

Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

April 2023

47th Anniversary & Earth Day Celebration

This April, join us to celebrate with
samples, savings and gift basket giveaways!

Earth Day • Allergies and asthma
Eco-friendly body care • Travel essentials

- 3 Asparagus, Leek & Sundried Tomato Frittata
- 4 Marlene's Celebrates Earth Day
- 5 Ocean's Balance: Sensational Seaweed and How to Use It
- 6-7 Start Packing! Travel Essentials from Marlene's
- 8 Gabriel: Clean Beauty for You and the Earth
- 9 Wild Carrot Herbals: Family-owned, Botanically Brilliant Skincare
- 10-11 Events & Education
- 12 Healthy Air, Healthy Breathing, Healthy Life!
- 13 Everyone and EO Products: Good for You, Good for the Planet
- 14 HiBar: Plastic-Free Salon-Quality Hair Care!
- 15 Why Do Caboo?
- 16-21 In-Store Sales
- 22 Top Quality CBD from Green Earth Medicinals
- 23 April Calendar of Events



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

A Letter From Us

No winter lasts forever; no spring skips its turn.
 April is a promise that May is bound to keep...

– Hal Borland

This April, we are celebrating our 47th anniversary! Marlene made a special place for us all those years ago and we are grateful to continue to be a part of the South Sound community. We have always loved that our anniversary month is the same month that Earth Day is celebrated. In this month's Sound Outlook, we have an excellent article about the history of Earth Day, its relevance today, and why we promote this now global celebration.

You'll also find articles about environmentally friendly products that we carry from companies who are doing some wonderful things to promote wellness and sustainability. If you're looking to support quality companies who care, you've found the right place.

Keep your rain hat handy for just another month or so even as the stretches of warm sunlight are getting longer. Enjoy the many blossoms and green things erupting all around. And try to get your hands in the dirt as much as possible! I don't have the amazing green thumb that Marlene did, but I always think of her when I'm planting my flower pots.

Be well and take care of each other,

Lisa



Sound Outlook Coordinator | Jeanne Logman | jeanne@marlenesmarket-deli.com
Education Coordinator | Elizabeth Ashbrook | classhost@marlenesmarket-deli.com
Marketing Manager | Joe Moralez | joemoralez@marlenesmarket-deli.com
 Questions or comments? Contact us at feedback@marlenesmarket-deli.com.

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Asparagus, Leek & Sundried Tomato Frittata

One of the wonderful things about cooking with the changing seasons is utilizing different herbs at different times of the year. In the fall and winter, heartier woody herbs and warming spices appear in recipes. In the spring and summer, the more tender, green and succulent herbs appear like dill, parsley, basil, mint and cilantro, to name just a few.

Tarragon is one of the herbs that we look forward to as a harbinger for warmer days full of light. The delicate flavor is subtle, but distinct. It is absolutely delicious with both eggs and asparagus and brings out the best flavors of both in this recipe.

- 1 large leek or 2 small leeks
- ½ lb roasted or steamed asparagus, chopped into 2-inch pieces
- 10 large eggs
- 1 Tbl + 2 tsp olive oil
- ¼ cup sundried tomatoes (packed in oil), chopped into ½-inch pieces
- ½ cup crumbled feta cheese
- 1 Tbl dried tarragon (or ¼ cup fresh, chopped)
- ½ tsp sea salt
- ¼ tsp black pepper

Preheat oven to 350°.

Grease a pie plate with 2 tsp of olive oil. Set aside.

Using only the white and light green portion of the leek, slice into thin rings and roughly chop. In a frying pan over medium-high heat, sauté leek and sea salt in 1 Tbl of olive oil until just beginning to caramelize, about 8-10 minutes. Remove from heat.

In a large bowl, whisk eggs until just mixed. Add leek mixture and remaining ingredients and fold gently until ingredients are well mixed and coated completely with egg. Pour into prepared pie plate and bake 30-40 minutes until the center is set. Allow to cool about 10 minutes before serving.



Marlene's Celebrates Earth Day

Earth Day is celebrated annually on April 22nd and is broadly recognized as the birth of the modern environmental movement.

The holiday highlights the importance of protecting our planet and its resources by encouraging people to take action to protect the environment. Since its first event, held in Michigan in 1970, it has become a global movement.

Earth Day was established to raise awareness about environmental issues and inspire individuals and communities to take action. Through participating in Earth Day events and activities, people can learn about the impact of their actions on the environment and how they can make a positive difference.

One of the primary goals of Earth Day is to encourage people to make more sustainable choices in their daily lives. This includes reducing their use of single-use plastics, conserving energy and water, choosing locally grown and organic foods and choosing environmentally-friendly products. At Marlene's, we're all about that. We recognize that by making small changes in our daily lives, each of us can reduce our environmental impact and contribute to a healthier planet.

Earth Day also serves as a reminder of the urgent need to address the global climate crisis. Climate change is one of the most pressing environmental issues facing our planet today, and its impacts are already being felt around the world. Earth Day events often focus on the need to reduce greenhouse gas emissions and transition to renewable energy sources to

mitigate the effects of climate change.

In addition to raising awareness and inspiring action, Earth Day also provides an opportunity for communities to come together to make a collective impact. Earth Day events can involve activities such as community clean-ups, tree plantings, and educational programs that promote environmental stewardship. By working together, communities can achieve greater impact and make a real difference in protecting the environment.

Earth Day also provides an opportunity to hold governments and corporations accountable for their actions and advocate for policies that protect the environment. Through demonstrations and advocacy campaigns, Earth Day participants can encourage elected officials take action to address environmental issues and support initiatives that promote sustainability.

Ultimately, the importance of Earth Day lies in its ability to raise awareness and inspire individuals and communities to take action. By choosing sustainable options, working together to make a collective

impact, and advocating for policies that protect the environment, we can all contribute to a healthier planet. As we continue to face the challenges of climate change and environmental degradation, Earth Day serves as a reminder that we all have a role to play in protecting the planet for future generations.



Ocean's Balance

Sensational Seaweed and How to Use It

Choosing food can be a daunting process. You want it to be healthy. You want it to taste good. And you want it produced in a way that's gentle on the planet. What to choose?

Ocean's Balance line of innovative seaweed products are healthy for you and the planet, and they just happen to be delicious. We want to make it easy for you to include seaweed in your diet, as an ingredient in cooking, as a topping for avocado toast or right out of the bag.

A staple in Asian cuisine for thousands of years, seaweed is one of the most nutrient-dense plants on the planet because it harnesses the rich mineral content of the ocean to grow. It's a natural source of Iodine which is important for a healthy thyroid and metabolism. It's loaded with vitamins A, B6 and B12, iron, potassium, calcium and protein. And it's a great source of Omega-3s and antioxidants. Some call it the 'superfood of the sea', but we like to call seaweed 'Mother Nature's multivitamin' because it contains so much of what we need to be healthy... and it's all natural!

SO LET'S EAT SEAWEED!

Seaweed holds many antioxidants and nutrients that are good for your short- and long-term health. It contains vitamins like A, C, and B that boost your immune system and support many vital functions in your body.

There are many ways to include seaweed in your meal plan to ensure a healthy, nutritious diet for your mind and body.

MAKE A SOUP OF IT

Whether you're making soup at home or purchasing it from your local restaurant, garnish your soup with seaweed to add extra umami flavor and nutrients.

Kombu is traditionally an ingredient in dashi stock, the base for miso soup, but you can also add it to any soup stock for flavor and nutrition.

You can even make your own bone broth and add seaweed to increase its nutritional value. You can drink bone broth alone or add it to a soup for extra flavor.

MARLENE'S SOUND OUTLOOK

THROW IT IN YOUR SALAD

Salads can be boring if there's only lettuce and spinach in them—liven it up with dried dulse flakes. Dulse is popular for its smoky, meaty flavor and is a fantastic vegan alternative to bacon.

USE IT AS SEASONING

Instead of pouring salt on your dish, try sprinkling on some seaweed flakes to create a better, healthier balance of seasoning.

Seaweed's content of potassium salts does not lead to high blood pressure—unlike the sodium salts you typically encounter in commercial seasonings and processed food.

POPCORN

Making popcorn at home is a wonderful way to eat healthier every day because popcorn is a great source of polyphenols and fiber. Polyphenols are antioxidants that assist with blood circulation and digestive health.

Add a boost of nutrition and take your popcorn to the next level by incorporating dulse flakes!

Follow these easy tips to add seaweed to your diet and continue your health journey with help from our delicious ocean vegetables!

Along the Gulf of Maine's rocky coastline, where the air is crisp and the seawater crisper, you'll find flavorful seaweeds growing on our farms and in the wild. At Ocean's Balance, we hope to bring these unique flavors of the sea to your kitchen with our Maine seaweed products, which can add bursts of savory umami to your dishes or even give you something to snack on throughout the day.

Clean Taste of Maine!



OCEAN'S BALANCE
Organic
Seaweed

Assorted sizes and varieties

25% off

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



APRIL 5

Start Packing!

Travel Essentials from Marlene's



It's the unofficial start of travel season! Whether you're planning to fly to an exotic tropical location, take a road trip to a rustic mountain cabin, or book a room in a bustling major city, you'll definitely need to pack some essentials before you go.

We have a lot of body care favorites in travel sizes and many items from other departments you will definitely want to consider for your next trip.

So first, wander over to our body care section for travel sizes of:

- toothpaste,
- bar and liquid soap
- deodorant
- lotion and hand cream
- shower gel
- shampoo and conditioner

If You're Taking a Plane

Essential oils can be a wonderful companion on flights! For example, **ImmuAir by Elizabeth Essentials** is an antimicrobial blend of oils that can be used topically, applied to a cloth or scarf for inhalation, or dispersed in the air and inhaled. Useful to help purify the air in your hotel room, too.

How long is your flight? Whew, that long, hm? Then don't forget a remedy for jet lag! **Jet Lag Relief by Boiron** is a trusted homeopathic to have on hand for time zone changes when you want to make the most of your vacation without battling grogginess.

Oh, and remember to pick up black out eyeshades and neck

pillows for a much more comfortable journey!

At the Hotel or Rental

Is your skin feeling a little dehydrated after your long flight? And whose puffy eyes are those? Well, you can be fresh and dewy with a quick session in a **Hydro Serum Facial Mask by Andalou**, and address those dry, tired and puffy eyes with **Under Eye Hydrogels by Acure!**

If you've got a bathtub at your destination, you've got the potential for a relaxing, rejuvenating and restorative soak with single-use **Aura Cacia Aromatherapy Mineral, Foam or Fizzy Bath** or **One With Nature's Dead Sea Mineral Salts!** Both lines come in a variety of essential oil blends for a range of pleasant scents and therapeutic effects.

Many far-flying travelers also pack melatonin as a tool to reset their internal clocks for the new time zone. Marlene's carries melatonin as tablets, capsules, liquid and gummies in a wide variety of doses!



Supplements to Consider

If you're headed to a place with the possibility of travel-related sickness:

- Probiotics
- Activated charcoal capsules
- Electrolyte packets
- Ginger capsules

If you're concerned about seasonal allergies:

-Allergy ReLeaf by Herbs Etc. is a longtime Marlene's favorite!

-Xclear Nasal Spray

If you're concerned about supporting your immune system:

- Elderberry syrup, capsules, gummies and tinctures
- Oregano oil, capsules and gummies

-Wellness Formula by Source Naturals is a popular supplement with both staff and customers!

Sun-Soaked Destinations

Headed for the beach or just some big, open skies? We've got you covered with a broad selection of quality sunscreens for everyone. Check our selection of waterproof, high SPF, non-chemical mineral sunblocks that are mild enough for a baby's skin yet tough enough to hold up to volleyball at high noon. They are completely non-toxic to plants and animals in oceans, lakes and rivers as well!

Marlene's also carries many wonderfully soothing lotions and an aloe-based **Skin Gel by Aloe Life** if you find you've enjoyed the sun a little too much.

MARLENE'S SOUND OUTLOOK



Camping and Hiking

First of all, definitely bring that mineral sunblock. And secondly, is that a hummingbird or a mosquito? Better make sure you've got some bug repellent handy! Marlene's stocks several brands of effective essential oil-based insect repellents suitable for all ages. We carry trusted brands like **Earth Mama, Yaya** and **Badger** and you'll find lotion, spray and balm options for application. We even have a repellent specifically for ticks.

Planning on tackling some hills, mountainsides, uneven terrain or just long stretches of gentle trails? Biodegradable, bamboo bandages by **Patch** could be your best friend on the trail.

Remember to make room for a first-aid ointment or gel for the cuts, blisters and abrasions that are all part of the great outdoors.

Bon Voyage!

Make your list and come see us! We're looking forward to helping you prepare for your best vacation yet.



Gabriel Clean Beauty for You and the Earth



Gabriel Cosmetics is a cruelty-free and vegan cosmetic brand that has been producing high-quality natural and organic products for over 25 years. The company was founded on the belief that beauty and ethical values should go hand in hand, and their mission is to provide safe, sustainable, and effective cosmetics that enhance natural beauty without harming the planet or its inhabitants.

One of the key benefits of Gabriel Cosmetics' products is their use of natural and organic ingredients. They prioritize sourcing natural and organic ingredients to ensure that their products are free from harmful chemicals and irritants that can cause damage to the skin or the environment. They have a wide range of products, including cosmetics, skincare, and body care products that are formulated with high-quality ingredients that are specifically chosen to be gentle, safe, and effective.

In addition to their commitment to using natural and organic ingredients, Gabriel Cosmetics is also dedicated to environmental sustainability. They have implemented several initiatives to reduce their carbon footprint and minimize waste, including a recycling program that encourages their customers to recycle their empty product containers. This program is designed to reduce the amount of waste that ends up in landfills, and it also helps to conserve natural resources by reusing materials that would otherwise be discarded. The company's recycling program is offered through TerraCycle, and it is a convenient and eco-friendly way to dispose of your empty product containers. To participate in the program, you can mail 5 of your empty

Gabriel, Zuzu Luxe or Clean Kids Naturally product containers* to the company's headquarters. The containers are then cleaned, sorted, and recycled or upcycled into new products, and you will be given a free product of your choice!

Another key benefit of Gabriel Cosmetics' products is their versatility. Their cosmetics line includes a wide range of products, such as foundations, concealers, blushes, eyeshadows, lipsticks, and more. These products are available in a variety of shades and formulations, making it easy to find the perfect match for any skin type or preference. Additionally, they offer skincare and body care products that are designed to complement their cosmetics line and provide comprehensive care for the skin.

Gabriel Cosmetics is also dedicated to transparency and ethical practices. They provide detailed information about their ingredients and manufacturing processes, and they use only high-quality ingredients that are free from animal-derived ingredients, parabens, and other harmful chemicals. They also have a strong commitment to animal welfare and do not test their products on animals, nor do they work with suppliers who test on animals.

The company's commitment to using natural and organic ingredients, promoting environmental sustainability, and supporting ethical practices makes their products a top choice for anyone seeking safe, effective, and environmentally responsible cosmetics. If you are looking for a cosmetic brand that aligns with your values and promotes natural beauty, Gabriel Cosmetics has been a favorite at Marlene's for decades!

**Thank you for being a
loyal and earth-conscious
Gabriel Cosmetics customer!**



Visit gabrielcosmeticsinc.com
for recycling program details.

* Items not eligible for Gabriel Recycle Program are: clear brush pouches, refill pans, pencil sharpeners, eye Pencils, lip Pencils, brow pencils, promotional packaging material and any boxes that Gabriel Organics, Gabriel and Zuzu Luxe come in. Our boxes are FSC certified and recyclable.



Wild Carrot Herbals:

Family-owned, Botanically Brilliant Skincare

For nearly 23 years, Wild Carrot Herbals has been making honest, nutrient-rich botanical skin care for the entire family. Our founder and formulator, Jody Berry, began as an organic farmer and fell in love with medicinal herbs in college. Her formulations literally come from the ground up and are inspired by her relationship with the plants and the landscapes that nourish them. Each and every product is infused with our



exceptional botanical oils, sweet bird song, organic ingredients, mountain sunshine, sparkling rivers of joy, twinkling starry skies and steadfast intention from our beautiful corner of Northeast Oregon.

Standing in her kitchen over two decades ago, Jody's first product was born, an

all-purpose salve useful for cuts, scrapes, bites and chafing: Gaia Goo. Making a few precious pots at a time, this salve was conceived as a humble offering of Jody's communion with the plant world. Many thousands of pots and all these years later, for us, this salve is still gratitude in a jar. Made using extra-virgin, organic olive oil infused with a wealth of skin-loving herbs, thickened with redolent, golden beeswax and lightly scented with herbaceous essential oils, our Gaia Goo Salve links the green goodness that is all around us directly to you.

At Wild Carrot Herbals, we believe in using whole plants, not isolates. We love the use of medicinal plants with their healing bounty. We make our own infused oils using ethically wildcrafted plants and organic agriculture. Our products are free of gluten, parabens, phthalates and GMOs. We are cruelty free and never test on animals as we care deeply for this planet and for all the sentient beings that inhabit it. The word 'sustainability' is always swirling about in conversation and the reason behind every luscious lotion, cream and salve that we make being packaged in glass. It is true that glass is heavy and breakable, but glass is also beautiful, recyclable and inert.

As a family-owned and operated business, we prioritize working with trusted suppliers who share our commitment to ethical and sustainable sourcing. We source organic ingredients whenever possible; our first

choice is always to buy directly from our local community. This year we are coming full circle as we begin to grow ingredients on our very own farm that we lovingly named The Birds Nest. It reflects the seed stage of Queen Anne's Lace, providing sustenance for birds and soft homes for insects, a symbol of abundance, plant vitality, and beauty. For us, this land offers a deeper connection to Mama Earth and this beautiful place we call home.

Over 50 different botanical skincare products are handcrafted, bottled, boxed and shipped by our team of wonder folk; each one being free from synthetic fragrances, preservatives and other harmful chemicals. It is our commitment to using natural and organic ingredients to provide safer and gentler skincare options while also supporting the health of the planet. Our focus is on beautiful skincare, wellness and products that support our sustainability initiatives and our rural community. From our hands to yours, we hope you feel this connection, too.



April Events & Education

All April classes will be held online. Class registration at: marlenesmarket-deli.com/classes.

PREPARING YOUR EDIBLE GARDEN FOR SPRING



with Laura Matter, Garden Hotline Educator

Saturday, April 1 at 10 am

Get a good, healthy start on your edible garden by preparing for what's to come later in the year. Soil preparation, spring planting ideas, getting ahead of common pests in your garden and early guidance on saving seed will be discussed. Plan now to attract beneficial insects to your garden!

MANIFEST YOUR DESIRES



with Hansie Wong, MD and Health Coach

Saturday, April 1 at noon

Give yourself permission to want what you want. In this workshop, we will discover your core desire feelings through the process of desire mapping. From this, you will be able to create an action plan that reflects intentional choices towards those core desire feelings.

NO SUCH THING AS "JUST A BAD STOMACH"



with Julia Craven, Enzymedica Educator

Tuesday, April 4 at 5 pm

Are you one of those people that thinks they "just have a bad stomach?" At least 1 in 4 Americans suffer from poor digestive health. Many more have a weakened digestive system and may not realize how their health could be negatively impacted as a result. Join Julia to learn how we can work together to address this common health concern. She will cover new solutions for occasional heartburn and slow digestion, as well as foundational lifestyle habits to support digestive happiness.

H.O.P.E. FOR ULTIMATE HEALTH



with Brenda Watson, Founder of Vital Planet

Tuesday, April 11 at 2 pm

H.O.P.E. - High Fiber, Omega Oils, Probiotics and Enzymes.

Having these elements in the right amounts can go a long way toward promoting spiritual, mental, and physical wellbeing. Join Brenda Watson, host of the PBS television program Gut Check, HOPE for Ultimate Health as she discusses how incorporating the H.O.P.E. Formula into your daily regimen can dramatically improve your health!

HEAL YOUR GUT, CHANGE YOUR LIFE



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

Tuesday, April 11 at 7 pm

Struggling with ongoing digestive issues? Managing autoimmune conditions, skin rashes, chronic inflammation or pain? A leaky and inflamed gut can lead to a multitude of pesky health problems. Join Dr. Jennea Wood and Registered Dietician, Heidi Ochsner from Tummy Temple as they discuss clinically proven strategies to rebuild a leaky gut to improve overall health from the inside out.



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!

MUSHROOMS FOR THE BODY, MIND & HEART*



with Xochitl Palomino, ND, Host Defense® Practitioner and Channel Educator

Tuesday, April 18 at 4 pm

Mushrooms can support immune functioning and the various body systems that respond well to mushroom supplementation.*

The focus will be on four mushrooms: Cordyceps has an impact on lung function and athletic performance.* Lion's Mane supports the brain and nervous system.* Chaga supports antioxidant activity and supports barrier tissues like the skin and intestinal tract.* Reishi has tonifying effects on the cardiovascular system and whole body.* We will also discuss how herbs may complement the benefits of these amazing mushrooms.*

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

CBD 101 WITH GREEN EARTH MEDICINALS



with Doug Williams of Green Earth Medicinals

Thursday, April 20 at 5 pm

Do you have questions about CBD? What delivery system is best for your health goals? How and when is best to take it? Join Doug Williams from Green Earth Medicinals, a clinically developed brand of CBD products, to learn what choices work best for different needs and how to get the best results from CBD to support your health.

Marlene's Custom Sandwiches

Choose from our favorites or create your own!

Feel free to call in your deli order ahead of your arrival.

Federal Way 253 839 0933 or Tacoma 253 472 4080.

INTRO TO SELF-HYPNOSIS



with Lisa Shook, Certified Master Hypnotist and Founder of Stressless Prosperity Institute

Tuesday, April 25 at 5 pm

What if you could teach your brain to relax, reduce anxiety and stop negative self-talk, eliminate unwanted habits, and gain more confidence? You can do this, with self-hypnosis! Join Lisa for a fun, interactive workshop, and learn to use a tool that can help you in many areas of your life. Learn what hypnosis is and how you can use it to help yourself make positive changes.

PRANIC HEALING



with Eduardo Sztokbant, Associate Pranic Healer

Thursday, April 27 at 5 - 7 pm

You have the power to improve your life, as well as your loved ones' lives, with Pranic Healing! Learn the principals of no-touch, energy-based Pranic Healing. Build on the basics of energetic anatomy and discuss techniques to boost energy, release energy drains and accelerate the body's ability to heal itself. Eduardo will lead a guided meditation for inner peace, stillness and bliss.

BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

Federal Way

2 pm - 4 pm

Friday, April 7

Friday, April 21

Tacoma

2 pm - 4 pm

Friday, April 14

Friday, April 28

MARLENE'S SOUND OUTLOOK

#1 Avocado Deluxe

Seasoned tofu, avocado, red onion, tomato, lettuce in a wrap with a side of Tahini dressing.

#2 The Darcie

Chicken salad, red onion, spinach, pepper jack cheese and pesto grilled on sourdough.

#3 California Turkey

Roasted turkey, avocado, lettuce, tomato, provolone cheese and mayonnaise on multi-grain bread.

#4 Garden Sandwich

Carrots, cucumber, olives, red onion, mushrooms, lettuce, tomato, avocado and hummus on multi-grain bread.

#5 Caprese

Tomato, provolone cheese and basil pesto grilled on sourdough bread.

#6 Turkey Harvest

Smoked turkey, cranberry sauce, cream cheese and lettuce on Wheat bread.

#7 The Greek

Our homemade falafel, lettuce, tomato, red onion and hummus in a wrap with a side of tahini dressing.

#9 Tuna Melt

Our homemade tuna salad, cheddar cheese, pickles and tomato grilled on whole wheat bread.

Gluten free
and vegan options
available!



APRIL 11

Healthy Air, Healthy Breathing, Healthy Life!

by Denise Frakes

Do you spend much time thinking about breathing? Do you think about how you breathe or what you breathe? Probably not, unless you are momentarily struggling to breathe, or you're in an area experiencing a bad wildfire episode. When we can't breathe, breathing becomes the most important thing in life, the only thing.

Last October in our beautiful Pacific Northwest, we had the worst air quality in the world! Let this sink in for a moment: fresh air is no longer a given in our area.

Breath touches every cell with life-giving oxygen or toxic particles. According to Dr. Belisa Vranich (from her book Breathe), our personal breath quality can negatively or positively affect an amazing number of things: our stress and pain levels, our energy, sleep quality, mood, cravings, neck and shoulder comfort, mental clarity, memory, digestion and even endurance!

At the Puget Sound Asthma Coalition (PSAC), we learn about air quality and asthma and how tiny air pollution particles can travel deep into our lungs and even find their way into the bloodstream. These tiny particles affect not only our respiratory system but also our brain. They can impact the nervous, cardiovascular, endocrine, renal and reproductive systems. Air quality matters to our every cell. For visual learners, I recommend this short video from the American Lung Association: How Air Quality Affects Our Lungs: youtu.be/Aabz4MHXgT4.

What can you do? Here are some daily steps you can take to contribute to our air quality and improve how you breathe:

1. Improve the quality of your breath. Learn better breathing and practice better breathing. Yoga, Tai chi, and Qi gong are especially good practices for breath. My favorite breath is 'the Breath of Joy' found in Amy Cuddy's book Presence. "Breathe and exhale slowly and deeply through your nose; your breathing is very regular, and your rib cage relaxed."

Then soften your breath further by thinking of something that makes you smile.

- 2. Increase your home's ventilation.** Run your exhaust fans when you are cooking, showering, doing laundry or cleaning. Do use air filters (especially during times when wildfires affect our air quality) to filter out those tiny particles. Bring fresh air into your home. If the air quality outside is poor, keep your windows closed. You can check your current air quality at: airnow.gov.
- 3. Minimize air contamination.** Use safer cleaning products (you can find many at Marlene's), don't smoke, reduce sources of smoke from candles, cooking and fireplaces. Please don't spray chemicals and cleaners into the air, but spray them directly onto a surface or into a cloth for cleaning. Look for 3rd party verifications like Safer Choice (epa.gov/saferchoice) or Environmental Working Group (ewg.org/endorsements).
- 4. Keep your home clean and simple.** Clutter makes cleaning harder and gathers dust bunnies.
- 5. Improve our outdoor air.** This summer, go electric with your yard tools. Upgrade to electric powered lawnmowers, trimmers and weed eaters. Or better yet, borrow them at our Tool Libraries. There is one in Federal Way and one in Tacoma and soon to be another in Auburn!

Most of all, relax, be present, and care about yourself and our environment. Clean air is a human, animal, and planet essential and our quality of life depends on our caring and attention!

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.



"If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe better." Andrew Weil, M.D.

Everyone and EO Products: Good for You, Good for the Planet

Making quality products with integrity

At EO Products, we rely on our decades of experience manufacturing plant-based body care products to guide us in choosing safe, natural, organic, and sustainably-farmed ingredients. We're exacting – and fully transparent – about every ingredient in every bottle.

Bringing botanical body care to all

Our two brands, EO and Everyone, both offer soothing pure essential oils blended in safe, effective natural products. EO helps you create meditative moments of self-care through aromatherapy. Everyone is fun, botanical body care for the whole family, at a great value.

Practicing sustainable manufacturing

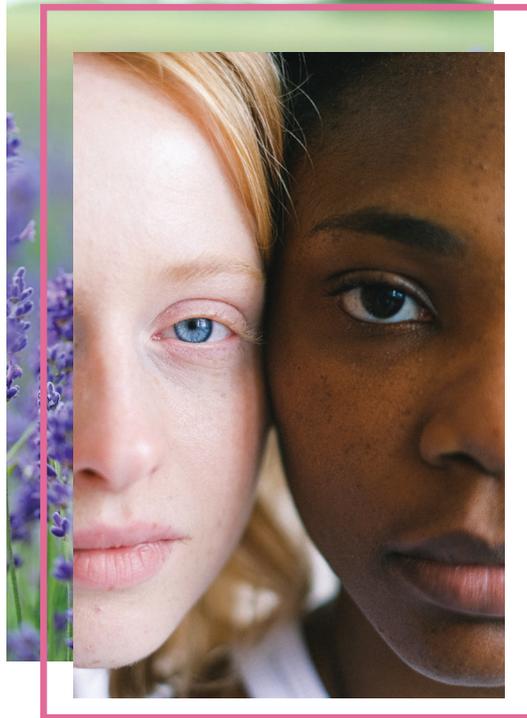
We learned early on that there's only one way to ensure that every product reflects our values and meets our high standards. That's why we dream up, research, develop, test, blend, bottle, market, and ship all EO products from one place: our family-owned, zero-waste factory. And now, all of our fantastic products are packaged in 100% recycled bottles!

Delivering kindness to the community

We believe that opportunities to support and nurture others are all around us. EO Products donates personal care products and makes financial contributions to organizations that serve our community, creates local job opportunities, and offers employees paid time off to volunteer.

About vegan ingredients

We're happy to report that everything we make is vegan. We do not use any animal-derived ingredients in our product lines,



and everything is also certified cruelty free by LeapingBunny.org.

About gluten

We're committed to supporting the gluten-free and Celiac community by providing gluten-free body care products. EO Products are Gluten Free Certified and Everyone is Gluten Free.

WE SAY 'YEP' TO...

Our commitment, first and foremost, is to create body safe products using plant-based ingredients. From the sugar cane-derived alcohol in our hand sanitizer, to botanical extracts like pure essential oils and plant-based moisturizers, it's our mission to always seek out environmentally-responsible resources when formulating our products.

Since each EO/Everyone product is unique, we updated our labels to be more transparent and to help you to be better

informed about what you're putting on your body. From the vegan status of our Ruby Grapefruit hand sanitizer, and our Meyer Lemon hand soap's manufacturing in a zero-waste facility, to our 100% recycled bottles, our labels now reveal the multiple ways in which we choose to act responsibly.

And last but certainly not least, each label reminds you that we have always been a family business, and that our products are made with love.

WE SAY 'NOPE' TO...

For lots of people, understanding what's NOT in their body care products is just as important as knowing what is. So we made sure our new labels also include the Nope list pointing out the key ingredients and practices we steer clear of.

EO/Everyone is a cruelty-free brand, and we conduct no animal testing whatsoever. We also make clear that harmful ingredients - from parabens, dyes and phthalates, to isopropyl alcohol, synthetic fragrances, and other harsh chemicals - are also not welcome in Everyone products.

Making products that help you stay clean and healthy is what gives us peace of mind!



HiBar

Plastic-Free Salon-Quality Hair Care!



At HiBAR, we're proud to produce hair care products that are not only effective but also environmentally sustainable. We're committed to reducing plastic waste and creating a more eco-friendly world, and we believe that our products can make a real difference in achieving that goal.

We produce solid, waterless bars that eliminate the need for plastic bottles, and we use biodegradable, recycled paper packaging that has a minimal impact on the environment. By reducing plastic waste and using sustainable materials, we can make a real impact in creating a more sustainable future.

Our products are unique in their effectiveness. We've developed shampoos and conditioners that are formulated to work just as well as traditional liquid products. We've put a lot of time and effort into making sure that our bars not only clean and condition effectively, but also leave hair feeling salon-quality soft and healthy.

Another key benefit of our products is their convenience. Our bars are easy to use and can be taken on-the-go without the risk of leaks or spills. Imagine - a convenient, practical option for anyone who wants to reduce their plastic waste and live a more sustainable lifestyle without compromising luxurious quality.

At HiBAR, we're also committed to using ethically sourced, natural ingredients that are gentle on the hair and scalp. Our products are free from harsh chemicals like sulfates, parabens, and silicones that can irritate the skin and cause allergic reactions. Instead, we use ingredients like shea butter, coconut oil, and lavender oil that are known for their nourishing and restorative properties.

Our commitment to sustainability and innovation goes beyond just our products. We're proud to partner with 1% for the Planet, a nonprofit organization that supports environmental initiatives. We pledge to donate 1% of our sales to these initiatives, which helps us contribute to a more sustainable future in a meaningful way.

Our products are not only unique but also highly beneficial. We're proud to produce hair care products that are effective, convenient, and sustainable, and we're committed to making a real impact in reducing plastic waste and creating a more eco-friendly world. We hope that you'll join us in this mission and try our products for yourself.

Got hair? There's a bar that's right for you. And in further good news, all of our bars are kind to color-treated hair.

Maintain Shampoo Bar

Great for normal hair, or if you wash your hair less frequently, because it gently removes any build-up. It's our go-to everyday shampoo bar.

Maintain Conditioner Bar

Great for normal hair, giving a light conditioning. With honeyquat and shea butter for added shine.

Volumize Shampoo Bar

For thin, fine, or lifeless hair, this is the solid shampoo bar for you. Adds definition to waves and curls.

Volumize Conditioner Bar

With African dates and B5 for frizz control, body and bounce. Conditions without weighing your tresses down.

Moisturize Shampoo Bar

If you have thicker or dryer hair, look no further than this truly hydrating shampoo bar. Also available in Fragrance-Free.

Moisturize Conditioner Bar

With coconut oil and rice protein for extra hydration and nourishment. Also available in Fragrance-Free.

Soothe Shampoo Bar

A solid shampoo bar formulated specifically for itchy, flaky scalps.

Soothe Conditioner Bar

Helps soothe a touchy scalp and leaves your hair feeling soft and manageable with the help of white willow bark extract and kukui nut oil.



Great for
Travel!



Why Do Caboo?



Caboo is a sustainable and environmentally friendly company that produces a variety of household products that everyone needs, like paper towels, toilet paper, tissues and wipes. The company was founded on the belief that all of us should have access to high-quality and affordable products that are safe for both the environment and human health.

Let the Trees Be

One of the key benefits of Caboo's products is their commitment to sustainability. They use fast-growing bamboo, sugarcane, and wheat straw to create their products, which are far more sustainable than traditional paper products made from trees. These materials are renewable, biodegradable, and require less water and energy to produce, making them a more environmentally friendly option.

We Don't Need Those Stinking Chemicals

We sure don't. In addition to using sustainable materials, Caboo's products are also free from harsh chemicals and toxins that can harm the environment and human health. They are whitened using hydrogen peroxide instead of chlorine bleach, which reduces the risk of harmful byproducts such as dioxins and other toxins commonly used in processing paper products. Caboo's products are also fragrance-free, which is excellent news for folks who have allergies or sensitivities to synthetic fragrances.

Well, That Sounds Expensive

Nope. Caboo offers high quality products that are remarkably cost effective. They are comparable in quality to traditional paper products and are often more affordable than many other eco-friendly alternatives on the market. This makes them an accessible option for folks who are looking to make more sustainable choices without breaking the bank.

What Else Do They Do?

And as if that isn't enough, Caboo is also dedicated to giving back to the community and supporting environmental initiatives! They have partnered with the Rainforest Trust, which helps protect endangered rainforest species and their habitats. This partnership demonstrates Caboo's commitment to sustainability and their serious effort to make a positive impact on the environment!

But Do They Practice What They Preach?

Heck yeah! In addition to their sustainable products and community partnerships, Caboo is committed to minimizing waste and reducing their carbon footprint. They use recyclable and biodegradable materials in their packaging and have implemented initiatives to reduce energy consumption and promote sustainable business practices.

Caboo's commitment to sustainability, high-quality products, and affordable pricing makes them a beneficial choice for folks who are looking to make more environmentally conscious choices in their household products. Their dedication to supporting community and environmental initiatives and reducing their carbon footprint sets them apart as a socially responsible company. If you are looking for a more sustainable and affordable option for your household products, come on over to Marlene's and check out Caboo!



**CABOO
Tree Free
Paper Products**

Assorted sizes and varieties

25% off

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

Fair Trade Certified!



**ALAFFIA
 Body Care
 with Shea Butter**
 Assorted sizes and varieties

25% off

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



**GABRIEL
 Dual Powder
 Foundation
 & Refills**
 Assorted sizes and varieties

25% off

*Check out their
 recycling program*

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



**HIBAR
 Hair & Body
 Care Bars**
 Assorted sizes and varieties

*Plastic Free
 Packaging!*
30% off

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

Non GMO!



**EVERYONE & EO
 All Natural
 Body Care**
 Assorted sizes and varieties

30% off

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



**SUKIN
 Hair Skin
 & Body Care**
 Assorted sizes and varieties

35% off

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



**GIOVANNI
 Select
 Hair Care**
 Assorted sizes and varieties

25% off

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



**THE HUMBLE
 COMPANY
 Natural Oral Care**
 Assorted sizes and varieties

35% off

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



**WILD CARROT
 Body Care**
 Assorted sizes and varieties

20% off

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



WELEDA
All Natural
Body Care
Assorted sizes and varieties

35% off

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



DR. BRONNER'S
Pure Castile Soap
Assorted sizes and varieties
Fair Trade Certified

30% off

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



EQUAL EXCHANGE
Organic Tea, Coffee,
Nuts & Chocolate
Assorted sizes and varieties

Fair Trade!

25% off

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COMPOSTIC
Compostable
Cling Wrap
& Bags
Assorted sizes and varieties

20% off

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LET'S DO ORGANIC &
NATIVE FOREST
Baking ingredients
Assorted sizes and varieties

20% off

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



JUST DATE
Organic Date
Sweetener
Assorted sizes and varieties

25% off

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



BOXED WATER
IS BETTER
Purified Water
500 ml & 1L

30% off

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



HOPE & SESAME
Sesame Milk
32 oz Assorted varieties Reg. \$5.99



4.29

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



COCOMELS
Caramel Candy
Assorted sizes and varieties

25% off

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



ALTER ECO
Organic Chocolate Bars & Truffles
Assorted sizes and varieties

25% off

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



HUMMINGBIRD
Organic Snack Bags
6 oz Assorted varieties

25% off

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



LOUISVILLE JERKY
Vegan Jerky
3 oz Assorted varieties Reg. \$7.99

*Real Flavor,
No Meat!*
5⁶⁹

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



GRANDY ORGANICS
Organic Coconola Granola
9 oz Assorted varieties
Reg. \$ 10.59

7⁸⁹

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



JOVIAL
Organic Rice Pasta
Assorted sizes and varieties

25% off



PLANET BASED FOOD
Hemp Burgers & Taquitos
Assorted sizes and varieties

30% off

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



ANNIE'S
HOMEGROWN Macaroni & Cheese
Assorted sizes and varieties

4 for \$5

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



WILCOX
FAMILY FARMS
Pasture Raised
Omega-3 Large
Brown Eggs

Dozen Reg. 7.49

5⁹⁹

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



DAIYA FOODS
Plant Based Cheese

Assorted sizes and varieties



25% off

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



UNCLE MATT'S
Organic
Orange Juice

52 oz Assorted varieties

25% off

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



MAMMA CHIA
Organic
Chia Seed
Beverages
& Squeeze Packs

Assorted sizes and varieties

25% off

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



*B-Corp
Certified!*

KLEAN KANTEEN
Reusable
Vessels

Assorted sizes and varieties

20% off

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

*Woman Owned,
WA Local!*



CORO
Uncured
Sliced Salami

3 oz Assorted varieties
Reg. \$5.99

4⁴⁹

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



STASHERS
Reusable
Silicone Bags

Assorted sizes and varieties

20% off

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Feel the DIFFERENCE!

Pure Food Supplements from our
certified organic farms to YOU.



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OM MUSHROOMS
Mushroom Superfood Supplements

Assorted sizes and varieties

25% off

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BARLEAN'S
Omega Supplements

Assorted sizes and varieties

25% off

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



BOIRON
Homeopathic Supplements

Assorted varieties Reg. \$12.99

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HERB PHARM
Herbal Tinctures

Assorted sizes and varieties

NW Local!

25% off

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



NORTH AMERICAN
HERB & SPICE
Immune Support Supplements

Assorted sizes and varieties

30% off

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SOLARAY
Supplements

Assorted sizes and varieties

35% off

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EMERALD LABS
Supplements

Assorted sizes and varieties

25% off

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DR. MERCOLA
Supplements

Assorted sizes and varieties

25% off

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



**LIFE EXTENSION
Supplements**

Assorted sizes and varieties

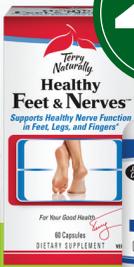
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ConsumerLab.com!*

30% off

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**HEALTHY
BLOOD SUGAR
BALANCE
and METABOLIC
HEALTH^{††}**

*Terry
Naturally.*



**20%
OFF**



† Supports healthy levels already within normal range. †† 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.

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

**35%
OFF**

ALL GARDEN OF LIFE® PROTEINS



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**NATURE'S PLUS
Supplements**

Assorted sizes and varieties

*Celebrating
50 Years!*

30% off

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



**NORDIC NATURALS
Supplements**

Assorted sizes and varieties

25% off

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*Seasonal Bouquets
at Marlene's*

Celebrate the season with a beautiful floral bouquet - a blooming gift from nature!

Top Quality CBD from Green Earth Medicinals

Green Earth Medicinals is a leading producer of high-quality, plant-based products that support optimal health and wellness. The company is committed to providing customers with safe, effective and environmentally sustainable herbal remedies, and their line of CBD products is no exception.

CBD, or cannabidiol, is a non-intoxicating compound derived from the hemp plant. Unlike THC, another well-known compound found in cannabis, CBD is not psychoactive and does not produce a "high" effect. Instead, it has been shown to have a range of potential health benefits, including reducing pain and inflammation, supporting immune health and promoting relaxation and stress relief.

Green Earth Medicinals' line of CBD products includes tinctures, capsules and topicals, all of which are designed to deliver the benefits of CBD in a convenient and easy-to-use form. The company uses only high-quality, organic hemp sourced from trusted suppliers, and all of their CBD products undergo rigorous quality control measures to ensure purity and potency.

One of the key benefits of Green Earth Medicinals' CBD products is their commitment to using whole-plant extracts. Unlike some CBD products, which use isolated CBD molecules, Green Earth Medicinals' products utilize the full range of bioactive compounds found in the hemp plant, including terpenes, flavonoids and other cannabinoids. This approach is thought to provide a more complete and effective remedy, as these compounds work together synergistically to produce what is known as the "entourage effect."

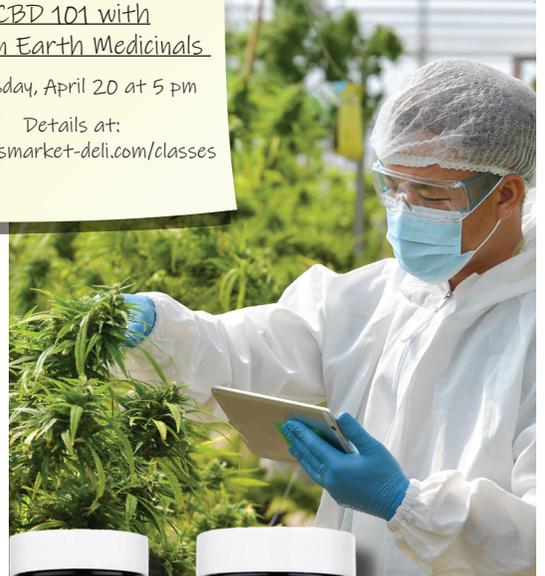
In addition to their commitment to using whole-plant extracts, Green Earth Medicinals' CBD products are formulated with a variety of other natural ingredients to support specific health and wellness goals. For example, their CBD capsules are formulated with ashwagandha, an adaptogenic herb that is known to support the body's ability to manage stress and maintain balance. Their CBD topical products include a range of botanicals and essential oils, such as arnica, menthol, and lavender, which are known to support healthy skin and provide relief from aches and pains.

Another key benefit of Green Earth Medicinals' CBD products is their commitment to sustainability. The company sources their hemp from organic and regeneratively farmed sources, and they use environmentally responsible packaging and manufacturing practices. This commitment to sustainability not only helps to preserve the health of the planet, but it also ensures that customers are receiving a high-quality product that is free from harmful chemicals and contaminants.

Whether you are looking to manage pain and inflammation, support immune health, or simply promote relaxation and stress relief, Green Earth Medicinals' commitment to using whole-plant extracts, natural ingredients and sustainable practices makes their products a top choice for those seeking safe, effective and environmentally responsible remedies for a range of health and wellness goals. Check out their excellent line of CBD products at Marlene's today!



Join us online!
CBD 101 with Green Earth Medicinals
Thursday, April 20 at 5 pm
Details at:
marlenesmarket-deli.com/classes



April Calendar of Events

All April classes will be held online.
 Class registration at:
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Edible Garden For Spring with Laura Matter, Garden Hotline Educator 10 am Manifest Your Desires with Hansie Wong, MD and Health Coach noon 1
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 2		No Such Thing As "Just A Bad Stomach" with Julia Craven, Enzymedica Educator 5 pm 3		 6	Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm 7	
	Uniform Monday 10% off to all firefighters, police and military! 9	H.O.P.E. for Ultimate Health with Brenda Watson, Vital Planet 2 pm Heal Your Gut, Change Your Life with Jennea Wood, ND and Heidi Ochsner, Dietician of Tummy Temple 7 pm 10			Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm 11	
		Mushrooms for the Body, Mind & Heart with Xochitl Palomino, ND, Host Defense® Practitioner Channel Educator 4 pm 16			Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm 17	
		Intro to Self-Hypnosis with Lisa Shook, Certified Master Hypnotist and Founder of Stressless Prosperity Institute 5 pm 23/30			Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm 24	
					CBD 101 with Green Earth Medicinals with Doug Williams of Green Earth Medicinals 5 pm 19	
					Pranic Healing with Eduardo Sztokbant, Associate Pranic Healer 5 - 7 pm 26	
					Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm 27	
						22
						28
						29

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots
 with Voda Health
 Tuesday, 10 am - 2 pm
 253.225.6679

Iridology & Sclerology with Nancy Seals
 4th Sunday, 11 am - 4 pm
 360.556.3556

FEDERAL WAY

Vitamin B and glutathione shots
 with Voda Health
 Wednesday, 11 am - 3 pm
 253.225.6679

Seated Massage with Erica Seter
 Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm
 Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

Reservations may be required.

Marlene's
 MARKET & DELI
 shop local, eat organic

FEDERAL WAY

2565 S. Gateway Center Place
 253.839.0933

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

Deli Hours

Monday - Saturday 8 am - 4 pm
 Sunday 9 am - 4 pm

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
 253.472.4080

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

Deli Hours

Monday - Saturday 8 am - 6 pm
 Sunday 9 am - 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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April 2023

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APRIL 18 AT 4PM

PLEASE JOIN US FOR A VIRTUAL LECTURE: MUSHROOMS FOR THE BODY, MIND & HEART*

REGISTER AT TINYURL.COM/6AA8VKJJ

*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.