

Marlene's™

— MARKET & DELI —  
shop local, eat organic

# SOUND OUTLOOK

April 2024

Celebrating  
*48 Years*

Anniversary & Earth Day Celebration  
Spring wellness support

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

## A Letter From Us

A gush of birdsong, a patter of dew,  
 A cloud, and a rainbow's warning  
 Suddenly sunshine and perfect blue  
 An April day in the morning

– Harriet Prescott Spofford, American novelist and poet

We are celebrating Marlene's 48th Anniversary and Earth Day this month! We are proud and grateful to have been serving our South Sound communities for 48 years and we welcome you to celebrate with us. On April 20th, both stores will have samples from many vendors from 11 am-2 pm and beautiful gift baskets filled with a variety of favorites to give away. Be sure to drop your name and phone number in the designated boxes at the customer service counter to enter the basket drawing. We're looking forward to getting some wonderful treats into your hands that day!

For those of us who are called to garden, this month is the beginning of dirt turning, compost fortifying, flower bed freshening, container filling and seed planting. If you just got very excited reading that list, you are probably blessed with a green thumb. I did not inherit Marlene's talent for gardening, but I definitely appreciate the people around me who have that green magic! We have an abundance of herb, vegetable, and flower starts arriving at our stores all month long. And don't miss our Down to Earth fertilizers and soil conditioners. They are an excellent help for getting your garden, container plants and houseplants ready for a robust growing season.

Enjoy this beautiful season in our wonderful little corner of the world,

*Lisa*

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# Marlene's™

MARKET  
& DELI

Join us on **April 20** between 11 am and 2 pm to celebrate with samples, savings and gift basket giveaways!

# Celebrating 48 Years

Marlene opened her 1<sup>st</sup> store on April 1, 1976!



**1980**

Marlene moved her store to a new location in Center Plaza, Federal Way. This gave her additional space to expand the deli selection and seating area.



**1986**

Marlene remodeled her Center Plaza store and renamed it Marlene's Market & Deli!



**1988**

Marlene moved her store to Gateway Center, adding a large produce department and an espresso bar!



**1995**

Marlene expanded her operation with a second store in Tacoma! She welcomed her customers to Marlene's Tacoma in July!



**2004**

Marlene's stores continued to make news. Good food is here to stay! She moved her Federal Way location into a larger space in Gateway Center that included a larger deli and space for seminars.

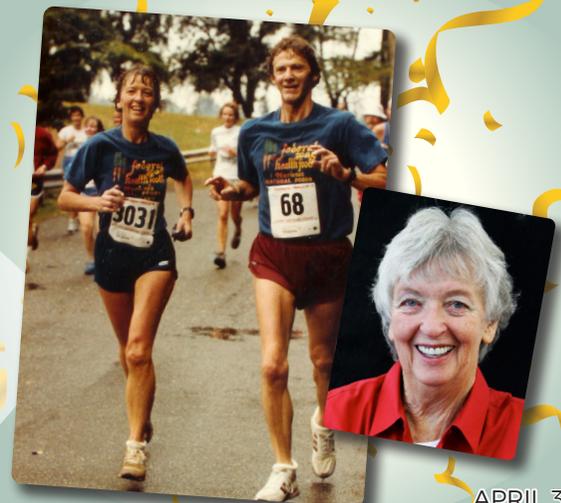
**2014**

After almost two decades serving our Tacoma customers, Marlene remodeled, adding a salad bar, seminar room and outdoor seating!



**2024**

Today, Marlene's is still family owned and operated. We're still running strong, Marlene! Thank you, everyone, for 48 years in the South Puget Sound!



# Cream Cheese Frosted Carrot Cake Cookies!

As Marlene's Market & Deli celebrates 48 years in business, we're excited to share a special recipe in honor of the occasion! Carrot cake holds a special place in our hearts as it was one of Marlene's personal favorites. We're thrilled to present a delightful twist on this indulgence, soft carrot cake cookies with decadent cream cheese frosting. Enjoy the comforting flavors of carrot cake in a convenient cookie form. And remember, Marlene would encourage you to use organic ingredients whenever possible!

## COOKIES

3/4 cup	all-purpose flour	1 tsp	vanilla extract
1/2 cup	rolled oats	3/4 cup	grated carrots (about 2 medium carrots)
1 tsp	baking powder	1/2 cup	chopped pecans or walnuts (optional)
1/2 tsp	ground cinnamon	1/2 cup	raisins (optional)
1/4 tsp	ground nutmeg		
1/4 tsp	ground cloves		
1/2 tsp	salt		
1/2 cup	unsalted butter, softened		
1/2 cup	packed brown sugar		
1/4 cup	granulated sugar		
1	large egg		

## CREAM CHEESE FROSTING

4 oz	cream cheese, softened
1/4 cup	butter, softened
1 cup	powdered sugar
1/2 tsp	teaspoon vanilla extract

1. Preheat oven to 350°F (175°C). Line or grease a baking sheet.
2. Whisk flour, oats, baking powder, cinnamon, nutmeg, cloves, and salt in a bowl.
3. Cream butter, brown sugar, and granulated sugar in a large bowl. Beat in egg and vanilla.
4. Gradually add dry ingredients to wet ingredients, mix until combined. Stir in carrots, nuts (optional), and raisins (optional).
5. Drop spoonfuls of dough onto prepared baking sheet, spacing 2 inches apart. Flatten slightly.
6. Bake for 10-12 minutes until lightly golden. Cool on sheet, then transfer to wire rack.
7. Prepare frosting: beat cream cheese, butter, powdered sugar, and vanilla until smooth.
8. Spread frosting on cooled cookies. Optional: sprinkle with nuts or cinnamon.
9. Store leftovers in the refrigerator. Enjoy!



# Certifications You See at Marlene's



**Non-GMO Project Verified** products are GMO-free, offering clear choices for concerned consumers.



**USDA Organic** follows strict organic standards to minimize chemical exposure through food and promote soil health.

**MSC** ensures that seafood is harvested by sustainable fisheries which protects ocean health and supports ethical fishing.



**Salmon-Safe Certification** ensures



farming practices and developments protect water quality, maintain watershed health and restore habitat, fostering the thriving of Pacific salmon in West Coast watersheds.

**Regenerative Organic Certified**

(ROC) focuses on rehabilitating soil, ensuring animal welfare and improving the lives of farmers.



**Rainforest Alliance Certified**

supports sustainable farming, rainforest protection, biodiversity preservation and human rights.



**Upcycled** products utilize discarded materials to create useful products while reducing waste and conserving resources.



**Certified Biodynamic** incorporates holistic organic practices to enhance soil fertility and biodiversity.

Certification provides clarity where standard food labels fall short. American shoppers are increasingly leaning toward healthier choices, and these certifications can help you know that you're making the right choice for yourself and your family!

Here are some certifications you may see on many of the products on our shelves:



**Certified Gluten Free** is the best choice for reliability in meeting the strictest of gluten-free standards for those with celiac disease or gluten sensitivity.



**Certified Vegan** products are foods and other goods that contain no animal products or byproducts and that have not been tested on animals.



**Certified Plant Based** foods are entirely plant-derived, catering to vegetarians, vegans and plant-based diets.

**Fair Trade Certified**

labels ensure equitable and just prices and working conditions to empower farmers and promote ethical trade.



**B Corp Certified**

businesses demonstrate positive social and environmental impact and are committed to fostering progress in business.



**Certified Humane Approved** ensures that animal-based food products come from operations that meet precise, objective standards for farm animal treatment.



**Animal Welfare** approved by A Greener World products require audited, high-welfare production, transport and slaughter practices.



**Certified Grassfed** by A Greener World ensures animals receive a 100% grass and forage diet and are pasture or range raised.



# GARDEN GLORY Soils and Amendments

It's time to freshen up those houseplants and get knee deep in the garden!

Founded in 1977, Down To Earth™ has been one of the country's leading manufacturers and distributors of natural fertilizers and premium organic gardening products. Their soil mix and fertilizers are carefully blended from the best sources of organic nutrients without the use of synthetics, growth stimulants or low quality fillers. Marlene's is excited to be expanding our line of Down to Earth fertilizers this year so that you can be confident you are giving your garden the best products available!

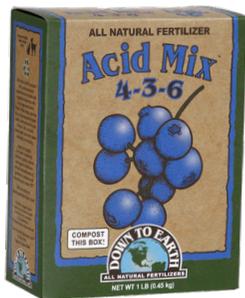
## STARTER MIX 3-3-3

Starter/transplant formula is the perfect way to get your delicate young starts and new seedlings in the ground and ready to thrive! In addition to essential primary and secondary plant nutrients, a diverse mix of beneficial soil microorganisms has been added to ensure successful planting, expansive root development, and vigorous early growth.



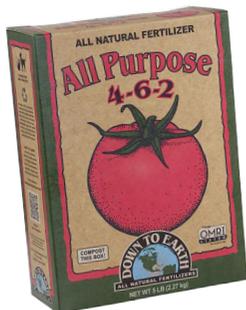
## ACID MIX 4-3-6

A fertilizer blended specially for acid soil loving plants like rhododendrons, azaleas, hydrangeas, evergreen trees and shrubs, blueberries, raspberries, and other plants that thrive in a low pH soil. To encourage lush flowers and fruit, apply Acid Mix in early spring for vegetative growth and again when blooms appear. Late fall applications promote healthy root growth and boost resistance to extreme winter temperatures.



## ALL PURPOSE MIX 4-6-2

A gentle, non-burning fertilizer perfect for vegetables, herbs, flowers, and container plants, All Purpose Mix is also ideal for all types of transplants. Formulated with top quality organic ingredients and designed to deliver a steady supply of essential nutrients to your plants while enhancing soil fertility and microbial activity naturally.



## ROSE & FLOWER MIX 4-8-4

A special fertilizer blend that provides ample nitrogen for vigorous growth, extra Phosphorous for beautiful blooms and Potassium and trace elements for healthy plant stock. Rose & Flower Mix supplies your favorite bulbs, annuals and perennials with the nutrients needed for a long, healthy season of sensational flowering.



## VEGAN MIX 3-2-2

The indispensable, all-purpose fertilizer blended specially for vegan gardeners. Free of any animal products or by-products, Vegan Mix is formulated with plant derived essential nutrients and natural mineral elements plus humic acids. Its slow release formula is designed to continually nourish your vegetables, flowers and herbs while stimulating and building soil health.



## SUN GRO BLACK GOLD® NATURAL & ORGANIC POTTING MIX

Since 1985, Black Gold® brand potting soil has gained a loyal customer following nationwide. Black Gold® Natural & Organic Potting Mix is professionally formulated to ensure gardening success and is approved by the Organic Materials Review Institute (OMRI) and meets or exceeds the high standards of the Rodale Institute.

Be sure to check out Marlene's beautiful garden starts, organic seeds and houseplants!



# Making Native Plant Seed Balls with Kids

by Jackie Rhoades

Using native plant seed balls is a great way to reseed the landscape while teaching kids the importance of native plants and the environment! A seed ball is a marble sized ball made of clay, earth and seeds which is used to replant areas where the natural flora has been destroyed. Some say it originated in Japan while others claim Greece, but the important thing is that the native plant seed ball has now been used around the world to reseed land that has been abused by man or neglected by Mother Nature herself.

Before the development of the native plant seed ball, reseeding some natural areas was difficult. The traditional method of broadcasting seed comes with several major drawbacks. The seed is sown on top of the soil where it may be baked dry by the sun, blown away by the wind, washed away by heavy rains, or nibbled away by birds or other small wildlife. Very little is left to germinate and grow.

Making seed balls addresses all of these problems. These clay balls protect the seed from the heat of the sun. They're heavy enough to be unaffected by the wind or heavy rains and the hard clay casing deters animal nibblers as well.

In dry areas, the shape of the ball actually gives enough shade to conserve moisture. The seeds begin to germinate and the ball breaks apart. The small pile of crumbles provides the start for the root system, but is still heavy enough to anchor the emerging seeds to the ground.

## How to Make Seed Balls

Learning how to make seed balls is a great activity for kids. It's fun, easy to do and can be easily adapted to the environmental needs of the community. The seed ball recipe can be altered simply by changing the seeds.

How to make flower seed balls is no different than how to make a native plant seed ball. Change the seeds to bird seed and you've got the ingredients for a bird food garden in the suburbs. Turn a vacant city lot into a wonderland of grasses, cosmos and zinnias. Let your kid's imaginations run wild.

Making seed balls is a terrific way to spend a rainy afternoon at the kitchen table or out in the garage. The seed ball recipe is easy to follow and, for older children, doesn't require intense adult supervision. Why not gather the ingredients ahead of time so they're ready for that rainy day?

*Jackie Rhoades is a gardening enthusiast and contributing writer for [gardeningknowhow.com](http://gardeningknowhow.com).*



## Seed Ball Recipe

- 2 parts potting soil (Black Gold™ Organic Potting Soil is available at Marlene's!)
- 5 parts powdered pottery clay mix from your local art store
- 1-2 parts water
- 1-2 parts seeds of your choice (Botanical Interests Organic Seeds are an excellent choice and available at Marlene's!)

Large tub to mix ingredients

Egg cartons or large box to dry and store seed balls

Mix the soil, clay and 1 part water thoroughly. There should be no lumps. Slowly add more water until the mixture is the consistency of soft cookie dough.

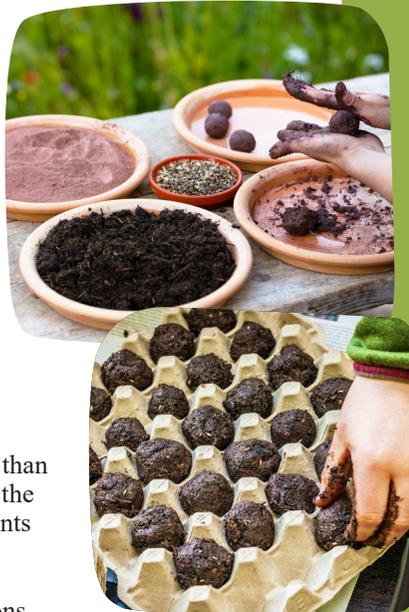
Add seeds. Keep kneading the dough until the seeds are well mixed in. Add more water if necessary.

Take small bits of the clay mixture and roll into balls about one inch in diameter. The balls should hold together easily. If they're crumbly, add more water.

Dry seed balls for 24-48 hours in a shady place before sowing or storing. They store best in a cardboard box. Do not use plastic bags.

The last step in how to make flower seed balls is distributing them. You can place them carefully over the area to be planted or you can gently toss them one at a time, which is a lot more fun. Don't bury them and don't water them.

You've done your job, now sit back and leave the rest to Mother Nature!



# Fiber: The Fourth Macronutrient

by Dr. Adrienne Wilen

Usually when people track their macronutrients, they focus on fats, carbohydrates, and protein, but another macro that factors into a healthy diet is fiber.

Fiber plays a major role in digestive health. It fuels the intestinal cells, helps digestion keep moving to prevent diarrhea and constipation, feeds the microbiome of the gut, and also helps with excretion. Soluble fiber, the type that turns to a gel when mixed with water, can bind cholesterol, hormones, and toxins in the intestines and keeps them moving through the tract until they are excreted in the stool.

Soluble fiber dissolves in water to form a gel which slows digestion leading to more stable blood sugar. This type of fiber also binds unwanted fats and cholesterol to help move them through until excretion. Additionally, your gut bacteria use soluble fiber as a food source in the large intestine.

Insoluble fiber draws water into your digestive tract and adds bulk to stool, allowing it to pass more easily through the intestine, helping to prevent constipation.

The national fiber recommendation for men is 30g and for women is 25g. Most people think salad is enough fiber, but did you know 1 cup of shredded lettuce only has 1/2 gram of fiber? On the other hand, 1 cup of broccoli has 5g of fiber, and 1 cup of beans has an amazing 30g of fiber! If you are aiming for 30g per day and eat three meals per day, a good rule of thumb would be 10g per meal.

Whole foods are full of naturally occurring fiber, which is basically just structures that are resistant to our digestive enzymes. The term 'whole foods' applies to fruits, vegetables, legumes, whole grains with minimal processing, and animal products with minimal processing. Whole grains, beans, fruits, and vegetables are all close to the state they were harvested in, which means they still contain all of the vitamins, minerals, fiber, and essential nutrients our bodies can utilize.

Prebiotics are compounds that, when fermented in the gut, produce specific changes in bacterial composition or activity, and support the growth of our normal commensal bacteria. These compounds are mostly carbohydrates that we cannot digest due to a lack of the proper enzymes, aka fiber! In general, fruits, vegetables, beans, and whole grains like wheat, oats, and barley are all good sources of prebiotic fibers.

One of my favorite recipes that helps fulfill the daily recommended fiber goal is the following skillet. This dish is a savory blend of white beans, garlic, sun dried tomatoes, and kale, sautéed in avocado oil. One serving has 16.5g of fiber, 21g of protein, and tastes delicious!

*Adrienne Wilen is a Naturopathic Physician practicing at Federal Way Naturopathy and the creator of Biomi, a 10-week program helping people resolve common digestive complaints.*

*Learn more at [MyBiomi.com](http://MyBiomi.com).*



## Sun Dried Tomato, Kale and White Bean Skillet

(serves 4)

2	15 oz cans of white beans drained and rinsed
3 oz	sun dried tomatoes in oil
1 Tbl	apple cider vinegar
1 Tbl	avocado oil
2 cloves	garlic, minced
6 oz	fresh, chopped kale
½ tsp	dried basil
¼ tsp	salt
1 pinch	crushed red pepper flakes
	Pepper to taste

Roughly chop the sun dried tomatoes. In a small bowl, combine apple cider vinegar, 2 tablespoons of oil from the sun dried tomatoes, and spices. Sauté the garlic in avocado oil over medium heat for 1 minute. Add kale and 2 tablespoons of water to the garlic and cook until wilted. Add the drained beans and chopped sun dried tomatoes, cook until beans are heated through. Drizzle the dressing over the skillet and stir to combine. Serve warm.



# We're Setting a HiBAR!

## Plastic-Free, Salon-Quality Hair Care

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 did! And we came up with some incredible products that we'd love for you to come explore at Marlene's.

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. They clean and condition beautifully, leaving hair feeling salon-quality soft and healthy.

At HiBAR, we're 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.

We want to save the world and look good doing it. If you're into a plastic-free planet and beautiful hair, then come meet your HiBAR at Marlene's!

Here's another key benefit of our products – convenience. The bars can be taken on-the-go to the gym or traveling without the risk of leaks or spills. Imagine whizzing through your next airport security screening with the equivalent of a 24 ounce bottle of shampoo or conditioner in one little 3 oz bar!

Not only do our solid, waterless bars eliminate the need for plastic bottles, they are packaged in biodegradable, recycled paper that has a minimal impact on the environment. That means our hair care products are not only effective, but also environmentally sustainable. We're committed to reducing plastic waste and creating an eco-friendlier world, and we're doing it!

Our commitment to sustainability and innovation goes beyond just our products. We're also proud to partner with 1% for the Planet, a nonprofit organization that supports environmental initiatives.

### 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.



# April Events & Education

Online class registration available at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes).

## HOST DEFENSE – SUPPORT FOR IMMUNITY & MORE\*



with Richard Cividanes, National Science Educator

**Thursday, April 4 at 4 pm, Online**

This lecture provides a great basic review of Host Defense® and Fungi Perfecti®. Richard will discuss the benefits of mycelium grown on rice (no fillers!), and the groundbreaking research associated with Host Defense® Mushrooms™ products. Learn why these products stand above the rest, including rigorous testing, sustainable cultivation, and good manufacturing practices. Dive deeper into specific Host Defense® products and explore how to incorporate these products into your lifestyle.

\*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.

### SUPER SENIOR SUNDAY

**Sunday, April 7**

10% off all purchases and free 8 oz. carrot juice for those 65 and above!

### UNIFORM MONDAY

**Monday, April 8**

10% off to all firefighters, police and military!

## SELF HYPNOSIS FOR MANAGING STRESS



with Lisa Shook, Certified 5-PATH® Hypnotist and 7th Path Self-Hypnosis® Teacher

**Tuesday, April 9 at 5 pm, Online**

Join Lisa Shook for a transformative class designed to empower you with practical tools to take control of your mental well-being. Learn a selection of self-hypnosis techniques tailored to alleviating your own stress and anxiety. From relaxation exercises to visualization practices and positive affirmation reinforcement, learn to foster self-awareness, regulate your emotions, and cultivate resilience in the face of life's challenges.

## DISSECTING GUT HEALTH ISSUES



with Stacy Faulkner, CCN, CNHP, Emerald Labs National Educator

**Thursday, April 11 at 5 pm, Federal Way**

Do you suffer from poor digestion, acid reflux or leaky gut? Dive into root causes, triggers and symptomology of poor digestion, acid reflux and leaky gut. Untangle the cascading effects that poor gut health can have on your mental clarity, anxiety, depression, joint pain, bloating, IBS and even skin health. Learn how an optimal nutrition plan and science backed supplemental formulas can start the healing process to bring relief and recovery for poor digestion, acid reflux and leaky gut. Attendees can participate in a signed book and gift basket giveaway!

## HARMONIZING AND CLEARING SOUND BATH



with Francesca Siena, RF, Reiki Master Teacher, Cranial and Sound Practitioner, founder of Artemisia Healing Arts

**Saturday, April 13 at 9 am, Tacoma \$10**

Experience profound rejuvenation. This sound bath targets chakra clearing and the release of toxicity from the energetic field. This session will be gently infused with Reiki. Please let Francesca know if you'd prefer to be Reiki-free. Space is limited. Bring a yoga mat, a blanket - and an eye mask for full immersion. Join Francesca to embrace the season's energy and revitalize your spirit for a vibrant spring! Space is limited, please pre-register.

## FEEL BETTER, THINK BETTER: SUPPORTING A HEALTHY GUT



with Glen Depke, Educator for Dr. Mercola

**Tuesday, April 16 at 5 pm, Online**

Your well-being hinges greatly on both your environment and the health of your colon. Join Glen Depke, national educator for Dr. Joseph Mercola, as he takes a deep dive into the transformative power of lifestyle choices and supplements in enhancing environmental and colon health. Learn how these factors not only bolster natural detoxification and immunity but also have profound effects on our mental clarity and immunity.

## TAKE YOUR ENZYMES!



with Julia Craven, Enzymedica Educator

**Thursday April 18 at 5 pm, Online**

Unlock the potential of digestive enzymes in this enlightening class! Discover how these powerful aids can alleviate common discomforts like gas, bloating, and occasional heartburn. Gain insight into their role in promoting immune support, regularity, and combating food intolerances. Plus, learn how they can revitalize your energy levels for a more vibrant life. Join us and embrace the benefits of digestive enzyme supplementation!

## ANNIVERSARY & EARTH DAY CELEBRATION

**Both Stores | Saturday, April 20 | 11 am - 2 pm**

Join us to celebrate with samples, savings and gift basket giveaways!

## SPRINGTIME AYURVEDIC AWAKENING



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

**Tuesday April 23 at 5 pm, Tacoma/Online hybrid**

Embrace the vitality of spring with Ayurvedic wisdom! Join Ariane to learn about seasonal Ayurvedic remedies and lifestyle practices tailored for spring. Discover holistic approaches to balance your mind, body and spirit as nature awakens. Learn how to adapt your diet, use herbs, and adjust your daily routines promote detoxification, rejuvenation and overall well-being. Prepare to bloom with vitality and embrace the beauty of springtime with Ayurveda as your guide.

## BEYOND DIGESTION: THE MICROBIOME'S IMPACT ON TOTAL WELLNESS



with Ryan Bland, DC, Functional Medicine Practitioner

**Thursday April 25 at 5 pm, Online**

For thousands of years, we have been aware of the power of the gut and microbiome. Hippocrates once said all disease begins in the gut. Join me on an exploration to define the magic of the microbiome and how we can harness bio-harmonization to maximize our output and performance, adding life to your years.

# Digestive Bitters 101

At Urban Moonshine, we believe the flavor of bitterness is fundamental to great digestion.

Most people reach for digestive bitters because they are looking for a solution to annoying and at times unpleasant digestive issues, most commonly gas, bloating and occasional heartburn. Our original and citrus bitters are our best-sellers for those after meal inconveniences. But many folks reach for bitters to help regulate appetite. Bitters can also help encourage your body's own endogenous production of important digestive juices that are crucial to complete the digestive process. When our bodies are properly processing food and completing our natural digestive cycle, it helps keep our system naturally detoxed, our livers happy and our skin healthy. Bitters are the ideal companion to a healthful diet and one of the most fun and delicious ways to enjoy your herbs!

## How Do Bitters Work?

Tasting the bitter flavor right on the tongue (cue the full-body tingle) is the important part. What current research is discovering, and what herbalists have always known, is that bitter flavors have a special role to play in triggering digestive secretions and inspiring the digestive activation across the entire gut. Bitters help ease occasional digestive upset and have been traditionally used for centuries around mealtimes for optimized digestion. It's actually the challenge of the bitter flavor that strengthens our digestion. We are hardwired for the flavor of bitterness, which is the primary taste of most wild foods. For thousands of years, much of our food contained some spectrum of bitter leaves, bitter roots, wild berries and fruits. Our modern American diets are mostly devoid of the bitter flavor except for coffee, beer and chocolate, so incorporating herbal bitters back into your daily routine is like a reawakening for the body!

## How to Take Bitters - When, Where and How?

We recommend taking Urban Moonshine herbal bitters 10-15 minutes before meals to help prime digestion. We like to take a squirt right on the tongue, but you can mix it in a little water, or get fancy and add it to sparkling water for a deliciously playful bitter mocktail. This will decrease digestive drama and all the lovely side effects of overindulging. You can also take them after meals if you're feeling full, bloated and gassy. When the bitter flavor hits the tongue it's like a wake-up call for the body to get ready to digest! Ultimately,

the best time to take your bitters is when you remember to do so. Don't worry too much about the when, the important thing is to bring the flavor back into your diet and however you do that is just fine. "Oh look, my bitters are just sitting there on the counter/in my purse/in the cupboard--I should take some." Perfect.

Whether enjoying a fresh dandelion green from your front yard, your favorite bitter cocktail (Negroni please!), our Urban Moonshine digestive bitters on your tongue will help keep your system running smoothly.

Read more about the magic of bitters on our blog where we continually update our community with free and accessible herbal education: [urbanmoonshine.com/blogs/blog](http://urbanmoonshine.com/blogs/blog).



### BITTERS



#### Why

- Gas and Bloating
- Digestive Aid
- Occasional Heartburn
- Healthy Liver Support
- Healthy Skin
- Gentle Detox

#### For Who?

- The Foodie
- The Tooter
- The Belcher
- The Over Indulger
- The Sweet Tooth
- The Bitter Lover!



# Quorum Sensing

## What is your gut telling you?

Quorum sensing (QS) plays a fascinating role in human gut health, acting as a communication system for the trillions of bacteria residing in our gut. Here's a breakdown of its significance and how you can apply this information to building a happier gut.

### What is Quorum Sensing?

Imagine a community of bacteria in your gut. QS allows them to communicate with each other using chemical signals. As the bacterial population grows, the concentration of these signals increases. Once a certain threshold is reached, the bacteria sense they're at a high enough density and can collectively activate specific genes, influencing their behavior.

### Impact on Gut Health

As you can imagine, QS is crucial for maintaining a healthy gut microbiome. This communication system regulates a variety of bacterial functions:

- **Feeding a crowd** - Bacteria can use QS to coordinate the breakdown of complex carbohydrates for shared benefit.
- **Community protection** - Some bacteria use QS to build protective communities called biofilms. Biofilms can be beneficial or detrimental depending on the bacterial species.
- **Competition and cooperation** - QS allows bacteria to acquire resources more easily if there is competition for them from rival colonies. Bacteria may also cooperate in beneficial activities like waste removal.

### Potential for Therapeutic Intervention

Currently, researchers are beginning to explore the potential of manipulating QS for therapeutic purposes. Early results show that by influencing bacterial communication, we might be able to reduce the growth of harmful pathogens. Disrupting their communication could limit their ability to cause infections or colonize the gut.

We may also be able to promote the growth of beneficial bacteria through this method. Certain probiotic strains might then be chosen for their ability to positively influence the gut microbiome through QS.

While promising, this field is still in its early stages. Accurately mimicking the complex gut environment for research and developing

specific, safe interventions for tapping into QS manipulation still poses significant challenges. However, understanding QS offers exciting possibilities for promoting gut health and potentially treating various gut-related disorders. Further research is needed to fully map its potential.

Consider supplementing with the following proven beneficial bacteria for gut health:

- **Lactobacilli** bacteria are well-known for their ability to produce lactic acid, which aids digestion and inhibits the growth of harmful bacteria. Some studies suggest specific strains like *Lactobacillus plantarum* and *Lactobacillus casei* might utilize QS to influence the gut environment positively.<sup>1</sup>
- **Bifidobacteria** contribute to gut health by breaking down complex carbohydrates and producing beneficial short-chain fatty acids. Certain Bifidobacteria strains, like *Bifidobacterium longum*, might also play a role in gut immune function through QS mechanisms.<sup>1</sup>

Also, consider incorporating prebiotic rich foods or supplements. Prebiotics are non-digestible fibers that serve as food for beneficial gut bacteria. Prebiotics like inulin and fructooligosaccharides (FOS) have been shown to promote the growth of specific gut bacteria, including those involved in beneficial QS interactions. However, the specific mechanisms of how prebiotics influence QS are still being studied.<sup>1</sup>

Remember that research on dietary support for manipulating specific QS pathways to gut health is still evolving. Consulting your healthcare provider regarding specific dietary recommendations for your unique gut health needs is always recommended.

For a deeper dive into quorum sensing:

- *The Role of Quorum Sensing in Normobiosis*: This article provides a good overview of QS in the context of gut health: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9963693/>
- *Quorum sensing in human gut and food microbiomes*: This article delves deeper into the significance and therapeutic potential of QS: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9733432/>

1. Salman MK, Abuqwider J, Mauriello G. Anti-Quorum Sensing Activity of Probiotics: The Mechanism and Role in Food and Gut Health. *Microorganisms*. 2023 Mar 20;11(3):793. doi: 10.3390/microorganisms11030793. PMID: 36985366; PMCID: PMC10056907.



# Stress Less with Saffron: A Time-Honored Spice

Thousands of years ago, no one knew the vibrant crimson threads of the saffron flower would become one of the world's most precious and sought-after spices. Today, saffron is celebrated for its distinct flavor, mesmerizing fragrance, and dazzling golden hue. The spice is an integral part of various cultures, cuisines and traditional medicinal practices.

Saffron has a rich history and some surprising health benefits. Originating in the Middle East more than 3,500 years ago, saffron quickly spread to Asia, Europe, and other parts of the world. Ancient civilizations, including the Greeks, Romans, and Egyptians, valued saffron not only for its culinary properties but also for its medicinal and cosmetic uses. In ancient times, saffron was believed to have therapeutic properties and was used to treat a variety of ailments.\*

## CAREFUL CULTIVATION

Sourcing saffron is a meticulous and labor-intensive process. It takes thousands of flowers just to produce a single pound of saffron, making it one of the most expensive spices in the world. The crocus sativus plant requires well-drained soil, abundant sunlight, and specific climatic conditions for optimal growth. The flowers bloom for a short period each autumn, and it's during this time that skilled harvesters carefully pluck the delicate threads from the flowers by hand.

## SUPPLEMENTING YOUR WELL-BEING

Saffron supplements represent a modern approach to harnessing the potential health benefits of this ancient spice. Embracing the power of saffron supplements may open new avenues for individuals seeking to enhance their overall health and well-being. And now, a unique saffron formula is helping to calm the mind and body to better support mood and daily stress.\*

## YOUTHEORY® SAFFRON

Supplement innovator Youtheory® has harnessed the power of saffron and enhanced its benefits with a blend of ashwagandha and rhodiola. The best-selling saffron brand, Youtheory® Saffron, is a

multi-faceted formulation synergistically designed to support mood and emotional well-being by helping to elevate your mood and calm the mind and body so you can better manage daily stress.

The main ingredients in Youtheory® Saffron is 28 mg per serving of clinically studied Affron®. Sourced from Spain, this potent saffron has been DNA-verified and concentrated to 3.5% lepticosalides, the main powerful bioactive components responsible for saffron's flavor and aroma. Better yet, Youtheory® Saffron is enhanced with 150 mg per serving of clinically studied Sensoril® Ashwagandha to further support a calm mind and body and 350 mg per serving of Rhodiola to promote mental focus.\*

## INSPIRED BY NATURE, BACKED BY SCIENCE

Given the surge in popularity of saffron supplements, it's vital for consumers to prioritize products of high quality and purity. Choosing supplements from reputable manufacturers that adhere to stringent quality standards ensures that the product is free from contaminants and accurately labeled.\*

Youtheory® sources the ingredients for its full line of health and wellness supplements by traveling the world to obtain the highest quality raw materials where they are cultivated best. From farm-to-bottle, the Youtheory® team is committed to best-in-class manufacturing and science-backed, clinically supported,

purity, potency and traceability of every product. In addition to an in-house quality control department, Youtheory® uses independent, certified laboratories to test its raw materials and finished products.\*

\*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.



**All Youtheory® products on sale at Marlene's through the month of April!**



# MORE THAN MYCELIUM: WHAT'S INSIDE HOST DEFENSE®

## Ever wonder what all those symbols on your favorite product mean?

Messaging through symbols is a growing way for brands to quickly connect with customers over shared values. Symbols might be used to convey how something is grown or how the company is addressing environmental and social issues. Below, we explore what goes into several important certification and designation symbols, and why industry-leading Fungi Perfecti®—makers of Host Defense® Mushrooms™—is committed to the highest standards.

### ORGANIC



The most obvious place to start when considering a supplement is verification for safety and quality. The Certified Organic designation by the USDA, or other reputable third-party certifiers, verifies that ingredients have been grown without synthetic fertilizers, pesticides, or herbicides and, as with all organic foods, none are grown or handled using genetically modified organisms, which the organic standards expressly prohibit. This means that any product certified as organic is also non-GMO. Host Defense products are certified organic by either the USDA or Washington State Department of Agriculture. In addition to being non-GMO, they are also vegan and gluten-free.

### CLIMATE POSITIVE



Many organizations are beginning to make a “carbon neutral” commitment. This means that they minimize their footprint where they can and offset any emissions they can’t eliminate, bringing their total emissions to zero, or carbon neutral. While this is important work, unfortunately, being *carbon neutral* is no longer enough to keep pace with climate change. At Fungi Perfecti, they have committed to being *climate positive*. Working with a third-party carbon management solutions provider, they have minimized their overall impact, and offset not only their remaining emissions, but an additional 10% of the combined totals of their scopes 1, 2, and 3 emissions—earning them the designation of 110% Climate Positive. **By purchasing a Host Defense product, you’re helping to offset over 10% more carbon emissions than were released to produce it!**

### CERTIFIED B CORPORATION



Certified B Corporations™ value people over profit. They share in the collective mission of transforming the global economy to benefit all people, communities, and the planet. The process to become a Certified B Corporation requires a strong commitment to transparency. Fungi Perfecti, makers of Host Defense Mushrooms, became a Certified B Corporation in 2023 and was evaluated using the rigorous B Impact Assessment™ on a wide range of criteria, from supply chain practices and sustainability efforts, to employee satisfaction and commitment to corporate responsibility. Identifying and supporting B Corporations is a great way to be part of the solution, helping to create a paradigm shift in business practices that can lead to a more equitable future for all.

Fungi Perfecti was founded over 40 years ago by renowned mycologist Paul Stamets with the goal of building a connection between human health and fungi. They understand that they are part of a global community. Being committed to positive action and taking the steps necessary to ensure they are being responsible stewards has helped make Host Defense Mushrooms the trusted industry leader you know and love. Together we do great things.



\* 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.

#1 BEST-SELLING MUSHROOM BRAND IN THE U.S.

Source: SPINSScan Natural/52 Wks Ending 12/31/2023

# HOST DEFENSE<sup>®</sup> Mushrooms<sup>™</sup>



AVAILABLE AT MARLENE'S MARKET

ALL HOST DEFENSE PRODUCTS ARE **25% OFF**  
THROUGH APRIL 30, 2024!

Founded by renowned mycologist Paul Stamets, Host Defense<sup>®</sup> Mushrooms<sup>™</sup> is a leader in formulating products that support brain health, the immune system, energy and stamina, and stress reduction. Host Defense is locally owned and located near Olympia, Washington.\*



Certified



Corporation



TikTok (@fungiperfecti)  
IG & FB (@HostDefense)  
YouTube (HostDefenseMushrooms)

[hostdefense.com](https://www.hostdefense.com)

Fungi Perfecti, makers of Host Defense<sup>®</sup> Mushrooms<sup>™</sup>, is dedicated to **HELPING BEES, TREES, PEOPLE & PLANET**. We're proudly **110% CLIMATE POSITIVE**, offsetting emissions from scopes 1, 2, and 3!

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



**THE ORGANIC SKIN COMPANY**  
**Skin Care**

Assorted sizes and varieties

**20 % off**

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



**MELORA**  
**Manuka Honey & Body Care with Manuka Honey**

Assorted sizes and varieties

**30 % off**

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



**HIBAR**  
**Shampoo & Conditioner Bars**

Assorted sizes and varieties

*Plastic Free!*

**35 % off**

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



**GIOVANNI**  
**Hair Care**

Assorted sizes and varieties

**30 % off**

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



**SUKIN**  
**Body Care**

Assorted sizes and varieties

**30 % off**

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



**FORCES OF NATURE**  
**Topical Treatments**

Assorted sizes and varieties

**20 % off**

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**DR. BRONNER'S**  
**Pure Castile Soap Refill Cartons**

Assorted sizes and varieties

**30 % off**

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

*Also on sale in April!*

- Natracare
- Sky Organics
- Earth Mama Organics
- All Good
- Tiger Balm

- Mineral Fusion Cosmetics
- Earths Care
- Badger Sun & Bug
- Camamu Soaps
- Up Circle

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

*Marlene's*  
— MARKET & DELI —  
shop local, eat organic



**KETTLE FOODS**  
**Potato Chips**  
Assorted sizes and varieties

**25 % off**

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



**PIPCORN**  
**Heirloom Snacks**  
4.5 oz Assorted varieties

**25 % off**

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



**LOVE CORN**  
**Crunchy Corn Snack**  
4 oz Assorted varieties  
Reg. 4.59

**3<sup>29</sup>**

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



**PROBAR**  
**Nutrition Bars & Energy Chews**  
Assorted sizes and varieties

**25 % off**

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



**COCOMELS**  
**Organic Coconut Milk Caramels**  
Assorted sizes and varieties

**30 % off**

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



**MAVUNO**  
**Organic Dried Fruit**  
Assorted sizes and varieties

*Sustainably Sourced and Grown!*

**25 % off**

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



**PATIENCE FRUIT CO**  
**Dried Cranberries & Candy**  
Assorted sizes and varieties

**25 % off**

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



**PATAGONIA PROVISIONS**  
**Organic Crackers**  
4.4 oz Assorted varieties  
Reg. 6.69

**4<sup>99</sup>**

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



Always leave the earth better than you found it!



**NATURE'S PATH Organic Cereal & Granola**

Assorted sizes and varieties

**25 % off**

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



**DR. BRONNER'S Organic Chocolate Bars**

3 oz Assorted varieties  
Reg. 6.29

**3<sup>59</sup>**

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

*USA Sourced!*



**PROUD SOURCE WATER Alkaline Spring & Sparkling Water**

Assorted sizes and varieties

**20 % off**

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



**BOXED WATER Purified Water**

Assorted sizes and varieties

*Sustainable Packaging!*

**30 % off**

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

*Protects Biodiversity!*



**SAMBAZON Organic Acai Fruit**

Assorted sizes and varieties

**25 % off**

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



**EQUAL EXCHANGE Organic Coffee, Tea & Chocolate**

Assorted sizes and varieties

**25 % off**

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



**BABA SMALL BATCH Organic Chickpea Flatbread**

Assorted sizes and varieties

**25 % off**

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



**SIETE Tortillas, Sauces Beans & Cookies**

Assorted sizes and varieties

*Gluten Free!*

**25 % off**

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



**MAMMA CHIA FOODS**  
**Organic Chia Drinks & Pouches**  
 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.



**NGUYEN COFFEE**  
**Vietnamese Cold Brew Coffee**  
 7.5 oz Assorted varieties  
 Reg. 4.59

**25 % off**

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



**BIZZY COLD BREW**  
**Organic Unsweetened Cold Brew Coffee**  
 48 oz Assorted varieties

**30 % off**

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



**GT'S**  
**Organic Mushroom Elixir**  
 16 oz Assorted varieties

**30 % off**

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



**Klean Kanteen**  
**Reusable Food & Drink Containers**  
 Assorted sizes and varieties

**20 % off**

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



**ENZYMEDICA**  
**Digestive Enzymes Supplements**  
 Assorted sizes and varieties

**25 % off**

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



**MEDINATURA**  
**Homeopathic Remedies**  
 Assorted sizes and varieties

**25 % off**

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



**NEW CHAPTER  
Supplements**

Assorted sizes and varieties

**30 % off**

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



**URBAN  
MOONSHINE  
Digestive Bitters**

Digestive Bitters

**20 % off**

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**WISHGARDEN  
Liquid Herbal  
Supplements**

Assorted sizes and varieties

**20 % off**

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.



**BOIRON  
Homeopathic  
Remedies**

Assorted sizes and varieties

**30 % off**

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



**NOW  
Supplements &  
Body Care**

Assorted sizes and varieties

**25 % off**

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

*Also on sale in April!*

- Primal Kitchen
- Navitas
- Ancient Nutrition
- Crystal Star
- Flora
- HealthForce

- HerbPharm
- Himalaya
- Irwin
- Mickelberry Gardens
- Nordic
- Ollois Homeopathic

Marlene's  
MARKET & DELI  
shop local, eat organic

## FARM FRESH Foundational Favorites



## Also on sale in April!

- |                              |                          |
|------------------------------|--------------------------|
| Little Northern<br>Bakehouse | Freshe                   |
| Bitchin' Sauce               | If You Care              |
| So Good, So You              | Hilary's                 |
| Organic Valley               | Eat Well                 |
| Harmless Harvest             | Annie's                  |
| OliPop                       | Burroughs Family<br>Farm |
| Rudi's Bakery                | Naturezway               |
| Brown Cow                    | Stalbusch                |
| Bio Bag                      | Alden's                  |

## GARDEN OF LIFE Supplements

Assorted sizes and varieties



# 30% off

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



## boost your mood naturally\*

Youtheory® has harnessed the power of saffron and enhanced it with a blend of clinically studied ashwagandha and rhodiola to create a unique formula to calm the mind and body and help manage mood and daily stress.\*

Save 25% on Youtheory at  
Marlene's Market & Deli this month!

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



\*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

# How to Use Herbal Remedies for the Best Results

by Jamie Cotter, Herbalist & Educator, WishGarden Herbs

For 45 years, the herbalists at WishGarden have made it our mission to enhance the relationship between people and plants. One of the most important aspects of that mission has always been helping people understand how to use herbs for the best results. As our owner, Catherine, says, “use strategy is a game changer for efficacy!”

We’ve distilled herbal remedy usage down to three unique strategies that encompass what these plants and product do best. Of course, there is no one-size-fits-all when it comes to using herbs, so always listen to your body and consult a practitioner on what’s most appropriate for you.

## Use Strategy #1: Fastest Effect

Did you know herbs can work within 5 minutes to soothe all sorts of symptoms?! Yes! Plants can be an all-natural, safe, fast-acting solution.

To achieve in-the-moment results, take one serving. Serving may need to be repeated 1-3x for full relief. Think ‘how much VOLUME do I need to get the job done?’ Fastest Effect formulas are intended for occasional support of things like allergy discomforts, body aches, frazzled nerves and period cramps.

Fastest Effect formula examples: Kick-Ass Allergy, Liquid Bliss, Sleepy Nights, Emotional Ally, Cramp Release

## Use Strategy #2: Move Thru-It

This strategy uses FREQUENCY to help your body move through a temporary issue more quickly. Typically, this is used to support an immune response but can also be employed for things like stress, digestive upsets or muscle discomforts.

Take one serving every 1-3 hours for a day or two then taper off to every 3-4 hours a day as symptoms improve. This can be followed for up to 5 consecutive days or as practitioner recommended.

Move-Thru-It formula examples: Kick-Ass Immune, Kick-Ass Biotic, Get Over It, Deep Lung

## Use Strategy #3: Tonic

Tonic formulas are about consistently nourishing the body over time to restore balance and support overall health. Tonics are used to support things like a stronger immunity, hormone health and stress resilience.

Take one serving 2-4x a day. Tonics are generally used for anywhere from 3 weeks to 6 months. How long you use a tonic depends on individual needs and the specific tincture you are working with. Consult with a practitioner to discuss health goals and how long a tonic is appropriate for you.

Tonic formula examples: Chlorophyll & Friends, Daily Immune, Hot Flash Tamer, Cycle Changes



**Important Note: Not all three strategies are appropriate for all formulas. Please follow instructions on the bottle or product’s web page for appropriate use strategies.**

# April Calendar of Events

Class registration at:  
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Host Defense - Support for Immunity &amp; More</b> with Richard Cividanes, National Science Educator Online 4 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	
	1	2	3	4	5	6
<b>Super Senior Sunday</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!	<b>Uniform Monday</b> 10% off to all firefighters, police and military!	<b>Self Hypnosis for Managing Stress</b> with Lisa Shook, Certified 5-PATH® Hypnotist and 7th Path Self-Hypnosis® Teacher Online 5 pm		<b>Dissecting Gut Health Issues</b> with Stacy Faulkner, Emerald Labs National Educator Online 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm	<b>Harmonizing and Clearing Sound Bath</b> with Francesca Siena, R.F., Reiki Master Teacher, Cranial and Sound Practitioner Tacoma 9 am - \$10
7	8	9	10	11	12	13
		<b>Feel Better, Think Better: Supporting a Healthy Gut</b> with Glen Depke, Educator for Dr. Mercola Online 5 pm		<b>Take Your Enzymes!</b> with Julia Craven, Enzymedica Educator Online 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	<b>48th Anniversary &amp; Earth Day Celebration</b> Both Stores 11 am - 2 pm
14	15	16	17	18	19	20
		<b>Springtime Ayurvedic Awakening</b> with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor Tacoma/Online hybrid 5 pm		<b>Beyond Digestion: The Microbiome's Impact On Total Wellness</b> with Ryan Bland, DC, Functional Medicine Practitioner Online 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm	
21	22	23	24	25	26	27
28	29	30				

## BODYWORK SCHEDULE

### TACOMA

Vitamin B and glutathione shots  
with Physician Coach (formerly Voda Health)  
Tuesday, 10 am - 2 pm  
401.217.9902  
Text "HERE" when you arrive.  
You will be notified when it is your turn.

Iridology & Sclerology with Nancy Seals  
Call for an appointment:  
360.556.3556

### FEDERAL WAY

Vitamin B and glutathione shots  
with Physician Coach (formerly Voda Health)  
Wednesday, 11 am - 3 pm  
401.217.9902  
Text "HERE" when you arrive.  
You will be notified when it is your turn.

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.



**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](mailto:feedback@marlenesmarket-deli.com)



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April 2024

If you have already signed up for Sound Outlook, you will continue to receive a free issue in the mail every month. If you have not signed up and would like to receive this free publication regularly, complete this form and return to us, or sign up online at [marlenesmarket-deli.com](http://marlenesmarket-deli.com).

To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!



# 48<sup>th</sup> Anniversary

& Earth Day Celebration

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

**Saturday, April 20th**  
**11 am - 2 pm**