

Saturday, June 24 at noon, \$25

Everyone enjoys a fun and social barbecue gathering, but how do you feed your vegan friends and family? Join Chef Ty for an abundance of delicious recipes and prep tips that will have everyone drooling and nobody asking 'Where's the beef?' Fire up the grill and send out the invitations.

In-Store Lecture!

Bach Flower Remedies 101



with Carl Anderson, BFRP, BFRAP
**Tuesday, June 27 at 5 pm,
Tacoma store**

Join Bach Flower Remedies Practitioner, Carl Anderson to find out how the 39 Bach Flower Remedies can help you, your family, friends, and pets live happier lives. Discover the history of Dr. Edward Bach and the safe, effective healing system he developed. Learn how they work, how to select them, and how to take them.

Celebrating Smoothies

June is peak time for many delicious berries, and it's the gateway month for a cascade of other fantastic summer fruits. Stock up on the peak-season fruits now rolling into Marlene's and simply freeze what you can't use right away. Then, any time you're ready to fire up the blender, it's smoothie time! Each recipe makes 2 servings.

You can enjoy a creamy, high-protein, meal-in-a-cup all summer!



Strawberry Coconut Dream

- 1 15oz can coconut milk
- ½ cup water
- 2 heaping cups (1 lb.) frozen strawberries
- 2 scoops vanilla protein or collagen
- 1 Tbl agave nectar, honey, maple syrup, or your choice of sweetener
- ¼ tsp almond extract



Blueberry Basil Avocado

- 1 ½ cups plant milk
- ½ cup water
- 2 cups frozen blueberries
- 1 avocado
- 2 scoops vanilla protein or collagen
- 1 Tbl agave nectar, honey, maple syrup, or your choice of sweetener
- ¼ cup lightly packed fresh basil leaves



Avocado Green Zing

- 1 ½ cups plant milk
- ½ cup water
- 1 cup frozen pineapple pieces
- 1 frozen banana
- 1 avocado
- 2 scoops vanilla protein or collagen
- 2 cups loosely packed spinach leaves
- 1 Tbl grated fresh ginger
- 1 Tbl agave nectar, honey, maple syrup, or your choice of sweetener
- 1 tsp matcha green tea powder
- ½ tsp vanilla extract

BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

Federal Way

2 pm - 4 pm

Friday, June 2
Friday, June 16
Friday, June 30

Tacoma

2 pm - 4 pm

Friday, June 9
Friday, June 23



Dr. Carla Yamashiro
thenaturalchoice@ecologicdentistry.com

ecologic dentistry
THE NATURAL CHOICE

**Want to breathe, sleep and thrive?
Grow with us!**

email us at grow@ecologicdentistry.com for
your invitation to our free online presentation!

THE BEDROOM BOOST: Solutions for Men's Vitality

by Dr. Jeffrey Burke, Irwin Naturals



It's perfectly natural for men to notice a decrease in libido as they get older. While it's true that many men retain their sexual interest well into their 60s, 70s, and beyond, for others there may be underlying conditions affecting drive. The situation can be different for all men, and age is not always the only reason. An open conversation with your healthcare practitioner is an important first step. They can help identify any underlying conditions that need to be addressed and recommend natural remedies or pharmaceutical medications, if appropriate.

Sometimes, underlying conditions may take their toll. Common issues like depression, stress, anxiety, obesity, poor diet, dehydration, and exhaustion could certainly be contributing factors to not only decreased libido, but also overall health and well-being. A loss of sex drive can even be caused by everyday stress and burnout!

Conditions like circulatory disorders, diabetes, high blood pressure, and cardiovascular disease can also be culprits. Many medications used to treat these conditions can cause side effects that affect libido.

That's where Irwin Naturals comes in. They have developed high-quality, science-based formulas that specifically target men's needs and focus on areas such as sexual vitality, energy, mood and attitude, mental clarity, strength, glandular health, and testosterone support.

These are all important areas for men to focus on when it comes to their sexual health and overall well-being. By following the science and using quality ingredients, Irwin Naturals provides effective solutions to help men address these health concerns.

Many men are looking for support in areas such as stamina during intimacy, sexual drive and mood, the ability to satisfy their partners (and themselves!), spontaneity, overall sexual performance, energy, and drive. Irwin Naturals has developed potent formulations that address these areas and can help men achieve the results they desire.

It's important for men to feel comfortable discussing these issues with their healthcare providers, and natural remedies like those offered by Irwin Naturals can provide additional support. By prioritizing their overall health and wellness through a healthy diet, regular exercise, and stress management, men can take charge of their sexual health and enjoy all the benefits that come with it.

Dr. Jeffrey Burke is a Naturopathic Practitioner, Master Herbalist, national radio talk show host, lecturer and educator who has been involved in the natural foods and supplements industry for over four decades.

Irwin Naturals RED supplements contain ingredients to maximize nitric oxide production such as L-Citrulline and beet root juice powder:

Prosta-Strong RED Designed for men who are looking for a natural way to support prostate health as well as blood flow support.*

Testosterone UP RED Designed to help enhance male vitality and performance by boosting testosterone levels already within the normal range, and supporting nitric oxide to enhance male physical activity.*

Steel-Libido RED Formulated with Nitric Oxide Booster (L-Citrulline – an amino acid that supports blood circulation and enhances physical response during sexual activity) to support robust blood-flow for maximum physical response in men.*



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

wildwonder®



Hello! Rosa here, founder of wildwonder®. Growing up, my Chinese grandma brewed tonics with a symphony of wild herbs and botanicals. They worked wonders, soothing my stomach and lifting my spirits.

wildwonder® reimagines the healing drinks of my heritage, where herbal wisdom and gut-healing superfoods meet big fruit flavors. Better gut health should be as easy as popping open a can, and as delicious as a California produce stand.

Every can of wildwonder® lifts you to create everyday wonders. Here's one: 5% of our profits go towards empowering women and marginalized communities.

Cheers!

*ROSA LI,
FOUNDER*



wildwonder® is a drink that combines the two crucial components for a healthy gut - live probiotics and prebiotic fiber, supported by functional herbs and luscious fruits for a delicious and holistic approach to gut health.

When it comes to deciding what to sip, go with your gut!

UPLIFTING BUBBLES, WHIMSICAL FLAVORS

Refreshing fruit flavors + only 6g sugar for a happier gut.

HEALTHY GUT IN A CAN

wildwonder® is a sparkling prebiotic + probiotic beverage for gut health. Our flavors are inspired by heritage and taste like a California produce stand.

THE REAL MVP

The secret to a healthy gut? Take care of your MVPs (most valuable probiotics). Support the good bacteria in your gut with beneficial probiotics and prebiotic fiber— food for your probiotics.

GUT HEALTH MADE SIMPLE

The benefits of a healthy gut are more important than ever in today's world, so we created a delicious sparkling beverage with all the gut -healing ingredients you need to sparkle from the inside out. It's like a meditation retreat for your insides!

Breathe Easy DURING WILDFIRE SEASON

by Denise Frakes, Home & Life Coach and Facilitator of the Puget Sound Asthma Coalition

Are we in for smoky air this year? I sure hope not, but wildfire trends in recent years indicate that it's wise to be prepared.

Wildfires are unpredictable and change our air quality quickly. Remember last October when our air quality was the worst in the world? The week before our air quality was normal.

What makes wildfires so dangerous to our health?

"One of the many pollutants found in wildfire smoke is particle pollution, which is a mix of very tiny solid and liquid particles suspended in air. How tiny? Many of the particles in wildfire smoke are no larger than one third the diameter of your hair. These particles are so small that they enter and lodge deep in the lungs."

"Particle pollution triggers asthma attacks, heart attacks and strokes—and can kill. Studies of children in California found that children who breathed the smoky air during wildfires had more coughing, wheezing, bronchitis, colds, and were more likely to have to go to the doctor or to the hospital for respiratory causes, especially from asthma."

-American Lung Association

What can we do?

Be in the know: Pay attention.

Air quality can change quickly. Start actively noticing your surroundings. What's the air like outside? Does it smell like smoke? Are our sunsets and sunrises extra colorful? Does the air seem hazy? Are you, someone in your

family, a neighbor or friend at high risk? It's good to have a plan.

Use online tools to help you understand what your air quality is doing and plan ahead for exposure.

a. Look up the air quality level for your area with airnow.gov.¹

This is the site to find out about your current air quality. It's also a great place to learn what determines air quality and what the index's colors and number levels mean to you.

b. Get familiar with the EPA's SmokeReady Toolbox. This site offers a plethora of articles, information, and resources to help you be prepared and equipped in areas affected by wildfire and smoke.²

c. Learn how easy it is to build your own box fan air filter! You'll just need a box fan (2013 or newer), a 20"x20"x1" furnace filter (MERV 13 or FPR 10), and tape or a bungee cord to secure the filter to the air intake side of the fan:

[youtube.com/watch?v=4qr1Aj6Di7w](https://www.youtube.com/watch?v=4qr1Aj6Di7w)

Minimize your exposure. Be prepared.

a. When the air quality is poor, stay indoors with windows and doors closed. Keep any outdoor air intakes closed.

b. Use an air cleaner-filter in your home. HEPA filters are the best, but you can build your own filter for about \$40 with a simple 20x20 inch box fan and a 20" inch furnace filter.³

c. Have your medications ready. Even if you

normally don't need an inhaler during smoky conditions, when the air quality deteriorates this season, you may find you need one. Be ready.

Is there anything else? YES!

a. **Eat a healthy diet** with lots of fresh fruits and veggies (organic if possible!). Marlene's is a great place to find local, fresh and organic produce.

b. **Stay well hydrated** and exercise inside until air quality improves.

c. **Minimize indoor air pollutants.** Avoid using candles, fireplaces, and smoking. Don't spray cleaners, fragrances, disinfectants, perfume into the air (especially aerosol sprays). If you dust, damp dust by using one damp towel/microfiber followed by a drying towel.

As the saying goes, "An ounce of prevention is worth a pound of regret." Let's take care of each other, our health and the environment!

Denise Frakes is a Home & Life Coach and Facilitator of the Puget Sound Asthma Coalition. She specializes in healthy homes, joyful work and healthy lifestyles. Learn more about her work at DeniseFrakes.com and about the Puget Sound Asthma Coalition at breathing-space.circle.so/home.

For more info, please visit: tpchd.org/healthy-people/asthma

¹ airnow.gov

² epa.gov/smoke-ready-toolbox-wildfires

³ deohs.washington.edu/edge/blog/how-make-box-fan-filter-clean-indoor-air-smoke



A Picture of the Complex World of Home, Housing Instability and Homelessness

by Richard Dorsett

Tacoma Reads is a long-standing partnership between the City of Tacoma's Mayor's Office and Tacoma Public Library, with wide community support and collaboration. During Mayor Woodards's recent State of the City address, she announced titles for adults, young adults and children to read that are focused on the theme of home, with an emphasis on housing instability and homelessness.

Whether your home is in Tacoma, Federal Way, King or Pierce Counties, this is a tremendous opportunity to explore and understand the reality of the challenges faced by our marginally housed or unhoused neighbors.

There are well over half a million people homeless on the streets of the United States every night. They are in plain view—living in tents and shelters, moving about our cities and towns with their possessions, looking for a safe place to settle for a period of time.

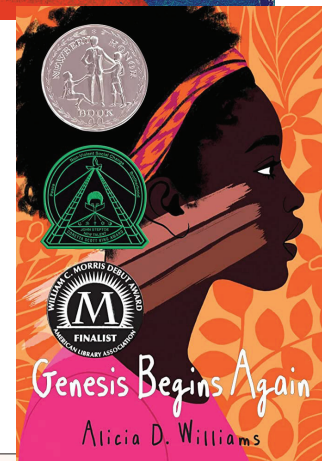
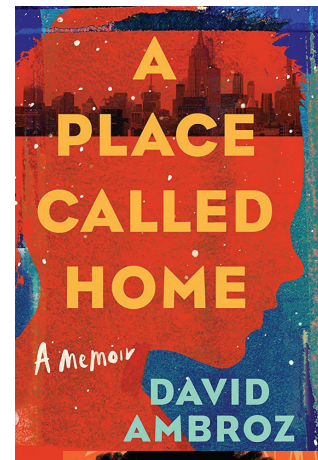
The challenge of the unhoused is with us in Tacoma and Pierce County. Well over 4,000 people live without housing in our midst, most having lived in the surrounding area before seeking refuge out of doors, in emergency shelters, or in a vehicle.

When I began working to help people living homeless, about eighteen months ago, I was told homelessness is an issue like no other and opinions were strong and diverse about its causes and solutions. One huge barrier to ending homelessness is how many of the beliefs about it just are not true. Nothing, it seems to me, is as useful to solving a problem as a good understanding of it, and these 2023 selections for Tacoma Reads will give us all better insight into what is, for many, an unfamiliar world.

We do know quite a bit about those living without housing. Thirty-eight percent are female, seven percent are households with children, another seven percent are veterans. And while statistics can quickly mislead, it is important to know that people of color make up only thirty-four percent of the Pierce County population, yet they make up fifty-two percent of those experiencing homelessness. Adult survivors of domestic violence account for twenty percent of our homeless population and eleven percent are unaccompanied youth and young adults. The numbers fluctuate and are frequently debated by professionals and politicians. But you get the big idea. The human tragedy of homelessness is complex; gaining a keen understanding is a first, important step leading to its solution.

The written word and stories about lived experiences are powerful means to change how people think and talk about housing instability and homelessness. Reading groups abound in the South Puget Sound region, and perhaps your own group can read and discuss "A Place Called Home" (David Ambroz), "Genesis Begins Again" (Alicia D. Williams), and "Home" (Tonya Lippert). Come November, there will be public events and discussion opportunities, so there is plenty of time to get these books read.

We can end homelessness. Books like these selected for Tacoma Reads offer a path to clear-headed understanding. People just like ourselves and everyone we know may end up in unimaginable circumstances. I welcome this chance for a community read to gain better understanding of one of our most challenging social problems.





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Iron supplements are notoriously hard to absorb. Plus, they frequently cause constipation and irritation of the digestive tract. Flora Iron is different. It features liquid ferrous gluconate - a form of iron clinically proven to be well absorbed and easy on the digestive tract. Bonus: It's enhanced with energizing B vitamins and comes in a great-tasting base of fruit juices and whole foods.* Flora Iron^a will help you maintain healthy iron levels and keep you feeling energized.*

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- Supports energy and red blood cell production*
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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PROMOTING a Healthy Lifestyle FOR SEDENTARY KIDS

by Jeanne Logman, CNT



Do you want to ensure that your kids develop healthy eating habits and a love for physical activity? If so, you're not alone! As childhood obesity rates continue to rise, many parents and caregivers are looking for ways to promote a healthy lifestyle for their sedentary kids.



The number of overweight children in the United States has increased dramatically in recent years. Approximately 10 percent of 4- and 5-year-old children are overweight, double that of 20 years ago.

Obesity increases even more as children get older. For ages 6 to 11, at least one child in five is overweight. Over the last two decades, this number has increased by more than 50 percent and the number of obese children has nearly doubled.

For most children, being overweight is the result of too many calories and too little physical activity. Since unhealthy eating patterns are established in early childhood, efforts to establish healthy habits should ideally begin early.

There is good news: it's never too early to start! By providing healthy meals and snacks, encouraging physical activity, and teaching good nutrition habits, you can help counter

and prevent obesity and ensure your child has the tools to grow up healthy, active, and happy.

Healthy meals and snacks don't just provide nutrition for growing bodies; they also model healthy eating behavior and attitudes. By planning sensible portions and establishing regular meal and snack times, you can help your child develop an awareness of good nutrition and healthy eating habits for a lifetime.

It's also important to involve your child in planning, shopping, and preparing meals. Use these activities as opportunities to teach your child about nutrition and encourage them to try a wide variety of foods. And if you need some inspiration or guidance, why not check out Marlene's for some great ideas and tips?

Make the most of snacks! Continuous snacking may lead to overeating, so plan for healthy and satisfying snacks being available at specific times. Include two food groups, for example, apple wedges and whole grain crackers. Set your sights on maximizing nutrition - fruits, vegetables, grains, low-sugar cereals, high-protein dairy products, lean meats and meat alternatives are the food groups to focus on. While you determine what foods are offered and when, it's important to give your child the freedom to decide whether to eat and how much to eat.

Try to eat together as frequently as possible, making meals and snacks a positive, social time.

In addition to healthy eating habits, physical activity is also key to preventing obesity and promoting good health. Encourage your child to get outside and play in a safe, accessible place. Participate in family physical activity time on a regular basis, such as walks, bike rides, hikes, and active games. Support your child's organized physical activities, too!



Finally, remember that reducing sedentary activities, such as watching television or playing video games, can also help promote a healthy lifestyle. Aim to limit your child's screen time to 1-2 hours per day, and offer physical activities in their place.

By focusing on good health and positive attitudes toward food and physical activity, and by involving the whole family in the process, you can help your child develop healthy habits that will last a lifetime. Your child and your whole family will benefit!



Superieur Electrolytes

The Complete Hydration Solution

Most people know that water is not enough and many know that we need electrolytes, especially during these warmer months, but what exactly is an electrolyte?

The word “electro” means energy and “lyte” means “to carry” (Latin). Electrolytes carry energy through our bodies, and they are the key minerals in our blood cells that keep our muscles operating fluidly and our brains working efficiently. A lack of electrolytes can lead to leg cramps, midday sluggishness, and even headaches. Electrolytes are minerals, and some examples include potassium, sodium, magnesium, selenium, zinc and phosphorus. Most humans get plenty of sodium as it is plentiful in most snacks, breads, and packaged foods. However, we frequently need to take in more potassium and magnesium. All electrolytes occur commonly in leafy greens like spinach and kale, but few of us eat enough of these mineral-rich greens. Enter Superieur Electrolytes; formulated using real food extracts as well as electrolyte-rich inland sea minerals. Each serving of Superieur Electrolytes is formulated to have the equivalent of one 8oz serving of raw spinach.

Electrolyte “Ade’s” were first introduced over 50 years ago, but many of the common choices are high in sodium chloride and/or sugar, and most don’t list any ingredients that are found in nature. Sodium chloride is best known as table salt and is a highly purified additive. Superieur uses pink

Himalayan salt instead which has 80 minerals and includes ionic magnesium, a mineral that can be readily absorbed by the muscle cells. Superieur Electrolytes uses just these ancient, inland sea minerals and three plant extracts in their formula. It contains zero sugar and no colors or manufactured sweeteners. It provides stevia leaf extract directly from the plant and not as a refined sweetener. You won’t have that intensely sweet and metallic after-taste found in other stevia sweeteners. It includes bamboo stem extract for its rich source of silica and other minerals that are good for hydrating skin and hair.



Also, rather than ascorbic acid which is a synthetic form of vitamin C, Superieur Electrolytes uses food-sourced acerola berry extract. This is good for immunity and complementary to the formula, adding considerably to the taste which is very light,

fresh and easy to drink. Not only is it packed with nutrients, it makes plain water taste good!

Superieur Electrolytes name comes from the original French spelling of Lake Superior. The company founders, husband and wife team Seth and Vickie Bovio, met 28 years ago at the Natural Foods Expo when Seth was formulating supplemental nutrition for elite athletes and Vickie was the art director for an herb company. They still spend their summers where Vickie grew up, enjoying a regimen of saunas and plunges in the clean, cold and refreshing Big Lake. A true mom and pop indie brand, Superieur Electrolytes is now found in over a thousand health food stores, food Co-ops, wellness centers, yoga studios and many other places where great health is the focus. Seth and Vickie are committed to using better ingredient sources without the sugar, salt and artificial colors found in many electrolyte products.



Bach Flower Remedies for Learning Difficulties

by Carl Anderson, BFRP, BFRAP



Bach Flower Remedies balance negative emotions by neutralizing the energetic imbalance that causes them. They can even eliminate long-standing emotional baggage, restoring balance and harmony. Bach Flower Remedies do not aggravate any medical condition or interfere with any medication. They are safe for children, adults, seniors, and pets. They are completely natural. Unlike medications, they have no side effects. They were developed over 90 years ago by Dr. Edward Bach, a prominent physician, immunologist, bacteriologist, and homeopath in England. They are sold in over 70 countries and have a following of millions worldwide.

Bach Flower Remedies can be very effective at helping people overcome learning disorders. Many people have difficulty focusing while in class or trying to study. There are many reasons why people have trouble focusing. It is important to determine the right reason in order to choose the right remedy.

- If one tends to daydream or has mental fog, Clematis is the right remedy.
- If one is distracted by mental chatter or is plagued by racing or scattered thoughts, White Chestnut will help.
- Some people lack confidence in their ability to learn certain subjects. Larch will restore their confidence so they aren't working against themselves.
- Lots of people freak out when taking exams. Rock Rose will make their terror fade away so they don't black out.
- If someone has a tendency to repeat the same mistakes, Chestnut Bud will help them learn from past mistakes.
- If they were traumatized by a bad situation, Star of Bethlehem will help them get past their previous hardship.

Unlike drugs, flower remedies have no side effects. They are pure and natural and are not habit forming. The remedies actually work on the emotions themselves and do not simply mask them. The CDC has warned

that Americans are overmedicating children diagnosed or presumed to have ADHD (Washington Post article).

There are 38 different remedies and one emergency formula. Each remedy resolves a specific emotional state. By combining up to eight remedies in one personalized treatment bottle, there are over 61 million possible combinations. In a consultation, I will ask the right questions to determine the remedies you need.

For a consultation or to order remedies, I can be reached at CarlAndersonBFRP.com, CarlAndersonBFRP@gmail.com, or 415-420-7800.

In 2017, Carl Anderson left a successful career as an aerospace engineer to dedicate his life to helping people and animals full time. In addition to working with clients one-on-one, he is now lecturing and teaching the official Bach Centre classes throughout the Puget Sound region. Carl is available for consultations in person or remotely. He can be reached by phone at 415-420-7800, by email at CarlAndersonBFRP@gmail.com, or visit his website at CarlAndersonBFRP.com.

Join us in-store!

Learn about the
amazing, gentle effects
of flower remedies!

Tuesday, June 27
at 5 pm in Tacoma

Details at marlenesmarket-deli.com/classes

June Calendar of Events

Class registration at:
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm	3 Warm Season Edible Gardens with Laura Matter, Garden Hotline Educator 10 am
4 Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above!	5	6 Hormone Balance for Energy, Weight Loss, Mood and More! with Glen Depke, Dr. Mercola Educator 5 pm	7	8 Nutrition for Men's Health with Neil Edward Levin, CCN, DANLA, Senior Nutrition Education Manager for NOW Foods 5 pm	9 Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm	10
11	12 Uniform Monday 10% off to all firefighters, police and military!	13 Spiritual & Soul Guide to a Healthy Brain, Mood & Memory with Dr. Barbara Maddoux RN, DOM, IFMCP 1 pm	14	15 3 Tools for Optimizing Brain Performance with Lexi Loch, ND and Terry Naturally, Educator 5 pm	16 Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm	17
18	19 Juneteenth	20 Get Your Spark Back! the Hidden Causes of Thyroid Disorders with Jennea Wood, ND and Heidi Ochsner, RD at Tummy Temple 7 pm	21	22 Managing Pitta and Inflammation with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor 5 pm	23 Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm	24 Vegan Backyard Barbecue with Chef Tyrone Brown, Owner of Soul Ty's Custom Catering \$25, noon
25	26	27 In-Store Lecture! Bachflower Remedies 101 with Carl Anderson, BFRP, BFRAP Coach Tacoma 5 pm	28	29	30 Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm	Stores closed Tuesday, July 4th to observe Independence Day. (Stores will resume regular hours on Wednesday, July 5th.)

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots
with Voda Health

Tuesday, 10 am - 2 pm

401.217.9902

Text "HERE" when you arrive.

You will be notified when it is your turn.

Iridology & Sclerology with Nancy Seals

4th Sunday, 11 am - 4 pm

360.556.3556

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with Voda Health

Wednesday, 11 am - 3 pm

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You will be notified when it is your turn.

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Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

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TACOMA

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Sunday 9 am – 7 pm

Deli Hours

Monday – Saturday 8 am – 6 pm
Sunday 9 am – 6 pm

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We value your suggestions and feedback!
Write to us at: feedback@marlenesmarket-deli.com



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May 2023

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