

Marlene's™

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

April 2021

Join us in
April for our

Earth Day
& 45th Anniversary
Celebration

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Benefits of cleansing
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A Letter From Us

April is the kindest month. April gets you out of your head and out working in the garden. -Marty Rubin

This month is erupting in color as the tulips bloom and we move into warmer weather. In April, nature invites us to think about the gifts of spring. It's time to focus on the renewal of our bodies, our homes, our community and the environment.

We are also deep into the rainy season, so what a perfect time to direct our attention to rainbows. While we are attracted to and dazzled by the wide spectrum of color in nature at this time of year, it's the same for the foods we choose. Colorful fruits and vegetables are nature's way of inviting us to consume a variety of nutrients. Let's listen! For more information about the effects of color in our lives and on our plates, please see Dr. Minich's article on page 4.

We celebrate Earth Day this month and the 45th anniversary of Marlene's! We are proud and grateful to have been serving our South Sound communities for 45 years! We welcome you to celebrate with us throughout the month. Both stores will have beautiful gift baskets filled with favorites from many departments. Be sure to drop your name and phone number in the designated boxes at the customer service counter to enter the drawing. We're looking forward to getting these wonderful treats into your hands.

Take care of yourself, and come see us soon!

Lisa



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Eggs: Nature's Perfect Food Is Hard to Beat

by Jeanne Logman, CNT

After experiencing a really negative rap in the 1970s, eggs are now viewed as a nutritional tour de force. Rich in protein, healthy fats, growth factors and nutrients, a 2-ounce egg has the ideal composition to convert a single cell into an entire chick in about three weeks!

But What About Cholesterol?

Years ago, the cholesterol content of eggs seemed to be a concern for people with heart disease or those who risked developing it. It is now understood that people with genetic disorders like hypercholesterolemia may need to minimize or avoid consuming eggs, but for others, eggs have little to no effect on cholesterol levels. In fact, omega-3 rich pastured eggs can be helpful to actually reduce potentially harmful LDL levels and raise beneficial HDL levels. The amount of choline and lecithin in the egg helps to break down the fats and convert them to useful fuel for tissue-building and energy.

Don't Skip the Yolk!

Many people have had the idea hammered into their minds that egg whites are good, egg yolks are bad. Please make peace with the idea of keeping those yolks!

While there's nothing the matter with egg whites, they are almost strictly protein

with few other nutrients. The beauty of the egg resides in its vibrant, nutrient-dense yolk and it is an essential component of what makes the egg a perfect food. Whole eggs are the best eggs for flavor and nourishment.

What's in an Egg?

The single average Grade A egg contains:

- 6 grams of protein
- 5 grams of healthy fats
- 126 mg choline
- 77 calories
- vitamin B2 - 15% of the RDA
- vitamin B5 - 7% of the RDA
- vitamin B12 - 9% of the RDA
- folate - 5% of the RDA
- vitamin A - 6% of the RDA
- phosphorous - 9% of the RDA
- selenium - 22% of the RDA
- a significant amount of vitamin D, vitamin E, vitamin K, vitamin B6, calcium and zinc

That's a lot to cluck about. And there's more: eggs are one of the highest-quality, but least expensive, animal proteins you can purchase. The next time you're at Marlene's, look for pastured, free range and organically fed eggs from happy hens. Pick up a dozen and let's get cracking!



Easy Marinated Eggs

Absolutely delicious and super easy to make, these marinated eggs are perfect as a topping to ramen or pho dishes or as a savory, stand-alone snack! Be sure to reserve the marinade for future batches, as it can be used several times*.

- 6 eggs, boiled to desired yolk consistency
- ¾ cup soy sauce or liquid aminos
- ¼ cup apple cider vinegar or white vinegar
- 1 Tbl brown sugar, agave, honey or maple syrup
- 2 cloves garlic, minced
- 2 tsp fresh ginger, grated
- 1 star anise
- ½ cup water

In a small saucepan, place ½ cup water, star anise, garlic, ginger and brown sugar. Heat to simmer over medium low. Reduce heat to low and allow to simmer covered for 5 minutes. Remove from heat and cool to room temperature. In a large jar or glass bowl, pour mixture through a strainer. Discard solids.

Add soy sauce and vinegar. Carefully add peeled eggs, making sure that the liquid covers all eggs completely.

Refrigerate and allow to marinate 3-6 hours. Enjoy!

*Marinade can be kept refrigerated and reused up to 3 weeks.



THE HEALING POWER OF COLOR

by Deanna Minich, PhD

Through my clinical work and research, I have discovered a “color code” for nutrition and healing, which I discuss in my books *Whole Detox* and *The Rainbow Diet*. This color code is called the 7 Systems of Health, a summary of which can be downloaded at www.deannaminich.com. Eating the full spectrum of rainbow-colored foods allows our bodies to absorb nutrients from a variety of foods. Whole foods, such as fruits, vegetables, herbs, whole grains, legumes, and nuts, are composed of thousands of different phytonutrients that serve an array of functions in the human body. Striving for balance in food colors of plant-based, whole foods can help boost our overall health and well-being.*

RED

Red is connected to the ROOT System of Health and represents the immune system. Red foods tend to be high in vitamin C, supporting adrenal health, immunity and anti-inflammation. However, for some people, red foods like tomatoes and strawberries can trigger inflammation. Aside from food color, red can convey energy, vigor, confidence, arousal, and even negative emotions. The context of the situation will set the stage for how red is interpreted.

ORANGE

Orange represents the FLOW system, which aligns with reproductive health. Orange foods are abundant in carotenoids that can help lower the risk of reproductive issues and balance physical elimination processes. Orange colors can evoke feelings of warmth, relaxation and creativity to help you “go with the flow.”

YELLOW

Yellow is the FIRE system and characterizes digestion, energy, and balance. Eating brightly colored, warming, whole yellow foods, such as lemons, ginger and grapefruit, can fire up metabolism. However, eating too many yellow processed foods, including breads, pasta and baked goods, can impact blood sugar and increase risk of metabolic syndrome and Type 2 diabetes. The color yellow is associated with positive emotions, optimism, happiness and energy.

GREEN

Green embodies the LOVE system and connects to cardiovascular health. Healthy green foods, such as leafy greens and green vegetables, are rich in folate, vitamin K, chlorophyll and naturally-occurring nitrates that make them healing and expansive for the heart and blood vessels. Green colors remind us of nature, growth, life and healing.

BLUE-GREEN

Aquamarine is connected to the TRUTH system, aligning with thyroid health. Blue-green foods, like algae, sea plants, and spirulina, contain iodine, zinc and selenium minerals that support the function of the thyroid gland. A blue-green color prompts images of an ocean or lake, which can be calming and peaceful. This color is also associated with authenticity, authority and being true.

BLUE-PURPLE

Blue-purple represents the INSIGHT system, connecting to cognition and mood. Blue-purple foods, for instance blueberries and grape juices, have been shown to help with learning and memory brain functions and improve mood and

calmness. This color is considered calming, relaxing and cool.

COLOR IN DAILY LIFE

The goal is striving for a balance of color in your daily life. Look around your kitchen – what food colors do you eat most often? Glance at your wardrobe. Is there a dominant color? Are some colors missing? Have fun with color, including introducing colorful foods into your eating plan and into your home and work environments. Be creative as you seek to balance the colors in your life! For a guidebook to help you explore how color is present in your life, as well as how to bring more vibrant color into your daily life, download my free e-booklet, *The Healing Power of Color*.

Deanna Minich, PhD, FACN, CNS, IFMCP, is a health educator, researcher, speaker, artist and author with more than twenty years of experience in nutrition, mind-body-spirit health and functional medicine. Her passion is bringing forth a colorful whole-self approach to nourishment and bridging the gaps between science, soul and art in medicine. She has published six books on health and wellness, and over forty scientific publications. For more information, visit her website: www.deannaminich.com.

*If you have food allergies or questions regarding introducing new foods into your eating plan, please talk with your doctor, nutritionist, or other healthcare practitioner when making changes to your diet.

Mark your calendar!

Join Dr. Minich
online for
Food and Mood
Saturday,
June 26 at noon



Quick & Tasty Mason Jar Meals

Prep a few days worth of beautiful and nourishing meals and snacks in under an hour! The sky's the limit with the delicious combinations you can dream up.

For meals, simply place 1-2 inches of prepared grains, beans, a protein, pasta or potatoes in a 16oz or 32oz mason jar. Add a vinaigrette, creamy dressing, sauce or seasonings. Follow with layers of heavier vegetables, and then top with the most delicate vegetables, like greens and herbs. Try to pack your jars very full so the contents don't shift too much before you're ready to mix them. When lunchtime rolls around, grab a bowl and a fork and you are ready to feast.

You can also use an 8oz jar to make a rainbow fruit snack! Spoon vanilla yogurt into the bottom and mix in some diced apple or banana. Mixing these fruits into the yogurt will prevent them from browning. Then layer in order: sliced red grapes, blueberries, sliced kiwi, diced mango or tangerine segments, and top with diced strawberries or raspberries. Now you've got a sweet, vibrant rainbow ready for a midday pick-me-up!



Vegan Rainbow Salad

In a 16 oz mason jar, layer in order:

seasoned, prepared quinoa
vinaigrette
sliced red cabbage
spinach leaves
fresh or frozen corn
julienned carrots
diced red bell pepper
cherry tomatoes
basil leaves





Tips to Manage Dental Anxiety and Stress

by Essential Oxygen

Not many people are excited to pay their dentist a visit. Even when people have been practicing the right oral care procedures, they may still feel anxious. If you have found yourself having such dental anxiety, then you should feel relieved to know that you are not alone. In Canada, for instance, 40% of the people who visit a dentist usually have dental anxiety. That said, however, there are ways in which you can manage this fear, and actually have an easy time while at your dentist's clinic.

Talk to Your Dentist

This is probably the best way to handle the situation. If you feel that the anxiety is becoming too difficult to handle, you should get such concerns off your chest. You will be surprised by how well the dentist and any of his or her assistants will respond to your concerns to make you feel at ease. You can actually bring it up at the time you are making the call to book your appointment. Once you arrive at the clinic, you should remind the dentist, so that he or she can take their time to ensure that you understand everything that is going to be happening during the check-up, and to ease your anxiety.

position so that you can be in a position to communicate whenever you feel something is wrong. Such is an example of something that you can do to feel that you have some control over the examination. This is one of the most effective ways to handle dental anxiety and stress.

Dental examinations are not that exciting, and it is possible that you will develop some fear when you simply think about them. Two main things that you should remember are:

- 1) you are not alone
- 2) dental anxiety is manageable

Use Mindfulness Techniques

There are times when you will need to simply enter into a state of relaxation in order to make the examination process bearable. Breathing exercises are an effective approach to this. By inhaling and exhaling slowly for a number of times, say five times, you will begin to feel calm right away.

Another way to achieve the much-needed calmness is to do a body scan, in which you concentrate on relaxing your muscles from the head to the toes. This helps you ease tension gradually, thus helping out with dental anxiety and stress.

Talking to your dentist, possibly asking a loved one to accompany you, using mindfulness techniques, and taking control over some of the dental examination procedures are the best ways you through which you can manage the dental anxiety or stress.

Essential Oxygen is a woman-owned company that sees this planet and its people beaming with optimal health and promotes this vision by creating truly effective and clean natural products. "Our regenerative, oxygen-based products make grass greener and oceans cleaner!"

Take Control Over Some of the Examination Procedures

Could be you don't like the way your dentist reclines the examination chair. You can politely ask him or her to adjust it to a more upright

GET OUT OF THE GRIND!

by Dr. Carla Yamashiro

Teeth grinding can make our teeth hurt, wear, fracture, and even die for “no reason.” It can cause dental work to fail and can even lead to TMJ (jaw joint) pain, neck pain and headaches.

The outer layer of our teeth is covered with enamel. Enamel is as hard as steel but is often worn down from grinding. Think about how much force it would take to wear down steel! When you grind your teeth, this is the amount of force exerted on your teeth, jaw, and muscles in your head and neck. No wonder we hurt!

The middle of our teeth contains blood vessels, lymphatics and nerves. Blood vessels provide each tooth with oxygen and nutrients to keep it alive. The lymphatic system helps to protect the teeth from infection. The nerves of teeth give us the ability to feel hot, cold and pressure. When we grind our teeth, it does more than wear them down. The pressure can cut off a tooth’s circulation, just as your hand turns white when making a tight fist. Cutting off the blood supply and lymphatics starves your teeth of the oxygen, nutrients and the protection they need to be strong and healthy.

Teeth clenching and grinding disturbs our sleep and may be a sign that you are struggling to breathe. When your muscles are clenched hard enough to wear steel, the “fight or flight” part of the nervous system is activated. Imagine something frightening approaching you; your muscles tighten, your heart races and while your breathing quickens, it is shallow and through the mouth. How could anyone get good sleep in this state? We don’t. We toss and turn, grind our teeth, have nightmares and we feel tired during the day.

In this “fight or flight” state, blood moves away from the digestive organs and into your heart, brain and muscles to help you stay alive, fight, run –

and grind your teeth! Activating “fight or flight” night after night reduces the circulation of oxygen and nutrients to your teeth, which are a part of the digestive system. Teeth can take longer to recover after dental work, are more prone to cavities and unexplained aches, teeth fracture, dental work fail and more.

For people whose teeth grinding is related to stress, techniques for managing stress may help to reduce the issue.

Common stress management techniques include exercise, yoga, meditation, and the use of relaxing essential oils. But what if these methods prove ineffective?

Often teeth grinding is treated with a night guard. A night guard is a piece of plastic that fits between your teeth and is worn while you sleep. While it may alleviate teeth-on-teeth wear, it only serves as a bandage and does not address the root cause of teeth grinding.

So how do we get out of the grind? The cause may not be what you think it is. Learn how to get out of the grind by joining us for our free bi-monthly presentation: Grow, Breathe, Sleep, Thrive! Email us at GROW@ecologicdentistry.com for your free invitation or by calling us at 253-863-7005. We are located at 8412 Myers Rd. E. Ste 301, Bonney Lake, WA 98391.

Dr. Yamashiro is a biological dentist and naturopathic physician practicing holistic dentistry at Ecologic Dentistry.



Mark your calendar!
Join Dr. Yamashiro for
Holistic Dentistry
Thursday,
July 29, at 7pm



PETS AND CBD: WHAT YOU SHOULD KNOW

by Lazarus Naturals

CBD can help pets much like it can help people. It can have a calming effect on mood, promote joint and tissue function, and support the immune system overall. This is especially significant because our pets can't tell us what they feel, so we have to interpret their behavior. Barking, chewing and mess-making are some of the pet behaviors we perceive as quirkiness or even naughtiness, but more often than not, something else is happening.

According to Dr. Keith Weingardt, DVM, CVA, it's usually related to physical or mental health that's out of balance. Weingardt has spent the past decade learning how CBD and other cannabinoids support wellness in pets and recommends the use of hemp-based extracts for his patients.

"When we feel our pet may have problems that are interfering with their quality of life, perhaps anxiety or inflammation that would be related to aging, it's a good time to explore the benefits of hemp and CBD," says Dr. Weingardt, a holistic veterinarian and herbalist practicing in Portland, Oregon. "Scientific research into how CBD affects animals is just beginning and has yet to reach conclusions, but it is showing promise," he says.

"Pets have senility just like humans and go through a similar neurodegeneration as we do," he says. "It manifests itself in the same ways—grey hair, backs that are sore and weak, sore knees, getting up to go to the bathroom in the night. Anything we can do to support that is helpful," he says.

How CBD works in cats and dogs

It's very similar to how it works in people. "We have more understanding of how CBD and other cannabinoids work in dogs than

cats because of research, as well as the way we relate to cats and their behavior," Weingardt says.

In general, pets seem to show a positive response to CBD. "I can say from my years of working with animals in my practice and experience with my own pets that CBD can help with a variety of issues. Current research supports a connection in helping arthritic pets, and I almost always suggest it," says Dr. Weingardt.

CBD can improve mobility, appetite and mood

Weingardt says CBD is not a panacea, but a number of his patients have benefited from it. One patient with uncontrolled seizures, even on maximum doses of anti-seizure prescription medication, experienced a reduction in frequency and severity of seizures. It can also help pets regain an appetite, which is so critical on the path to healing.

In other instances, Weingardt's patients who depended on an anti-inflammatory medication experienced improvement, which was observed as better mobility and increased energy.

Introducing your pet to CBD tinctures and treats

Start small. An important key to introducing CBD to an animal—human or four-legged—is to start with a serving size smaller than what may be recommended on the package. After several days, you can gradually increase the amount as needed.

Tips on using pet tinctures

A pet tincture can be easily mixed into your pet's food or applied to a treat. When a tincture is mixed with their food, it passes through the digestive system and the liver. It

will take longer to see the effects (up to 1-2 hours), but they tend to last longer (typically 6-8 hours).

Treats are so easy

CBD dog treats are an easy way to introduce your dog to CBD. When your dog eats a treat, the CBD passes through the digestive system and liver. It may take 1-2 hours to see any effects but they tend to last longer (typically 6-8 hours). If you don't see the desired results, gradually increase the serving size. It can take up to a week to start seeing the benefits.

Lazarus Naturals CBD pet products are: free of toxins such as pesticides, herbicides or heavy metals, and unnatural additives; third party tested; made with American-grown hemp. Their pet tinctures and treats are formulated with functional ingredients to support cognition, mobility and vitality as well as having a calming effect on mood. Learn more at lazarusnaturals.com.



Ways to Green Our Pets

by Green America

Many pet owners will attest that having a cat or dog to cuddle can brighten their day. What they may not know is that it may also improve their health. A 2010 study from the University of Missouri School of Veterinary Medicine found that positive interactions with animals can raise levels of the hormone oxytocin, which helps encourage healing and new cell growth.

Since pets can be exposed to harmful toxins in their food, litter, and flea medicine, bringing green-living values to pet ownership may help extend the life of your beloved animal companion. Meanwhile, your pet-related purchases will also support the green economy.

If you don't have a pet yet, adopting from a shelter is the greenest option. If you do have one, make sure to spay or neuter it. This helps to reduce the number of animals that end up homeless or living in shelters.

Choose organic foods and re-purposed doggie bags

After diet, pet waste is where your dog or cat has the most impact on the planet. No truly responsible pet owner takes a dog out for a walk without a plastic bag for pet waste tucked in a pocket. There are a lot of pet-waste bags out there that trumpet the fact that they're "biodegradable" or "compostable" on their packaging, but since most bags are destined for the landfill, the biodegradable label doesn't mean all that much.



A better option is to repurpose the plastic bags that were used to package your clothing, food, or junk mail.

Even better, compost it

Perhaps the best option, however, is to forego the bags altogether and actually compost your pet's waste. You don't want to add dog or cat waste to the compost pile destined for your garden, because it can contain pathogens that aren't safe on your food. However, you can set up a separate compost system for it that will reduce the volume of your pet's waste by at least 50 percent, kill off most of the pathogens, and add nutrients to the soil, according to the US Department of Agriculture.

You can safely compost an herbivorous pet's waste in your garden compost (i.e. rabbit, hamster, guinea pig, etc.).

Choose better litter

Conventional cat litter—clumping and non-clumping—is made from bentonite clay, which is extracted from the Earth through environmentally damaging strip mining. In addition, clay litter contains crystalline silica, a known carcinogen according to the World Health Organization.

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Clay litter is also near the end of its decomposition cycle, so if you try to compost waste with clay litter mixed in, the litter will just sit there. The solution: try natural, non-clay litters made from wheat or corn.

Prevent fleas naturally

Fleas are itchy nuisances, but flea collars and conventional flea shampoos usually contain pyrethrins and organophosphates, which are suspected neurotoxicants and carcinogens.

To keep fleas at bay, tend your pet with a flea comb weekly. If you're experiencing a full-out flea infestation in your home, head to Marlene's for a bag of food-grade diatomaceous earth (DE). It's made of the skeletons of deceased diatoms, a type of algae.

Annie Bond, author of *Home Enlightenment* (Rodale Books 2008), recommends doing the following:

Though food-grade DE is safe for plants, pets, and humans, cover your mouth and nose and your pet's to prevent uncomfortable inhalation.

Then, rub it all over your pet's fur, starting with the spine and working your way down. The fleas should die within 24-72 hours, though you may need to repeat every three days until they're gone.

Sprinkle DE across floors and carpets and surfaces. Leave it sitting for four days (best if you can leave the home), and then vacuum. Repeat if needed.

Spread DE on lawns and outdoor surfaces to kill fleas outside, too.

Green is always in style

There are numerous green products available for your everyday pet needs. Find collars and leashes made from hemp or dog and cat toys from organic fibers, organic pet beds, and even reclaimed cotton dog sweaters, from certified green businesses at GreenPages.org.

Green America is a non-profit organization harnessing economic power to create a socially just and environmentally sustainable society. For more information, please visit greenamerica.org.

April Events & Education

Introduction to Cleansing



with **Jennea Wood, ND**
Tuesday, April 6, 7pm
Details at marlenesmarket-deli.com/classes

Join Dr. Jennea Wood for an evening of enlightenment, information, and inspiration. Bring your questions!

We'll discuss:

- The organs of detoxification and elimination and how to support them
- Foods that support cleansing
- At home self-care therapies
- Dietary and environmental sources of toxicity
- Therapies to support cleansing
- Supplement support for cleansing

Drought Tolerant Gardening



with **Patty Peterson WSU**
Master Gardener
Thursday, April 8, 5pm
Details at marlenesmarket-deli.com/classes

In these days of unpredictable weather, drought tolerant gardening is a necessity. We can never tell when or how much

rainfall we can expect. This makes conserving water for human consumption a requirement, but what about our beloved plants? In this class, we will discuss the demographic and weather changes that have made drought tolerant gardening a necessity even in the rainy Pacific Northwest. We will also show you how to design and build a garden that requires little water that is colorful and abundant instead of the gravel and cactus we tend to think of as drought tolerant.

Pushing Past Plateaus with Hyperbarics



with **Chad and Cat Redinbo, owners of New Leaf Hyperbarics and clinic manager, Nicole Sadowski**
Tuesday, April 13, 5pm

Details at marlenesmarket-deli.com/classes

Most of us know the importance of nutrition, supplements, and exercise, yet have experienced plateaus along the way. That is where hyperbaric therapy can play a vital role! When hyperbaric

therapy is added to your routine, you can exponentially amplify your current health and wellness efforts.

Harmonic Egg NW



with **Nicole Wirth, LMP, Certified Crystal Healer, Lymphatic Specialist**
Thursday, April 15, 5pm
Details at marlenesmarket-deli.com/classes

Join Nicole for a look into the world of light, sound and vibrational therapy. Learn how these techniques have been modernized through the invention of the Harmonic Egg, a wooden chamber that uses geometry, music and color to clear physical and energetic blocks.

Recalibrate Your Life: How to Find New Potential in the Emerging Normal



with **Daphne Michaels, Human Potential Trainer and Consultant**
Tuesday, April 20, 5pm
Details at marlenesmarket-deli.com/classes

As you begin to emerge from the multiple crises that have put our planet on hold, where will you find your bearings? In this workshop, Daphne Michaels, Human Potential Trainer and Consultant and best-selling author, will reveal the power of Awareness, Stillness and Harmony when it comes to navigating brand new territory both within and without.

This workshop will provide a much needed framework, energetic tools, and a compass designed to orient you toward a renewed zest for life, sense of purpose, and heightened awareness about what matters most now.

In addition to workshop materials, receive a free electronic copy of Daphne's book *The Gifted: Free Your Inner Gifts for a Brand-New Life* by emailing: team@daphnemichaels.com.

Shopping the Bulk Aisle - Making It Easy, Fun and Sustainable



with **Stacy Kraker, Hummingbird Wholesale representative**
Thursday, April 22, 5pm
Details at marlenesmarket-deli.com/classes

The bulk department holds all the essential base ingredients you need to make, bake or cook just about anything! Join Stacy as she takes you on a money-saving journey through the ins and outs of what quality bulk goods are, and why it's smart to shop the bulk section of Marlene's every chance you get!

Self-Soothing for Stressful Times



with **Jennifer Weston, LMT**
Tuesday, April 27, 5pm
Details at marlenesmarket-deli.com/classes

Your mind and body are equipped with powerful tools for managing stress—provided you know how to use them. Join local massage therapist and yoga instructor, Jennifer Weston, as she shares effective breathing and mindfulness techniques to soothe your frazzled nerves, calm your mind, and enhance overall feelings of wellbeing.

Spring Clean Your Life!



with **Hansie Wong, MD, Health Coach**
Thursday, April 29, 5pm
Details at marlenesmarket-deli.com/classes

It's time for a spring clean! Learn how to declutter, simplify, and prioritize your life to allow more room for growth, joy, and happiness! In this workshop, you will discover what things are bogging you down, learn how to align your priorities to what's important to you, and create action steps to start decluttering and spring clean your life!

Happy 45th Anniversary to Marlene's!

Six Signs It's Time to Step Up Your Stress-Response Game this Spring

by Jennifer Weston, LMT

Have you ever heard of fight, flight or freeze? If so, you already know your body has a highly intelligent system built in for responding to threats, both real and perceived.

Unfortunately, your body doesn't know the difference between a life-threatening situation and that unexpected early-morning text from your boss. Amid our current climate of mounting health concerns, social unrest, constant pinging devices, and the overall unrelenting pressures and pace of daily life, you may find yourself in a state of fight, flight or freeze much more frequently than nature intended.

Our bodies can't function properly in a constant state of heightened alert; these systems are meant to kick in for just the occasional threat. The resulting effects of continual stress can wreak havoc on your physical, mental, and emotional wellbeing.

Not sure if chronic stress is a factor for you? Here are six signs it may be time to step up your stress-response game and get some professional support as well as implement self-care practices in service of your wellbeing:

1. *You can't sleep or eat*—or you feel like sleeping and eating all the time. Daytime fatigue, nighttime insomnia, and changes in appetite can go hand-in-hand with heightened cortisol and adrenaline levels.
2. *Digestive issues pop up*. Stomach pains, nausea or indigestion could signal that stress levels are spiking.
3. *You experience other physical or emotional signs of stress that seem to defy explanation*. It's possible that your unexplained muscle soreness or frequent headaches could be stress-related.
4. *You find yourself turning to numbing substances and activities*. If substances, screens or sugary snacks are your go-tos, you may be subconsciously seeking a break from the ongoing cycle of fight/flight/freeze.
5. *You don't think you have time for healthy outlets that helped in the past*. Perhaps you've turned to practices like yoga, mindfulness or massage in the past, but now you brush these things aside because you're just too busy. The mind can play wicked tricks on us when in the throes of a stress response—one of which being the conviction that we don't have the time, energy, or other resources to get the support we need. There is a famous Zen proverb that says "you should sit in meditation for 20 minutes every day—unless you're too busy; then you should sit for an hour." The upshot? We make time for what's important to us, so decide what's most important to you, and if health or wellbeing is high on the list, commit to yourself by prioritizing your resources accordingly.
6. *Your support network (doc, therapist, partner, friends, family) expresses concern*. The body's stress response can short-circuit the thinking brain. Luckily, the people who know you best can often spot details you might miss when you're caught in a swirl of stress hormones that emphasize survival over calm and steady observation. Trust and lean on your people as needed.

If any of this resonates, I invite you to join me Tuesday evening, April 27 for a free online offering, Self-Soothing for Stressful Times, during which I'll share effective breathing and mindfulness techniques to help you soothe your frazzled nerves, calm your mind, and enhance your wellbeing. After all, your mind and body are equipped with powerful tools not just for reacting to stress but for intentionally dissolving it, too—provided you know how to use them.

Jennifer Weston is a local massage therapist and yoga instructor whose practice focuses on helping people dissolve stress and tension and feel better in their bodies. Jennifer offers Therapeutic Relaxation Massage, Yoga, Myofascial Roll+Release, and Thai Yoga Massage services in her secluded studio, conveniently located near Northeast Tacoma, Federal Way and Brown's Point. To learn more or schedule a complimentary 15-minute Zoom Intro, visit sunbreakmassage.com.

*This article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Join Jennifer online!
Self-Soothing for Stressful Times
Tuesday,
April 27 at 5pm -
Details at
marlenesmarket-deli.com/classes



WHO SHOULD DETOX?

by Dr. Jennea Wood

In truth, everyone living in this world burdened by so much pollution could use some help reducing exposure and clearing out accumulated toxins.

Currently, the methods used to test chemicals for safety are based on an outdated model of toxicity that says that the dose makes the poison. This ignores several important factors:

- Many types of pollutants don't degrade readily over time, but instead build up in our environment and our bodies.
- Some types of chemicals, especially those with endocrine disrupting properties, can have negative health consequences in very small amounts.
- We are never just exposed to one chemical at a time and the cumulative effects are worse than those of any one compound in a vacuum.
- Today I want to focus in on a few conditions that would particularly benefit from cleansing. These are by no means



the only health concerns in which environmental toxicity plays an outsized role:

1) Asthma

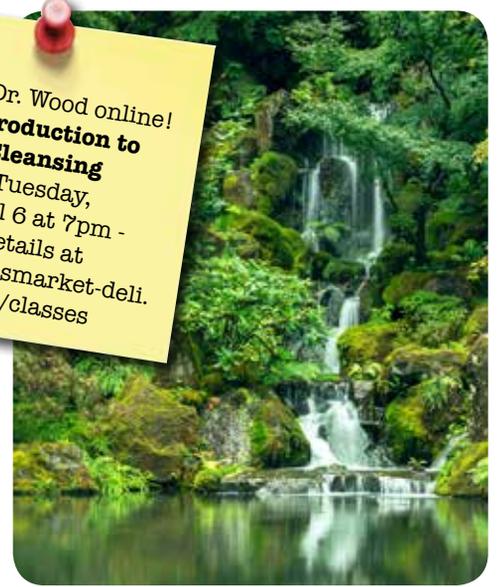
You've probably heard that air pollution from industry can cause and worsen asthma. Here are some other sources of chemicals that contribute to the development of asthma that you might not have heard of:

- Perfluorinated chemicals found in nonstick cookware, stain and water-resistant treated fabrics, dental floss, waterproof outdoor gear, firefighting foam and contaminated drinking water.
- Phthalates found in scented candles and air fresheners, scented laundry detergent, household cleaners, personal care products, nail polish, food packaging, vinyl flooring, window blinds and house dust.

2) Sex hormone disruption and related conditions (Including infertility, low libido, endometriosis and early onset puberty)

- There are tens of thousands of chemicals in use in the U.S. that exhibit hormonal effects in the body. A few of the categories of chemicals that disrupt hormones include BPA and replacement chemicals found in plastics, phthalates and perfluorinated chemicals (see above) as well as:
- Organophosphate pesticides found in conventionally grown produce, home and garden treatments, lice treatments, contaminated drinking water, farmed seafood, veterinary products (flea and tick treatments) and house dust.
- Flame retardants found in upholstered furniture, electronics, textiles, car seats, house dust and airplanes.

Join Dr. Wood online!
**Introduction to
Cleansing**
Tuesday,
April 6 at 7pm -
Details at
marlenesmarket-deli.com/classes



- Lead
- PCBs found in high fat foods, contaminated water, contaminated seafood and house dust.
- Arsenic found in contaminated drinking water, rice, chicken, playground and decking materials, cigarettes and contaminated soil.
- VOCs found in scented products like perfumes, candles and air fresheners, cleaners, paints, cosmetics, art supplies and more.

3) Weight gain, Obesity and Diabetes

Many chemicals fall into a category called 'obesogens', meaning that they promote weight gain and make it more difficult to lose weight. A few of the groups of chemicals that fall into this category include BPA and related compounds, phthalates, organophosphate pesticides, flame retardants and perfluorinated chemicals.

Is this all starting to sound repetitive? So many of these chemicals have a wide variety of different negative impacts on our health.

Please join me online this month to learn the basics of cleansing and detoxification and how to reduce your exposure to toxins.

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. To learn more, please visit <https://www.tummytemple.com/jennea-wood-nd>.

Shopping the Bulk Aisle - Making it Easy, Fun and Sustainable

By Paul Adkins and Stacy Kraker, the small-but-mighty Marketing Team at Hummingbird Wholesale

You've seen the bulk bins filled with everything from flour and grains to legumes, sweeteners, spices, snacks, nuts, cereals, granola, dried fruits – this is the Bulk Department at your retail grocery store. The bulk department essentially holds all the ingredients you need to make, bake or cook just about anything. Here you can scoop, pour or measure out JUST WHAT YOU NEED, no more, no less, allowing you to minimize storage needs and ensure what is on your shelves is fresh.

What are the benefits of shopping the bulk bins?

Food Quality - Bulk bins generally offer better quality food, that is fresher, organic, unique and local, and more socially responsible. Quality is something that you can taste.

Cost Savings - Without the cost of packaging, branding and marketing, bulk bins can provide a higher quality product at a lower price per pound.

Less Food Waste - Don't buy more of something just to get a better deal. Buying only what you need is a key tenet in bulk bin shopping. In the US, we waste about 80 billion lbs. per year or over 200 lbs. per person. That is roughly 30% of the US food supply. Wasted food isn't just a social or humanitarian concern—it's also an environmental one. When we waste food, we also waste all the energy and water it takes to grow, harvest, transport, and package it.

Less Packaging - Less plastic, and less packaging in general, is good for the environment. Even with the use of a plastic or paper bag provided in the bulk department, chances are you are using less packaging than grabbing something prepacked off the shelf. With care, you may even be able to reuse these bags at home!



The amazing crunch and flavor of the Awakened® Pecans make this salad special.

SALAD INGREDIENTS:

6 cups organic mixed greens
1 organic Honeycrisp apple, thinly sliced
1/2 cup organic Awakened® Pecans
1/2 cup dried organic tart cherries
1/3 cup crumbled goat cheese

LEMON VINAIGRETTE:

1/4 cup organic California olive oil
1/4 cup organic apple cider vinegar
1 organic lemon, juiced and zested
2 tablespoon organic maple syrup
1 tablespoon organic poppy seeds

DIRECTIONS:

1) To make the vinaigrette, whisk together olive oil, apple cider vinegar, lemon juice, lemon zest, maple syrup and poppy seeds in a small bowl; set aside.
2) Assemble the salad, place mixed greens in a large bowl; top with apple, pecans, cherries and goat cheese. Pour the dressing on the salad and gently toss to combine.
3) Serve immediately.

The 2021 Good Food Award winning organic Awakened® Pecans are also equally special on waffles or ice cream, in cookies, energy bars or as the feature in Pecan Carmel Sticky Buns or Maple Pecan Pie. The Awakened® Pecans are made exclusively in Eugene, Oregon by Hummingbird Wholesale.



WWW.HUMMINGBIRDWHOLESALE.COM

Join Stacy online!
Shopping the Bulk Aisle - Making It Easy, Fun and Sustainable
Thursday,
April 22 at 5pm -
Details at
marlenesmarket-deli.
com/classes

will find this goes faster and becomes a good routine.

Peruse, fill and label - You have your list, but why not check out what else is available in bulk? This is the

FUN part! That granola, bean or nut you have never tried? Get just enough to try it out at home. This is one of the best things about bulk aisle shopping. Once you have decided what you are going to purchase, fill your bag or container with the amount you need and write the PLU (price look-up) code on the bag or twist tie. We recommend including the product name to eliminate confusion at check out and to help jog your memory about what you purchased when you unpack at home.

Check out - The person at the register will weigh your items, subtract any container weight on the scale, and charge you based on the PLU code

Safety - One concern that comes up with bulk bin shopping is contamination—items getting mixed (food allergies) or germs on high touch surfaces. Gravity dispensers, where you pull the lever and food cascades out, (no scoops, no hands) help to alleviate these concerns. Not all products perform well in gravity dispensers, so grocery retailers are following common-sense guidelines for cleanliness and safety throughout the store. Washing your hands or sanitizing, wearing gloves while shopping bulk and asking for help from friendly store staff can make your bulk shopping experience safe.

How do I do it?

Make a list - Go through your list at home, identifying the items and amounts you plan to buy in the bulk aisle. With practice, you

Storage at home - Unless you are using something immediately, do your best to keep foods in airtight containers. Canning jars of various sizes work well for this. Dry pasta, rice, and beans store just fine in your pantry. Store perishable foods like nuts, flours, whole grains in the refrigerator or freezer to keep them from going rancid. If you are not sure how to best store a product, a quick online search will tell you.

Now, all you need is practice and encouragement! Shopping the bulk aisle can be personally fulfilling. Take the opportunity to try new things without a lot of commitment, enjoy higher quality food, save money and reduce your impact on the environment.

Herbal Teas for Healthier Skin

by Wild Carrot Herbals

You are what you eat. You may also know that the skin is the largest organ of the body and that what you put on your skin goes directly into your body. Wild Carrot Herbals is consumed with offering the most nourishing skin care for your being. All of our products contain plants that offer their protection and nourishment to the outside of the body; many of the plants that we use can also be consumed as herbal teas, offering deep nourishment for your organs and skin as well as providing basic hydration. Here are a few of our skin care favorites that are also delicious as tea:

Green Tea

Now the “it” ingredient in the skincare world, green tea both externally and internally offers EGCG, a powerful anti-inflammatory. Rich in antioxidants and polyphenols, green tea helps to protect the skin from sun exposure and clears clogged pores.

Ginger

One of my favorite plants, ginger root is excellent freshly grated and added to hot water with lemon for a grounding, spicy tea. Ginger stimulates circulation and is warming. This aids in detoxification of the skin and supports the elimination organs of the body.

Dandelion

High in minerals, dandelion is incredibly supportive to the liver and kidneys, thereby supporting clear, luminous skin. Dandelion root in your tea is both delicious and nutritious. Add it roasted for a darker, coffee flavored addition to your blend or drink it straight and skip coffee altogether.

Nettle

Specific to dark, boggy places, nettles thrive in places that other plants don't. High in trace minerals, this earthy, verdant herb adds a touch of greenness to your blend and a bounty of nourishment. This plant is a powerful blood purifier and will aid in detoxification of your organs and pores. Nettles infused overnight and consumed the next day will yield potent plant medicine.

Oat Straw

“Feeling your oats” is an expression that comes from this plant's ability to strengthen and nourish your being. High in calcium and silica, oats are a great choice in your tea to help strengthen thinning skin and hair.

Rose Hips

One of our favorite plants, the hip of the rose is the poster child of feminine beauty and curvaceousness. Also high in vitamin C and flavonoids, this addition to your tea is not only delicious but strengthening.

Chamomile

As a tea, chamomile can be incredibly calming. For the skin, it can also calm inflammation and skin issues like rashes and eczema. Use chamomile in a tea blend or make a compress out of a wet tea bag and apply to skin topically.

Spearmint

This exuberant plant can be a powerful ally for acne and clogged pores. Steep spearmint in a blend or use full strength. You may also brew a cup and use it as a facial steam.

Elderberry

One of the biggest anti-viral remedies available and high in vitamin C, elderberries impart a delicious fruitiness to your tea and add great color. Elderberries are balancing to the skin and help to strengthen and even skin tone.

Orange Peel

If you think about the skin of an orange, the rough exterior protects a voluptuous and juicy inner core. Choose orange peel not only for added flavor but for its ability to protect over-exposed skin and the way it allows the ‘juicy you’ to unfold.

Wild Carrot Herbals is an Oregon-based skincare company making nutrient-rich, honestly natural, quality products for the entire family.



**WILD CARROT
HERBALS
Skin Care**
Assorted sizes
and varieties

**20%
off**

Select items only. In-store prices reflect discount.
No additional discount at register.

Essential Oxygen: Something to Smile About



Essential Oxygen is a woman owned, triple bottom line company that sees this planet and its people beaming with optimal health! We promote this vision by creating truly clean and effective natural products.

The #1 selling BR | Organic Mouthwash refreshingly cleans your whole mouth with food grade hydrogen peroxide, aloe vera and essential oils. Enjoy three delicious flavors: peppermint, wintergreen, and cinnamon. Swish with the BR Mouthwash before brushing and especially first thing in the morning to eliminate toxic morning mouth.

BR | Organic Toothpaste offers whiter teeth and fresher breath while protecting your enamel with the lowest abrasion of any toothpaste on the market.

BR | On-Demand Tooth Polish cleans surface stains and strengthen tooth enamel by sprinkling it on your BR Toothpaste 3 to 7 times a week. It gives you the power to control the right amount of abrasion for your teeth and level of tooth sensitivity.

The HP | Food Grade Hydrogen Peroxide- 3% cleans without toxins or soapiness making it the cleanest way to clean everything. It WORKS for cleaning the body (wounds/ears), household surfaces (counters/phone/TV remote), food (grains/meat/produce), pets (oral care/skunk) and much more.

The ADA recommends rinsing with a hydrogen peroxide oral rinse to help prevent transmission of COVID19, especially before

going to the dentist. The CDC advocates hydrogen peroxide as effective against COVID19. Now more than ever, Essential Oxygen is an essential brand.

Not only are the HP and BR products highly effective and healthy for humans, they are Planet Positive™. These clean, oxygen-based products are regenerative, making grass greener and oceans cleaner.

ESSENTIAL OXYGEN Oral Care Products
Assorted sizes and varieties

30% off

Select items only. In-store prices reflect discount. No additional discount at register.

THE HONEY POT Feminine Care
Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.

ALOE LIFE Aloe Skin Care and Supplements
Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.

TRADITIONAL MEDICINALS Herbal Teas
Assorted varieties
16 ct.
Reg. \$6.99

\$3.99

NATURE'S PATH Bulk Granola
Assorted varieties

30% off

In-store prices reflect discount. No additional discount at register.

We continue to do our best to make sale priced items available all month. Due to currently uncertain supply and delivery chains, availability and promotional pricing are not guaranteed. Thank you for understanding.



**ACURE
Resurfacing
Facial Care**

Assorted sizes
and varieties

**25%
off**

In-store prices reflect discount. No additional discount at register.



**SUKIN
All Natural Hair
and Skin Care**

Assorted sizes
and varieties

**25%
off**

Select items only. In-store prices reflect discount. No additional discount at register.



**SHIKAI
Body Lotion or
Shower Gel**

Assorted sizes
and varieties

**35%
off**

In-store prices reflect discount. No additional discount at register.



**DR. BRONNER'S
Pure Castile
Liquid Soap**

8 oz or 32 oz

**30%
off**

In-store prices reflect discount. No additional discount at register.



**NATURAL VITALITY
Calm Magnesium
Powders**

Assorted sizes
and varieties

**30%
off**

In-store prices reflect discount. No additional discount at register.



**NOW FOODS
All Supplements
Body Care**

Assorted sizes
and varieties

**25%
off**



In-store prices reflect discount. No additional discount at register.

**EQUAL EXCHANGE
Bulk Coffee, Fruit, Nuts
and Chocolate**

Assorted sizes
and varieties

**20%
off**

In-store prices reflect discount. No additional discount at register.



NATURE'S PATH
Organic Cereal
Assorted sizes
and varieties

25% off

Select items only. In-store prices reflect discount. No additional discount at register.



R.W. KNUDSEN
Organic Juice
Assorted varieties
32 oz

25% off

Select items only. In-store prices reflect discount. No additional discount at register.



LATE JULY
Veggie Chips
Assorted varieties
5.5 oz
Reg. \$3.59

\$2³⁹



MONTANA MEX
**Seasoning and
Condiments**
Assorted sizes
and varieties

30% off

Select items only. In-store prices reflect discount. No additional discount at register.



CASCADIAN FARMS
Organic Cereal
Assorted varieties

2 \$6
for

PROUD SOURCE
**Alkaline Spring
Water**
16 oz
Reg. \$1.99

\$1³⁹



PROUD SOURCE
**Alkaline Spring
Water**
25.3 oz
Reg. \$3.35

\$2³⁹



ANNIE'S
HOMEGROWN
**Organic
Macaroni and
Cheese**
6 oz
Reg. \$3.99

2 \$5
for



TASTY BITE
**Organic Indian
Entree**
Assorted varieties
10 oz.

25% off

In-store prices reflect discount. No additional discount at register.

We continue to do our best to make sale priced items available all month. Due to currently uncertain supply and delivery chains, availability and promotional pricing are not guaranteed. Thank you for understanding.



**EDWARD & SONS
Let's Do Organic
Baking Ingredients**

Assorted sizes
and varieties

**25%
off**

In-store prices reflect discount. No additional discount at register.



**SWEET LEAF
Organic
Sweet Drops**

Assorted varieties
2 oz
Reg. \$12.99

9³⁹



**NATUREZWAY
Eco Friendly
Cleaning**

Assorted sizes
and varieties

**20%
off**

In-store prices reflect discount. No additional discount at register.



**SHAMELESS PETS
Pet Treats**

Assorted varieties
6 oz

**15%
off**

In-store prices reflect discount. No additional discount at register.



**ALEXIA
Oven Fries**

Assorted sizes
and varieties

**20%
off**

In-store prices reflect discount. No additional discount at register.



**GENUINE HEALTH
Fermented Organic
Vegan Proteins+ and
Collagen+**

Assorted sizes
and varieties

**25%
off**

In-store prices reflect discount. No additional discount at register.



**ORGANIC INDIA
Supplements**

Assorted sizes
and varieties

**25%
off**

In-store prices reflect discount. No additional discount at register.

PREMIUM FORMULAS
for ADVANCED EFFECTIVENESS

- Research-supported strains and strengths
- Potency guaranteed through expiration



SAVE 30% On Select Digestive Health Products

In-store prices reflect discount. No additional discount at register.



BOIRON
Gasalia, Acidil or Diaralia Homeopathics

60 tabs
Reg. \$12.89

\$8³⁹



ENZYMEDICA
Digestive Enzymes
Assorted sizes and varieties

30% off

In-store prices reflect discount. No additional discount at register.



LIFE EXTENSION
Supplements
Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



HIMALAYA
Herbal Formulations
Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



HERB PHARM
Herbal Tinctures
Assorted varieties
1 oz

25% off

In-store prices reflect discount. No additional discount at register.

40% OFF

All Garden of Life Collagen



In-store prices reflect discount. No additional discount at register.





**DR. MERCOLA
Supplements**

Assorted sizes
and varieties

**25%
off**

In-store prices reflect discount. No additional discount at register.



**SOURCE NATURALS
Allergy
Supplements**

Assorted sizes
and varieties

**30%
off**

In-store prices reflect discount. No additional discount at register.



**NORDIC NATURALS
Omega
Supplements**

Assorted sizes
and varieties

**25%
off**

In-store prices reflect discount. No additional discount at register.



**VIBRANT HEALTH
Superfood
Supplements**

Assorted sizes
and varieties

**25%
off**

In-store prices reflect discount. No additional discount at register.

SPRING INTO CLEANING!!

by Dr. Hansie Wong

It's Spring! The snow is melting and the rain is washing away the old soil to make room for growth. As the days get longer and the sun shines brighter, buds begin to appear and flowers blossom, bringing back color and vibrancy. Let us follow Nature's path by getting rid of things that no longer serve us to make space for new opportunity.

As time passes, we collect things. There's no point in denying it; this is just what happens. We hold on to things for years, often forgetting why or how we got them in the first place. This applies to not just material things but emotions and relationships as well. Sometimes, these things hinder our growth, filling our homes and hearts with clutter so that there isn't any chance of progress.

But as Nature happens, forests burn in order to create room for new flora. Yes, there is a sense of loss at the time of fire. It's always hard to let go of something we've known for so long. However, it can also breed a sense of relief and levity that engenders growth and new development.

Join Hansie online! **Spring Clean Your Life!**

Thursday, April 29 at 5pm - Details at marlenesmarket-deli.com/classes



There's no better time than now to reflect and assess on what we could do less of and what we could make more room for. Here are 2 simple steps to get you started:

1. As you walk through your home, notice how you feel. Do you avoid going to certain areas because of clutter? Or do you smile in the natural lighting of a room?
2. Is how you feel in line with how you WANT to feel? If not, get rid of the things that make you cringe and make space for things that make you happy.

It's really that easy. Repeat these steps with other aspects of your life, including food, relationships, and time. Doing this "life cleanse" will create opportunity for joy and happiness to enter. You'll be amazed about what can happen!

Hansie Wong is an Integrative Health Coach who specializes in stress and lifestyle management. She received her medical degree from Georgetown University in Washington DC and is board certified in Family Medicine and Integrative Holistic Medicine. Find out more at: www.integrativehealthandwellness.net.

DETOX: Feeling Better with Aloe Vera

By Karen Masterson Koch

Interested in detoxing? First, do your best to limit the most harmful chemicals. Then you want to unblock your body's natural detox channels and build up defenses through good nutrition, bowel regularity, a few key supplements and exercise. Maintaining indoor plants can also help filter out environmental toxins in the air. Do your best to avoid environmental toxins, such as:

Synthetic fragrances found in laundry detergents, dryer sheets, cleaning products, plug-in and aerosol fragrances; Teflon-coated cooking pans, microwaved plastic containers and vehicle pollution.

Unfiltered public water, chemical pesticide-treated produce, chemically fertilized produce, irradiated foods and foods fried in rancid oils.

Detox and Cleansing Choices

Herbs have been used to safely support health for thousands of years. Yet with hundreds of herbs to choose from, it can be a little overwhelming.

One foundational herb I find to be most helpful is Aloe Vera. When concentrated, it can be a powerful tool to detox the body and strengthen immunity. At the right dilution, it can even be taken daily for those interested in supporting digestion, regularity, energy, skin, allergies and balancing an over active immune system.

- Herb Choices - whole leaf Aloe Vera (concentrated with ActivAloe is best), Milk Thistle seed, Burdock root, Turkey Rhubarb root, Pau d'Arco (inner bark), Red Clover tops, Dandelion leaf & root, Slippery Elm and more.
- Food Choices – Consider parsley, cilantro, garlic, onions, celery, cucumbers, radishes, artichoke, alfalfa, greens, carrots, broccoli, watermelon, grapes, apples, papayas, and more. It's hard to go wrong in an organic produce department!
- Lifestyle Choices – Choose healthy foods, avoid excess toxins and chemicals, exercise 30 – 45 minutes several days a week, improve bowel regularity, drink 6 – 8 glasses of clean water, expose yourself to 15 minutes of morning sunshine or use a full spectrum light.

In addition to herbs, consuming foods that contain essential phytonutrients and fiber contributes to cleansing, repair and protection of the body. Adding a few particular supplements may also support a faster and healthier detox.

Some favorites include N-Acetyl-Cysteine (NAC), CoQ10 enzyme, vitamin A, B-complex, B12, Niacin, vitamin C, vitamin E and minerals. A full range of minerals are found in abundance in a good daily greens product and through eating more green veggies.



Mark your calendar!
Join Karen online for
The Power of Aloe
Tuesday,
June 22 at 5pm



Both sources contain plant chlorophyll which contributes to detoxification.

Why is Aloe Vera a Great Detox Herb?

Aloe Vera is a multi-tasking herb and has very little contraindication for use.* It is also easy to take in juice, water or as a tablet. The plant contains over 100 active elements and phytonutrients that help orchestrate hundreds of functions in the body.

There's a big difference in Aloe Vera products on the market. When a product contains the whole leaf, including its highly medicinal, dark yellow sap, it works more effectively. In fact, concentrated products that display the ActivAloe trademark are trusted to support all of the pathways to body wellness (1).

Whole leaf Aloe Vera, containing bitter yellow sap, supports pH balancing, reduces fungal overgrowth and improves absorption of foods and supplements. This is due to the Bioavailability

Factor and is also why many people begin to feel more energy ingesting it daily after a short period of time.

Most people welcome the extra help it may bring for constipation. Start with less if you are already experiencing fast transit. Regularity is a critical step during detoxification and allows extra waste to be eliminated from the lymph, skin, lungs, liver and kidneys.



Karen Masterson Koch is a clinical nutritionist and health educator with over 25 years of nutritional counseling experience. She is the author of Beyond Gluten Intolerance.

*Aloe Vera is very safe to use, however, only take at mealtimes if blood sugar issues are present. Reduce the dose if diarrhea occurs.

2011, Beyond Gluten Intolerance – GIS, BookMasters, Inc., Ashland, OH, Masterson Koch, K.A., Clinical Nutritionist, pages 122-126.

Weleda: Co-Existing with Nature's Gifts for 100 Years

by Weleda

**Certified organic. Sustainable.
Biodynamic. Regenerative agriculture.**

These words have become quite common in our culture. They definitely pop up every April for Earth Day! After the past year, people are seeking to be more connected to the planet than ever before. Respecting nature and all that it provides is now high on everyone's list of priorities. It also happens to be a philosophy that Weleda has adhered to for 100 years.

Back in 1921, Weleda was founded in Switzerland, dedicated to the belief that people are indeed a part of the fabric of nature. Their products are grounded in the careful orchestration of formulas that work with the body's rhythms to awaken and support skin's natural functions. Weleda is a brand that has studied plants since day one. In fact, they are so focused on nature, they harvest ingredients in alignment with the moon and stars. Weleda chooses to craft skincare and wellness products with pure ingredients because it recognizes the power of the natural world to balance mind, body and spirit.

Weleda is now celebrating 100 years of innovations including biodynamic gardening practices, their global farming community, and hand-picked, plant-rich products that put people and planet first. Their standards are extremely high. In fact, every personal care product they make is certified natural by the International Natural and Organic Cosmetics Association, or NATRUE. You can use these products confidently knowing that this organization's goal is "to protect and promote natural cosmetics to the benefit of consumers worldwide."



NATRUE shares a common mission with Weleda: To create products with exceptionally high standards of quality you can trust. This means all face, baby, body, hair and oral care products are ethically sourced, produced using sustainable production and farming processes and environmentally friendly practices. Weleda cultivates its own biodynamic gardens and works in fair and ethical practices with small farmers and gardeners to source the best raw materials. Partnering with the Union for Ethical Bio-Trade (UEBT) and certification for Sourcing with Respect ensures that biodiversity is being protected during the cultivation, harvesting, and processing of the nourishing ingredients used.

Since the beginning, Weleda has respected the environment and our natural resources.

Its origins are based on the belief that every person and company has a responsibility to keep eco-systems as intact as possible. For instance, water and energy are needed in every manufacturing process, but Weleda makes certain to treat resources with great respect. They continually improve their processes; for example,

re-condensing water to feed it back into the cycle has reduced the company's water consumption by 25%. As they reduce the company's energy usage, they continue to undertake measures to improve efficiency.

Weleda's environmental consciousness goes beyond their sourcing to include every aspect of the company, right down to product packaging. They adhere to standards for sustainable packaging that are as close as possible to regenerative design. Not only must packaging protect the life energy and potency of the ingredients, but it needs to be manufactured from sustainable materials and be recyclable once its life is over. In this spirit, Weleda also partners with TerraCycle®, an innovative global leader in waste recycling.

After 100 years of creating clean, thoughtful products for customers, Weleda remains a people-and-planet over profits brand. It is continually focused on making the best non-toxic, cruelty-free, paraben-free, GMO-free, phthalates-free and synthetic fragrance-free products available in the marketplace. This has been their mission for a century. Fortunately, they plan on acting just as responsibly for decades to come.



WELEDA
**Biodynamic
Skin Care**
Assorted sizes
and varieties

**30%
off**

In-store prices reflect discount. No additional discount at register.

April

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Marlene's Market & Deli Anniversary 1	2	3
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! Easter 4	5	Introduction to Cleansing with Dr. Jennea Wood 7 pm, Online Details at marlenesmarket-deli.com/classes 6	7	Drought Tolerant Gardening with Patty Peterson, WSU Master Gardener 5 pm, Online Details at marlenesmarket-deli.com/classes 8	9	10
11	Uniform Monday! 10% off to all firefighters, police, and military! 12	Pushing Past Plateaus with Hyperbarics with Chad and Cat Redinbo 5 pm, Online Details at marlenesmarket-deli.com/classes 13	14	Harmonic Egg NW with Nicole Wirth, LMP, Certified Crystal Healer, Lymphatic Specialist 5 pm, Online Details at marlenesmarket-deli.com/classes 15	16	17
18	19	Recalibrate Your Life: How to Find New Potential in the Emerging Normal with Daphne Michaels, Human Potential Trainer and Consultant 5 pm, Online Details at marlenesmarket-deli.com/classes 20	21	Shopping the Bulk Aisle - Making it Easy, Fun and Sustainable with Stacy Kraker, Hummingbird Wholesale representative 5 pm, Online Details at marlenesmarket-deli.com/classes 22	23	24
25	Full Moon 26	Self-Soothing for Stressful Times with Jennifer Weston, LMT 5 pm, Online Details at marlenesmarket-deli.com/classes 27	28	Spring Clean Your Life! with Hansie Wong, MD, Health Coach 5 pm, Online Details at marlenesmarket-deli.com/classes 29	30	



Bodywork Schedule

TACOMA

Vitamin B and glutathione shots
with Voda Health
Tuesday, 10 am - 2 pm
Iridology & Sclerology
with Nancy Seals
4th Sunday, 11 am - 4 pm

FEDERAL WAY

Vitamin B and glutathione shots with Voda Health
Wednesday, 11 am - 3 pm
Seated Massage with Erica Seter
Tuesday, 11 am - 2 pm
Thursday, 2 pm - 6 pm
Friday, 2 pm - 7 pm
Saturday, 2 pm - 7 pm

Due to current mandates, bodywork practitioners may not be available at this time. Reservations may be required.



FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

Monday – Saturday 8 am – 8 pm
Sunday 9 am – 7 pm

Deli Hours

Juice, smoothie and espresso service
available until 4 pm.

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

Monday – Saturday 8 am – 8 pm
Sunday 9 am – 7 pm

Deli Hours

Deli counter service available
until 6 pm.

Grab and go options available until closing.

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



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Introducing Marlene's Hemp CBD

Organic from the start

Our full spectrum hemp CBD is made with organically grown hemp that is flash frozen at peak potency.

Superior processing and results

Cutting edge low temperature extraction preserves a full cannabinoid and terpene profile with zero residuals.

Trusted purity

Third party testing ensures your CBD is free of toxins, pesticides, heavy metals and microbial contaminants.

organic | full spectrum | tested

