

Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

August 2021



Beautiful biodynamic wines • Reducing plastics
Animal communication • Mushrooms for everyone

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A Letter From Us

What an incredible summer we're having! The sunshine is abundant and so is the availability of outdoor activities! As you plan meals for your summer fun, remember to pick up the stone fruits and melons available now in our produce departments. These summer fruits are ripe, sweet, juicy and ready for you to enjoy. Don't miss them! We are very lucky to have great relationships with these Okanogan farms in Eastern Washington. There's truly no better quality out there, and we are so happy to share them with you!

Many customers are taking advantage of our Parking Lot Pickup for a convenient shopping option. We are pleased to be able to continue this service and look forward to hearing from you.

Email us at: orders-federalway@marlenesmarket-deli.com for our Federal Way location or orders-tacoma@marlenesmarket-deli.com for Tacoma.

This last month of summer is always a little bittersweet. Soon, there will be a crispness to the air and falling leaves. Let's all make time to enjoy the gifts of summer before the bustle of autumn takes over and these sunny days are a memory. See you at Marlene's!

Lisa



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Bach Flower Remedies and Animals

by Carl Anderson, BFRP

Millions of people rely on Bach Flower Remedies to restore balance and peace in their lives. They wouldn't dream of living without the Remedies. However, most of these people never considered the fact that their animal companions also share all of the same emotions that we humans do. Many pets and farm animals have suffered trauma or abuse. Many others have fears and phobias. The good news is that Bach Flower Remedies are just as effective for animals as they are for people.

Bach Flower Remedies are very successful at treating aggression, separation anxiety, elimination problems, possessiveness, over-grooming, skin disorders, OCD/stereotypies, fears, and phobias. Here are a few case studies that demonstrate the power of Bach Flower Remedies for animals:

A Shiba Inu named Kona developed hot spots that looked so bad, they resembled mange. Her vet only recommended steroids, so her owner asked if Bach Flower Remedies could help. Within a couple of weeks of starting her remedies, her condition had improved noticeably. After a month, Kona was completely back to normal.

Jack, a donkey in his late 20s, suffered from laminitis—a condition that causes terrible hoof pain. He was resigned to lying down most of the time because it was so painful to stand or walk. He spent so much time lying down that he had developed painful sores on his knees. He was very depressed. His owner loved him, but didn't want him to suffer and was begrudgingly considering putting him down. As a last resort, she contacted me to see if Bach Flower Remedies could help. Within 10 days of starting his remedies, his owner saw a dramatic change. Previously, when she looked in his eyes, they were glazed over; now, "it was as if a veil had been lifted from his eyes". His mood improved markedly. Within two weeks of starting his remedies, he was walking "with purpose"—slowly, but with determination. After two months on his remedies, Jack was standing and walking three-quarters of the time instead of one-quarter like before. After four months on his remedies, he felt so good that his owner discovered him playing with his pair bond, Lola—even rearing on his hind legs! She hadn't seen him do that in years.



Phoebe was an Abyssinian cat who was described as a terror. Although she would let people pet her, she would often turn on them and go into attack mode. She would bite and scratch and run off. She was fairly skittish and erratic in her behavior. After a couple of months on her remedies, she became a different cat. She was now consistently calm and affectionate, purring and seeking out companionship. Her vet remarked that Phoebe was a completely different cat when she was brought in for a nail trim. Before taking the Remedies, the vet had to sedate her. After a month on the Remedies, she let them trim her nails without sedation and purred the whole time. The vet was so impressed, she said they were removing the "WBAS" caution on her file (Will Bite And Scratch).

It can be difficult to identify what is going on with our furry and feathered friends, but Bach Foundation Registered Animal Practitioners (BFRAPs) have had extensive training to understand

MARLENE'S SOUND OUTLOOK

Join Carl online!
**Bach Flower
Remedies for Animals**
Thursday, August 12
at 5pm -
Details at
marlenemarket-deli.
com/classes



Kona before and after treatment



Jack before and after treatment

your animals and formulate the right remedies for their particular situation. While there are 164 practitioners for people (BFRPs) in the United States, I am one of only nine animal practitioners (BFRAPs) in the United States. I am available for consultations for your animals. You can reach me by phone at 415-420-7800, by email at CarlAndersonBFRP@gmail.com, or via my website at www.CarlAndersonBFRP.com.

Alternatively, the full list of BFRAPs is available on the Bach Centre's website: <https://www.bachcentre.com/new/contact/practitioners/animal-practitioners/>

Practitioners are first grouped by country, then by state, then by zip code. Scroll down to U.S.A.

In 2017, Carl left a successful career as an aerospace engineer to dedicate his life to helping animals and people full time. In addition to working with clients one-on-one, he is now lecturing and teaching the official Bach Centre classes throughout the Puget Sound region.

AUGUST 3

URBAN SPA Will Reduce Your Plastic Footprint!

We all love to use plastic, or at least that is what our actions show. How many pieces of plastic do you use in a day...every day? Can you cut one or two out of your routine? Because most of us have used plastic all of our lives, it's hard to do. It is so convenient, light weight, clean, and disposable! It is so durable, it almost never goes away. Recycling is not happening. We ship it all over the world to be burned where there are fewer regulations than in North America. We need to solve this problem.

Polyethylene, which today is one of the world's most ubiquitous plastics, had been created in 1898, and perfected in 1933. In 1953 high-density polyethylene (HDPE) was created—the plastic that's identified in the recycling system as No. 2 and that's generally used to make most shampoo, conditioner, and hair treatment products. In the 1960s, plastics were just becoming popular in the marketplace. Almost overnight they took over the packaging industry. Plastic was replacing renewable materials like glass, metal, and paper options that were better for the environment, but cost more to produce.

Fortunately for future generations, it feels like the plastic age is coming to an end. Most people realize the damage we have



been doing to the planet for the past 60+ years. Major corporations are replacing plastic straws with paper ones. Grocery stores are bringing back paper bag options. In some regions, like California, governments are looking to eliminate single use plastic bags, cups, cutlery and other waste products. Driven by public pressure, or to meet international commitments to reducing waste and carbon footprints, this move should also reduce the strain on our landfills and government budgets.

Jennifer Lewis, the founder/owner of Forever Natural, makers of the Urban Spa brand, has been on this righteous path for years. Since 2005 she has been working with suppliers to eliminate or reduce significantly the amount of plastic in her products. She felt she needed to get into segments of the market where more plastic was being consumed and reduce that waste. Hair care is a huge category

with thousands of products all in single use plastic bottles going to the landfills around the world. Many options, including glass, paper, and other renewable materials were considered. A new innovation in packaging called Bag-On-Valve (BOV) was introduced to Jennifer which used an aluminum cannister instead of a plastic bottle to deliver the product to consumers. This was the solution Jennifer had been looking for. Aluminum is infinitely recycle-able, and 75% of all aluminum mined since 1888 is still in circulation.

The BOV packaging offered an additional bonus. It also worked as a one-way valve, so no oxygen or moisture was able to contaminate the all-natural formulas. Jennifer wanted to deliver salon quality results, and this packaging kept the product as fresh as it was when it was made every time it is used. Something no other hair care line is currently offering.

Noticeable results in the first use. Finally, a natural formula worthy of being called salon quality. The perfect marriage of innovative technology and back to basic natural ingredients. Sustainability is something we all can strive for. Efforts can be accelerated by supporting Urban Spa, which is something we feel makes sense for all of us!



Klean Kanteen *is Measuring What Matters*

by Klean Kanteen

It's hard to imagine, but back in the early 2000s you couldn't buy a reusable stainless steel water bottle in the United States. Plastic was pretty much the only option. We sold the first BPA free, stainless steel bottles in 2004, and today reusable water bottles are everywhere!



Klean Kanteen has become an international brand and has inspired dozens of other companies to make reusable stainless steel products.

Here at Klean Kanteen we take a holistic approach to understanding and managing the environmental footprint of our products — from sourcing raw materials to manufacturing, packaging, shipping, daily use, and end-of-life disposal. We call this Measuring What Matters.

To do this, we use a lifecycle assessment process and other tools that uncover hidden impacts and track our progress year over year. This information allows us to identify improvements that can lower a product's overall environmental impact without sacrificing performance. Here are just a few highlights of our processes in action:

First of all, did you know one vacuum insulated stainless steel bottle requires twice the resources to produce as a single-wall bottle of the same size? It's true! In 2019, the switch to a new manufacturing partner for our next generation of insulated products reduced the amount of water needed to manufacture the TKWide collection, bringing it closer to the water usage of single-wall. Through similar changes, greenhouse gas emissions per unit of purchased electricity have also been reduced due to the amount of energy in our manufacturing supply chain that comes from cleaner sources such as natural gas and solar. The Klean design and sourcing teams continue to work on manufacturing solutions that conserve resources, while still delivering the award-winning Climate Lock™ vacuum insulation you love.

When we discovered how much paper went into boxing individual retail products, we moved to “packaging” all of our Kanteens in belly bands or hang tags only. This simple switch saves substantial amounts of water and material every year and produces fewer greenhouse gas emissions!

Where the paper for our belly bands, packaging material and shipping boxes comes from matters, too. Right now 100% of our paper material is made from post-consumer recycled content and/or forest-friendly materials that are certified by the Forest Stewardship Council.

We also assess the impacts of shipping our products from the factory to our headquarters in Chico, California. We learned just how much more greenhouse gas emissions air freight produces than container ship. In fact, although we only used air freight to ship 1-2% of the total weight coming to our headquarters in 2018, it accounted for 25- 35% of our transport emissions! Through careful planning, we have since reduced our use of air freight by 62%.

The more we know, the more we can work hard to make sustainable choices at every step of the Klean Kanteen journey.



Four Functional Mushrooms You Need in Your Life

Tero Isokauppila



It's no secret I love mushrooms. Not just culinary, but functional mushrooms - the kind that grow in deep, dense forests, on fallen logs and trees, and have been used medicinally for thousands of years.

While the rest of the world has taken some time to warm up to these superfood, adaptogenic mushrooms, thankfully the tides are changing. But with a kingdom that contains over 1.5 million fungi varieties, it's understandable to feel a little confused. After all, not all of those species are edible mushrooms. Some are poisonous, some are psychedelic, and some are just plain tasty!

If you're not sure where to start, consider these:

Reishi

Also called lingzhi in China, which signifies longevity and spirituality, Reishi has been used in traditional Chinese medicine for over 2,000 years. Reishi is so esteemed that in ancient scroll paintings, it's often depicted as the "bridge between Earth and Heaven". Other nicknames for this regal fungi include "mushroom of immortality," "mushroom of spiritual potency," and "ruler of herbs". As an adaptogen with the ability to support occasional stress and restful sleep, it's an amazing nightly ritual to add to your wellness routine. Because it has a naturally bitter taste, I like to pair it with rich cacao for guilt-free hot cacao, like in our Four Sigmatic Hot Cacao with Reishi.

Lion's Mane Mushroom

One look at Lion's Mane mushroom and you'll understand where it got its name. Fluffy, bright white, and typically found growing on hardwood trees, this shaggy mane mushroom has a delicious, meaty texture and is often used in cooking. Also known as the brain's best friend, Lion's Mane has been used by Buddhist monks to help focus during meditation. I love it for creativity and productivity during busy work days.

Chaga

An outlier of sorts in the mushroom kingdom where warm and humid is the preferred climate of most fungi, Chaga grows in cold environments, like Siberia, North Korea, Canada, and some colder parts of the United States. With Chaga, the general rule is the more mature the chaga, the better; taking between 15 to 20 years to fully age. Overflowing with antioxidant properties and beta-glucans, Chaga is often brewed as a tea to help support the immune system. It can also be ground into a powder and consumed that way for the same reason. I add Four Sigmatic Chaga Elixir to every cup of coffee I drink.

Cordyceps

Used in traditional Chinese medicine for centuries, wild Cordyceps' origin story reads like a science fiction novel. It begins its life as an endoparasitoid, meaning it grows as a parasite, typically on caterpillars. (Our

Cordyceps is much friendlier; we don't use caterpillars in our production process and our products are vegan-friendly.) Cordyceps are most commonly used for athletic performance, to support stamina and endurance. It helps you to move and keep going.

At Four Sigmatic, we take the fruiting bodies of these functional mushrooms, extract them, and add them into daily staples like coffee, and plant-based protein to make it deliciously easy for you to support your wellness with functional mushrooms. I recommend starting with Four Sigmatic Ground Coffee with Lion's Mane (there's Chaga in there too) if you want to try two of these four functional mushrooms every morning in a cup of organic, crash-free coffee.

*Tero Isokauppila is the founder of Four Sigmatic. Tero's roots (or mycelium, if you will) are in Finland, where he grew up growing and foraging natural foods on his 13th generation family's farm. He later earned a degree in Chemistry and Business, and a Certificate in Plant-Based Nutrition at Cornell University. An expert in all things related to nutrition, health, and wellness, Tero is the author of two best-selling books: *Healing Mushrooms*, an educational cookbook from Avery Publishing, and *Santa Sold Shrooms*, a children's book for adults about the magical origins of Santa Claus.*

Biodynamic Wines of *Montinore Estate*

by Rudy Marchesi, Partner of Montinore Estate



Biodynamic Agriculture is a multi-faceted approach to farming that views the entire farm as one organism working together. It starts with a baseline of organic standards and then goes much further with practices that encourage better soil health and agricultural self-sufficiency.

Biodynamics is the oldest third-party certified form of regenerative agriculture in the world. It was conceptualized in 1924 when European farmers were seeking a

solution to their diminishing crop yields after introducing chemicals. For nearly a century, an international network of farmers, producers and researchers have continued to use and improve Biodynamic practices. It was the first of the organic agriculture movements and today still promotes the highest standards for ethical and sustainable farming.

The great wines of the world tell a story that reflect their origins and identity. Biodynamic farming facilitates that physically through how the soil and vines are managed on the vineyard.

Biodynamic agriculture goes beyond organic standards. In addition to not using pesticides or synthetic fertilizers, the Biodynamic certification also requires an additional set of practices that deliberately encourage biological activity on the entire farm.

Though it may seem counter-intuitive, simplicity in farming and winemaking yields greater complexity in the wines. Getting back to the basics of agriculture and not relying on synthetically produced fertilizers doesn't just build the soil, it empowers the soil to proliferate, increasing the vitality each vintage. By empowering and utilizing the trillions of organisms that live in the soil, the vines receive a broad spectrum of nutrients right from the source where they are, resulting in the vines becoming a more integrated part of the vineyard landscape and ultimately results in better quality and flavor. This is why Biodynamic wines contain such a true expression of terroir – they are given the opportunity to soak up all the goodness that is unlocked for them from the ground in which they grow. Many professional wine tasters say that Biodynamic wine tastes alive.

Montinore Estate is one of the nation's largest producers of certified estate wines made from Biodynamic grapes. We began using Biodynamic practices on our vineyards in 2003 and were fully integrated and Demeter Certified by 2008. It was in 2006 that we started to see some subtle changes in the expressiveness of our wines with greater



complexity that we later realized was a more complete expression of our vineyard character. Almost 20 years later, we feel our wines are very expressive of our corner of the Willamette Valley and tell a story of their own.

We are always driven to make the best wine possible from our corner of the globe. We've experienced firsthand how Biodynamic agriculture transforms the vines to make exceptional wines. Our goal is to make beautiful quality wines and we are proud that we can do that in a way that supports a healthy environment for our land, workers, local wildlife and beyond.

Rudy Marchesi is Chairman of the Demeter Association, the organization that certifies all U.S. Biodynamic farms and products, and is Partner of Montinore Estate, one of the nation's largest producers of estate wine made from Biodynamic grapes. A leader in Biodynamic viticulture, Marchesi has been recognized for his contributions to wine education, both locally and globally. He was recognized by Oregon Wine Press as Wine Person of the Year in 2018 and continues to be a sought-out expert, both locally and globally, for his extensive knowledge of Biodynamic farming and winemaking.

Forward Head Posture - a Dental Connection?

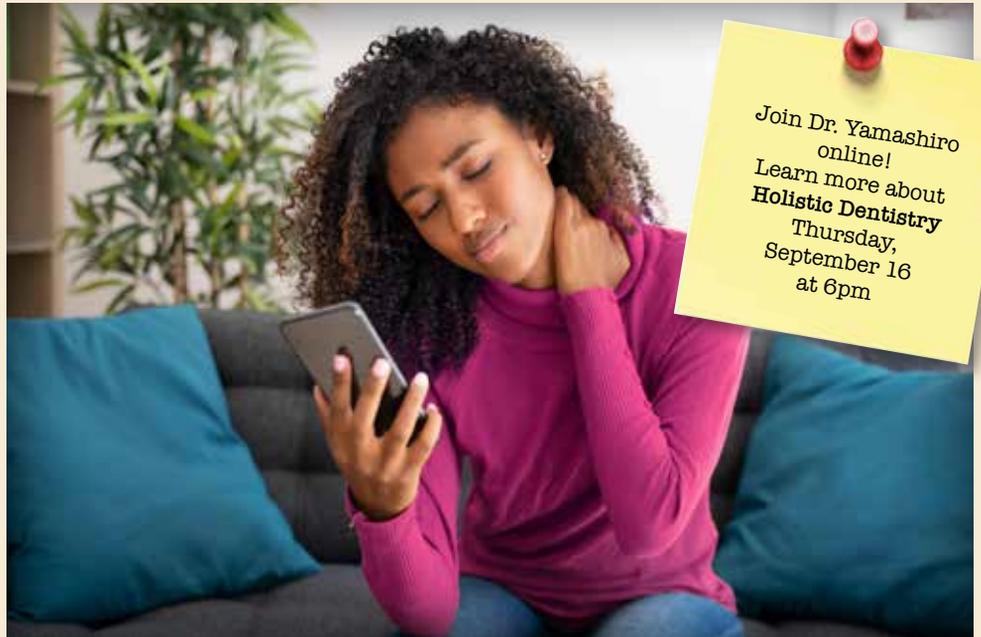
CHEW on This! Bite sized pieces to chew on, you decide what to swallow and what to spit out!

Healthy or neutral neck posture is when the head is upright and balanced. When standing, it aligns with the back. Forward head posture (FHP) is essentially what it sounds like. With a head positioned forward, the ears sit in front of the shoulders instead of parallel to them. The head juts forward, hyper-extending the upper vertebrae. It is a result of poor posture and is often referred to as “tech neck”, as it can be the result of prolonged poor posture due to sitting at a computer. Another reason for FHP is it positions the upper airway to open for easier breathing. Therefore, FHP may actually be a sign that you are struggling to breathe. Something else to consider; for every inch the head juts forward the neck must support 10 extra pounds. This could be why neck and shoulder pain are typically associated with forward head posture.

Evidence Suggesting the Harmful Consequences of Head Forward Posture

There are many negative effects of FHP. Those typically cited include frequent headaches, muscular pain and fatigue, decreased range of motion. But there is also a connection between your head posture and breathing.

A study published in the Library of Medicine made the correlation between participants in the study who displayed FHP also tended to have more severe cases of Obstructive Sleep Apnea. Similarly, another study connected FHP with decreased respiratory function. This study had all 15 participants (healthy men) breathe from a seated position, first with a neutral neck posture and then with a forward head posture. Each participant was monitored for vitals. Thoracic shape of each participant was monitored and assessed after each trial. It was found the upper thorax expanded and the lower thorax contracted when each participant breathed in FHP, leading to reduced respiration.[^]



Join Dr. Yamashiro
online!
Learn more about
Holistic Dentistry
Thursday,
September 16
at 6pm

In terms of the upper airway, there is evidence that Obstructive Sleep Apnea (OSA) is associated with higher or more severe FHP. In a study released in March of this year with a sample size of 1,500 children (including one control group and one at risk study group for pediatric sleep problems), it was found that those most at risk in the study group had significantly shorter frenulum and higher palatal arches. They also had a higher measure of Forward Head Posture.*

The Bottom Line

Forward Head Posture can be a sign you are struggling to breathe and may worsen the conditions of those already susceptible to OSA. Everything in the body is connected. If the muscles in the neck are strained, this puts strain on the facial muscles as well. A forward leaning neck posture may also create issues with tongue placement, another common factor that increases the risk for developing obstructive sleep apnea. An underdevelopment of the jaw and upper airway can be a contributing factor for a forward head posture.+

Forward Head Posture is just one of the things we take into consideration when assessing the best care for you. In holistic dentistry one

of the primary tenants of our practice is to consider the whole individual. Since everything in the body is connected, taking into account any and all issues offers us clues to oral contributions to other problems such as forward head posture. Understanding contributing factors helps us craft a dental treatment plan tailored to your needs.

Join our bimonthly, free online presentation *GROW, BREATHE, SLEEP, THRIVE!* For your invitation, email us at Grow@EcologicDentistry.com or call us at 253-863-7005. We are located at 8412 Myers Rd E, Ste 301, Bonney Lake, WA 98391.

Reference:

*Brożek-Mądry, E., Burska, Z., Steć, Z., Burgbard, M., & Krzeski, A. (2021, March). Short lingual frenulum and head-forward posture in children with the risk of obstructive sleep apnea. *International journal of pediatric otorhinolaryngology*. <https://pubmed.ncbi.nlm.nih.gov/33823467/>.

+Koseki, T., Kakzaki, F., Hayashi, S., Nishida, N., & Itoh, M. (2019, January). Effect of forward head posture on thoracic shape and respiratory function. *Journal of physical therapy science*. <https://pubmed.ncbi.nlm.nih.gov/30774207/>.

^Ozbek, M. M., Miyamoto, K., Lowe, A. A., & Fleetham, J. A. (n.d.). Natural head posture, upper airway morphology and obstructive sleep apnoea severity in adults. *European journal of orthodontics*. <https://pubmed.ncbi.nlm.nih.gov/9633167/>.

BUILDING A BETTER RELATIONSHIP WITH OUR PETS

by Lesia Alexander, founder of Heart and Soul with Animals

Animal lovers know that sharing life with an animal companion is beneficial for well-being and health. However, when animals are distressed and we don't know what they need, we worry, and that can impact the quality of our own lives. Having a reciprocal, bonded, growing relationship with animals is important for the health, well-being and peace of mind of everyone in the home. Animal communication can help with this.

As an animal communicator, I would love to share some simple tips.

BE PRESENT AND CALM

With everything that has been going on, being calm and present in the moment is that much more important for building a harmonious home life with your animals. When animals are stressed and acting out, they need your support. It is your job as the animal parent to intervene when they are too wound up to calm themselves.

Practicing presence cultivates the inner observer and a state of detachment. This helps in staying separate when your animal is stressed. When you practice presence, you model calm for animals and can witness and regard them in their process without engaging and amplifying the situation. This is powerfully healing for your animals.

Being the calm in the storm for your animals builds trust.

LET THEM KNOW

Animals experience life through their senses. Use your sense imagery to send them pictures, sensations, feelings. Often when you talk, you have pictures in our head and that's what animals are picking up. So keep talking, but also send those sense-laden messages.

It's very important to let your animals know about any changes in routine. Let them know in advance:

- Life changes (job, relationship, residence, daily schedule)

When you're going someplace, where, what you're doing and why, for how long and when you'll be back. A Zoom meeting or yoga in your room alone counts, too. Send your animal an imagery email if you've been delayed. Send extra "Thinking of you", "I love you" messages. Your animals will love those!

- Who, how many, for how long and expected end time (party, house guests, contractors)

When animals know what's going on and what to expect, they feel a lot safer.

ENJOY EACH OTHER

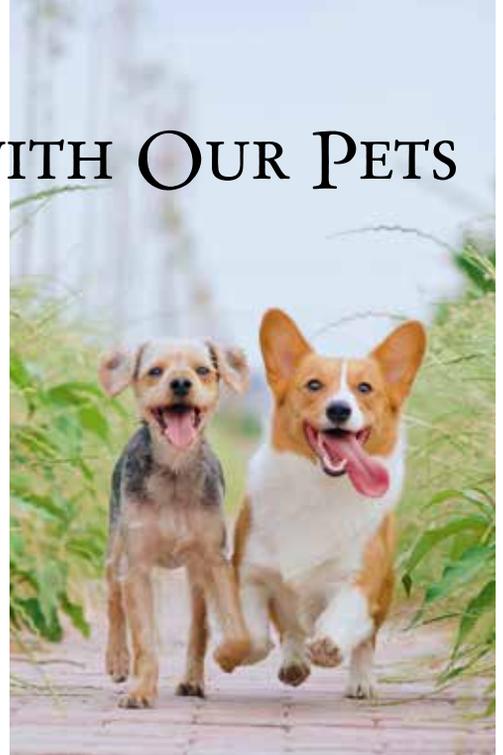


Now that you are sharing the present moment with your animals by sending them messages, how do you know that they're receiving the information?

One of my very favorite exercises is to think of something that is very easy for an animal to do, then using sense imagery, invite them to do that for you. Start with something simple like sitting on your lap when you read. Give it a little time and see what happens. Try this with your animals! It's so fulfilling and fun.

MUTUAL BENEFIT

What you've probably noticed is that the things that we do to support our animal's well-being are also the things that support our own well-being. Both we and our animals reap the many benefits of these practices. In the end, it's about uplifting the quality of your animal's life by making sure that all their needs are met. From that vantage your animal can meet you from their heart and soul and you can both savor the amazing bond of love, healing and shared wisdom.



Lesia Alexander, MA, HTACP, SHES, is the founder of Heart and Soul with Animals. She is an inter-species communicator and energy healer, speaker and educator offering training programs in inter-species communication. For more information, visit HeartandSoulwithAnimals.com.



MARLENE'S SOUND OUTLOOK



Join Lesia online!
Understanding Your
Animals
Thursday, August 5
at 5pm -
Details at
marlenesmarket-deli.com/classes

August Events & Education

Register at: marlenesmarketdeli.com/classes

SUPER SENIOR SUNDAY

Sunday, August 1

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

UNIFORM MONDAY

Monday, August 9

10% off to all firefighters, police, and military!

UNDERSTANDING YOUR ANIMALS



with Lesia Alexander,
Animal Communicator
Thursday, August 5, 5 pm

Do you wonder what your pets are thinking? Do you wish you could if they understand you? Discover tips and techniques to support the relationship you have with your pets. Learn new ways to understand your animals and experience new ways of relating to them. Have your pet or photo of them handy.

SOUL NOURISHMENT: THE MISSING INGREDIENT FOR HEALTHY LIVING



with Ashley Looker,
Empowerment Coach,
Yoga Teacher Tuesday,
August 10, 5 pm

When we think about healthy living, we often think diet and exercise. While these are two vital components to healthy living, there is one ingredient we are starved for - soul nourishment. Learn how to increase your soul nourishment as a way to increase your vitality, mood and overall wellbeing.

BACH FLOWER REMEDIES FOR ANIMALS



with Carl Anderson,
BFRP, BFRAP
Thursday, August 12,
5 pm

The pandemic has affected us in many different ways and our animal companions pick up on many of our worries, fears and changes in routine. Learn how Bach Flower Remedies can help them (and you) adapt to the changes in our shared lives.

MEAL PLANNING FOR A BUSY LIFE



with Abbie Cates
Saturday, August 14, noon

Don't let your busy schedule get in the way of healthy, intentional and convenient meals! Get the scoop on filling up your fridge or freezer for the week easy and compromise-free, even when time is of the essence.

BLOOD SUGAR AND COGNITIVE SUPPORT



with Glen Depke,
Traditional Naturopath,
Dr. Mercola Brand
Educator
Tuesday, August 17, 5 pm

Understand the relationship between blood sugar and cognitive function and how one common imbalance can throw many of us into a tailspin, even if your nutrition is perfect. Learn how to address this issue with

THE INTELLIGENCE OF NATURE AND THE POWER OF SUPERFOODS



Sarah Collins,
HealthForce Presenter
Thursday August 19, 5 pm

First developed by Naturopathic Doctors, HealthForce Superfoods has been a highly reputable and trusted company for 30 years. Tune in to learn more about this company and the power and intelligence of nature through herbal, wholefood-based supplements and superfoods.

SUMMER NOODLE DISHES



with Julia Bang, owner
and chef at EAsT Kitchen
\$15
Saturday, August 21, noon

Revered for its savory, sweet and tangy flavors, Pad Thai is an iconic Thai rice noodle stir fry that is easy to prepare in a variety of ways. From authentic to Americanized, learn how to choose the right ingredients to create your own delicious Pad Thai at home.

AUTUMN GARDENING



with Farmer Brian,
Master Gardener
Tuesday, August 24, 5 pm
&
Thursday, August 26, 5 pm

Don't let the coming lack of sunshine stop you from planting now to reap a year-round harvest! Learn what to plant, how to prepare the soil and protect against cold, as well as a cornucopia of expert advice for a healthy and abundant fall harvest. **Class will be held on-site and online. Limited number of attendees for this in-person class, please preregister!**



Marlene's
MARKET & DELI
shop local, eat organic

Locally Made!



**GABRIEL
Certified Organic
Skin Care**

Assorted sizes
and varieties

20%
off

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



**EVERYONE
Soap, Lotion &
Sanitizer**

Assorted sizes
and varieties

30%
off

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



**FRONTIER
Topical
CBD Salve &
Roll-On**

Assorted sizes
and varieties

30%
off

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



**INSTANATURAL
Facial Care**

Assorted sizes
and varieties

20%
off

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



**SUKIN
Body Care**

Assorted sizes
and varieties

25%
off

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



**ALAFFIA
Shea Butter
Based Body
Care**

Assorted sizes
and varieties

20%
off

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



**HERITAGE
Body Care**

Assorted sizes
and varieties

30%
off

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

Locally Made!!

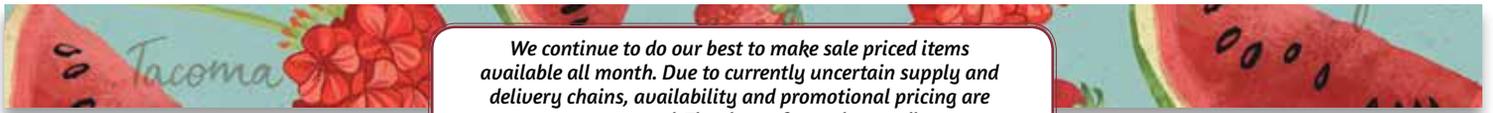


**HIMALAYA
Toothpaste for
Adults & Children**

Assorted sizes
and varieties

20%
off

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



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

EQUAL EXCHANGE
**Organic & Fair
Trade Tea**
Assorted sizes
and varieties



30% off

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

EQUAL EXCHANGE
**Organic & Fair
Trade Coffee**
Assorted sizes
and varieties

20% off



**URBAN SPA
Hair Care
Products**

Assorted sizes
and varieties

25% off

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



**CASCADIAN FARM
Organic Cereal**

Assorted sizes
and varieties

**2 \$6
for**



**DR. BRONNER'S
Toothpaste &
16 oz Liquid
Castile Soap**

Assorted varieties

20% off

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



**KASHI
Organic Super
Loops Cereal**

Assorted varieties
9.5 oz
Reg \$5.95

\$3.89



**TONY'S COFFEE
Organic Coffee**

Assorted sizes
and varieties

20% off

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



**HAPPY PLANET
Oat Milk**

Assorted varieties
8 oz
3 pack
Reg \$5.45

\$3.89



**PURELY ELIZABETH
Breakfast
Grains & Mixes**

Assorted sizes
and varieties

25% off

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



ARTISANA
Organic Raw Almond Butter
 14oz
 Reg. \$24.89

\$19⁹⁹



JUSTIN'S
All Natural Nut Butter
 Assorted sizes and varieties

30% off

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



GIMME SEAWEED
Organic Roasted Seaweed Snack
 Assorted sizes and varieties

25% off

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



LATE JULY
Tortilla Chips
 Assorted sizes and varieties

25% off

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



ANNIE'S
 HOMEGROWN
Macaroni & Cheese
 Assorted varieties

10 for \$10



NORTH AMERICAN
 HERB & SPICE
Turmeric Power-Plus Supplements
 Assorted sizes and varieties

30% off

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



ONCE UPON A FARM
Smoothie Blend
 Assorted sizes and varieties

30% off

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



SOURCE NATURALS
Select Supplements
 Assorted sizes and varieties
30% off

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



- Organic, whole food source of calcium & 70 minerals
- Important co-factors for proper absorption: magnesium, D3 & K2
- Easy to swallow slim tabs & tiny tabs

NEW CHAPTER
Bone Strength Take Care
 Assorted sizes and varieties

30% off

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



RENEWLIFE
Supplements
 Assorted sizes and varieties
25% off

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

100% FERMENTED CERTIFIED ORGANIC GREENS and PROTEIN & GREENS
 for easy digestion and maximum nutrition

25% OFF
 All Whole Earth & Sea® Fermented Greens and Protein & Greens



ENZYMEDICA
Supplements
 Assorted sizes and varieties

25% off

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

PARKING LOT PICK UP

Let us do the shopping!
 Swing by and we will bring your order out to you.

Federal Way:

orders-federalway@marlenesmarket-deli.com
 or 253.839.0933

Tacoma:

orders-tacoma@marlenesmarket-deli.com
 or 253.472.4080



FOUR SIGMATIC
Plant-Based Protein with Superfoods
 Assorted sizes and varieties

30% off

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



KLEAN KANTEEN
Reusable Stainless Steel Bottles
 Assorted sizes and varieties

20% off

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



BOIRON
Arnicare Cream & Gel Value Pack
 Assorted sizes and varieties
 Reg. \$15.99

\$9.99



DR. MERCOLA
Premium Fermented Supplements
 Assorted sizes and varieties

25% off

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



Bodywork Schedule

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, 2 pm - 7 pm
 Saturday, 2 pm - 7 pm

Reservations may be required.



FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

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

Deli Hours

Juice, smoothie and espresso service
available until 6 pm.

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

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

Deli Hours

Deli counter service available
until 6 pm.

Grab and go options available until closing.

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



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AUGUST 2021

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GARDEN OF LIFE
Raw Probiotics
Assorted sizes
and varieties

40% off

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