



Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

December 2023

Our gift guide • Food & fun in balance
Beat the winter blues • Nourishing wellness

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

A Letter From Us

December is a special month. It's a good time to reflect on the year and find ways to celebrate that are meaningful and satisfying for each of us. Whether you are planning big gatherings all month long, more intimate get-togethers, or peaceful evenings with a good movie and a cozy, warm drink, we're here to help your holidays go smoothly.

When you're shopping for your everyday supplies, take some time to enjoy the beautiful displays, unique gifts and festive treats that our buyers have fallen in love with and brought to our shelves for the season. There are so many wonderful options for gifting as well! And if you're having trouble deciding on exactly the right gift, remember we also have gift cards for any amount available at all registers.

Are you crunched for time and have a holiday gathering on the calendar? We can help! Our deli catering department is in full party mode and has a gorgeous variety of party platters to choose from. Don't forget that most of our bakers' scrumptious pies can be made gluten free upon request. We surely have something delicious for every guest. Please place your orders early!

Thank you so much for another wonderful year. We are grateful to be a trusted part of this community serving you on your wellness journey.

Wishing you all health and happiness in the new year!

Lisa

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Let us do the cooking!

Place your order in-store or give us a call.

Federal Way 253.839.0933 | Tacoma 253.472.4080

Holiday orders must be paid in advance and are on a first come-first served basis.

Supplies are limited. Please note that we will sell out quickly!

Holiday orders are available for pick up from 10 am on December 23 through December 24 at 4 pm. We are closed Christmas day.

No changes or additional orders may be placed after Wednesday, December 13. Sorry, no substitutions on ingredients.

Platters

Fresh Fruit

A celebration of the best of seasonal fruits and berries.

Small serves 10-12 | 34.99

Large serves 16-20 | 59.99

Fresh Vegetable

Prepared with organically grown vegetables including carrots, celery, cucumber, tomatoes, cauliflower and broccoli. Served with our homemade ranch dip.

Small serves 10-12 | 34.99

Large serves 16-20 | 59.99

Meat and Cheese

All natural sliced turkey, ham and roast beef served with a variety of cheeses.

Small serves 10-12 | 54.99

Large serves 16-20 | 89.99

Cheese and Fruit

Juicy, seasonal fruits and berries served with bite-sized morsels of savory cheese.

Small serves 10-12 | 45.99

Large serves 16-20 | 84.99

Cheese and Crackers

A variety of cheeses including white cheddar, Swiss, brie and smoked provolone. Served with crackers.

Small serves 10-12 | 45.99

Large serves 16-20 | 84.99

Sandwich Platter

A deli favorite. Turkey, ham, roast beef and chicken salad sandwiches cut in half and presented buffet style.

Small 12 halves | 59.99

Large 24 halves | 119.99

Pinwheel Platter

An assortment of tortillas filled with all natural meats and cheeses, rolled and sliced.

Small serves 10-12 | 34.99

Large serves 16-20 | 79.99

Cookie and Brownie

An assortment of delicious dessert bars, cookies and brownies.

Small serves 12-15 | 27.99

Large serves 25-30 | 49.99

Pies 29.99 each

Most can be made gluten free!

Apple

Key Lime**

Banana Cream

Lemon Sour Cream

Black Bottom**

Peach

Blackberry

Peanut Butter**

Blueberry

Pumpkin

Chocolate Cream

Raspberry

Coconut Cream

Triple Berry

** not available in gluten free



A SUITE OF SWEETS

EQUAL EXCHANGE ORGANIC & FAIR TRADE CHOCOLATE BARS

"Lemon Ginger is surprisingly delicious! It's the perfect balance of sweet and spicy."

-Amber, Body Care Department Assistant

HONEY MAMA'S SOFT TRUFFLE BARS

A staff favorite, Honey Mama's is made from carefully chosen nutrient-rich superfoods for a decadent and 100% clean indulgence!



CHOCOLOVE FROSTED GINGERBREAD MILK CHOCOLATE

It only happens once a year! This bar is as smooth and light as the first snow of the season with a sweet ginger finish.



OCHO ORGANIC CANDY

Chocolate caramels and peppermint-filled chocolates sent straight from paradise to your mouth!



ENJOY LIFE MINIS CHOCOLATE BAR VARIETY BAG

These yummy treats are free of common allergens, but big on satisfaction!

SEATTLE CHOCOLATE COMPANY TRUFFLES AND CHOCOLATE BARS

We wait all year to see what flavors the brilliant elves at Seattle Chocolate come up with, and this year's offerings are top notch!





LESSER EVIL & ANGIE'S BOOM CHICKA POP GOURMET HOLIDAY POPCORN

Looking for an under-the-mistletoe worthy snack for your next holiday gathering? Look no further than Dark Chocolate and White Chocolate Drizzled Peppermint Kettle Corn, two returning favorites from Boom Chicka Pop. For a new and exotic experience, the geniuses at Lesser Evil have gifted us with a vegan and organic White Chocolate & Matcha Popcorn that is angelically light with just a touch of sweetness!



SIETE GRAIN FREE MINI BUÑUELOS

We don't know how the folks at Siete have done it, but they've somehow made a vegan, grain free version of this traditional Mexican treat better than the original! Keep a few back-up bags on hand, you're going to go through them fast.



CLIF BAR PEPPERMINT WHITE CHOCOLATE ENERGY BAR

A festive combination of bright peppermint and white chocolatey flavor comes together for a fun holiday treat. Every purchase you make helps the folks at Clif Bar get closer to their goal of planting one million trees by 2025!



LITTLE SECRETS MINI CRISPY WAFERS AND PEPPERMINT DARK CHOCOLATE PIECES

Limited-edition rich dark chocolate infused with organic peppermint oil and no artificial colors or flavors makes for the perfect holiday treats!



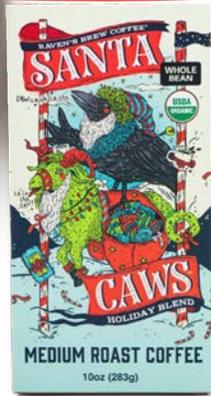
HAMMOND'S CANDIES

This wonderful organic confectioner has been producing tasty candies since 1920! With festive flavors like traditional mint, butterscotch, cherry, root beer and strawberry, there's a flavor for everyone on your list!

GOLD STAR HOLIDAY HOSTING

KICKING HORSE, RAVEN'S BREW AND TONY'S COFFEE

The months and months of cold, wet days in the Pacific Northwest eventually turns us all into coffee connoisseurs. Marlene's has brought together some wonderful roasty brews for the holidays that are sure to leave you warm, energized and bright-eyed!



"Kicking Horse Kickass Blend coffee certainly kicks ME into gear in the morning!"

-Kim, Federal Way Store Director

THE REPUBLIC OF TEA

The time is perfect for a little cup of cheer. Sip delicious holiday flavors like Peppermint Bark, Cardamon Cinnamon and Comfort and Joy while the weather outside is frightful.

"Don't miss Raspberry Rose Hibiscus! It tastes just like my grandma's homemade raspberry jam."

Amber, Tacoma Body Care Dept. Assistant

GOURMET CHEESES SO GOOD, YOU'LL MELT!



CORO BY SALUMI

"Premium cured snacking meats that will make your charcuterie board shine!"

-Ashley, Fresh Direct Category Manager

ESSENTIAL BAKING CO.

Gorgeous, rustic loaves that live up to the old saying 'Bread is life!'

TRUFF

Black truffle oil elevates these condiments into a uniquely indulgent and sophisticated culinary experience.



MRS. MEYER'S CLEAN DAY

'Tis the season to spread the scents of Snowdrop, Peppermint, Iowa Pine and Orange Clove throughout your home! Mrs. Meyer's has brought these wonderful whiffs to life in hand soaps, dish soaps and (of course) air fresheners. These limited edition holiday scents will be gone in a flurry!



GOOD TIDINGS OF WELLNESS



CHEERS TO A HAPPY BRAIN!

Whether you want a burst of energy to start your morning, a midday indulgence to keep you going, or a relaxing treat at the end of the day, MycoBrew® has a beverage blend for you! Each specially-crafted, flavor-forward formula contains a beneficial dose of high-quality Lion's Mane, the 'smart mushroom' superfood!

PARTYSMART

Your BFF for festive celebrations and better mornings. Cheers!



TROUBLE SETTLING DOWN FOR A LONG WINTER'S NAP?
Marlene's has a plethora of herbal blends, teas and melatonin-based supplements for silent nights and a deep, satisfying sleep. Stock up now for a season of restorative snoozing!



TRADITIONAL MEDICINALS THROAT COAT

Enjoy the power of slippery elm for a comforting and soothing seasonal wellness sip.



BOIRON COLDCALM

These non-drowsy, meltaway tablets are easy to take at the first sign to relieve sneezing, runny nose, nasal congestion, and minor sore throat pain.



TRACE MINERALS POWER PAK + IMMUNITY PACKETS

Give your water a delicious boost and replenish your body with naturally flavored, effervescent electrolytes featuring a full spectrum of Ionic Trace Minerals!



TASTY NUTRITION FOR THE LITTLE ONES

While this is the month of festive treats, you can make sure your kids are getting balanced nutrition by starting their day with these incredibly yummy multis!

POWERFUL, DAILY SEASONAL SUPPORT

Don't let Old Man Winter get the best of you! Drop a packet of your choice of Om Mushroom Blends into your morning coffee (or just plain hot water!) for an epic superfood boost all season long.



BODY CARE GLOW GETTERS



PACHA SOAP CO HOLIDAY PRODUCTS

Experience the magic of the holidays with Pacha's hippie-tastic seasonal soaps, scrubs and bath bombs crafted with love and care to bring a touch of festive cheer to anyone's stocking!



GRIFFIN REMEDY

Revitalize your skin with Griffin Remedy's Omega-3 Lotions, packed with nourishing ingredients to keep your skin feeling smooth and hydrated. For an extra boost, try their MSM Body Lotion!



ANDALOU NATURALS 1000 ROSES SOOTHING BODY LOTION

"I don't doubt that Andalou crams 1000 roses into this lotion! Super nourishing, soothing and moisturizing, it's a fantastic gift for anyone who appreciates a luxurious home spa day."

- Ashley, Fresh Direct Category Manager

EARTHLY BODY HEMP SEED HAND & BODY LOTION

"Great for quenching thirsty winter skin. This is non-greasy and absorbs quickly, and Skinny Dip smells amazing!"

- Kim, Store Director, Federal Way



GREEN GOO

"Miraculous for dry, cracked skin as well as healing cuts and abrasions from hiking or just good ol' fashioned outdoor rough housing!"

- Ashley, Fresh Direct Category Manager



THE NAKED BEE HAND AND FOOT REPAIR KIT

This set is a delightful combination of natural, hydrating ingredients that work together to soothe and rejuvenate tired hands and feet. It's the perfect pampering treat for loved ones who deserve a little extra care.



BOODA BUTTER PURE DAILY MOISTURIZER

A simple yet effective way to keep you and your loved one's skin looking and feeling its best!

PRANAROM ESSENTIAL REPARATIVE BALM

This natural, versatile balm is enriched with essential oils known for their healing properties, making it an ideal gift for anyone seeking relief and restoration for their skin.





DR. SQUATCH SOAPS

Elevate your grooming routine with Dr. Squatch Men's Soaps, crafted with natural ingredients to invigorate and refresh. These soaps provide a rugged and revitalizing experience, making them an ideal gift for the modern man who values quality skincare.



PACHA DAILY SOAPS

These artisan-crafted soaps boast exquisite scents and are made with premium ingredients for a luxurious and eco-conscious bathing experience. A perfect gift for those who appreciate quality and sustainability in their skincare routine.



BADGER LIP BALM AND AROMATHERAPY SETS

Elevate your holiday gifting with Badger's delightful sets. Choose from their lip balm sets for lusciously soft lips, or opt for their aromatherapy sets to bring a touch of tranquility to any space. These thoughtfully curated sets make perfect presents for your loved ones.

ZION HEALTH GRAVE ROBBER OIL SOAP

"A combination of spicy, warming and refreshing essential oils makes this a divinely scented soap. It has a creamy lather and nice exfoliation properties too!"

Michelle, Operations Manager, Tacoma



INESSCENTS CBD BATH SALTS

"Comforting, calming, and relaxing blends. embrace of Inesscents CBD Bath Salts. The Coconut Milk and Rose blend is wonderfully soothing and aromatic, and it leaves my skin feeling nourished and rejuvenated!"

- Amber, Body Care Assistant, Tacoma



ZUM HOLIDAY SETS

A touch of holiday cheer! These sets are curated for a joyful and pampering experience, making them ideal presents for spreading holiday warmth and relaxation.



RAREESSENCE AROMATHERAPY INHALERS

Gift the power of relaxation! These portable inhalers provide a quick and effective way to experience the calming benefits of essential oils, making them a thoughtful addition to any wellness routine.



MARLENE'S SOUND OUTLOOK



ZUZU LUXE COSMETICS

How about clean cosmetics that support a more sustainable and compassionate beauty industry for some lucky person's stocking? These are high-quality, cruelty-free makeup products that blend natural ingredients with modern innovation!

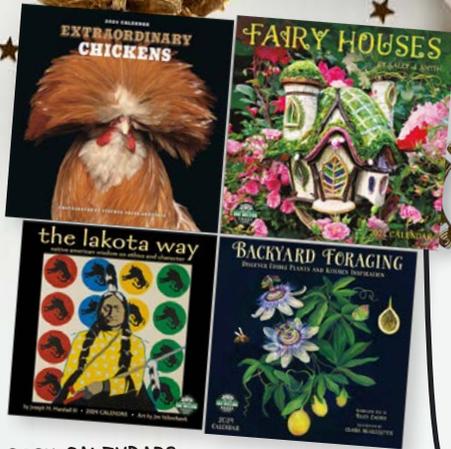


MINERAL FUSION SHEER MOISTURE LIP TINTS

"These creamy pencils deliver the right amount of silky moisture and color. I love how the tint is enhancing, but still very natural looking!"

Michelle, Operations Manager, Tacoma

VERY MERRY MERCANTILE



2024 CALENDARS

Creativity and organization in one! Browse our collection of unique calendars that go beyond the ordinary. A perfect gift for those who appreciate unconventional and inspiring ways to plan ahead.



LUNAR REVOLUTION JEWELRY

"The beautiful, unique designs of Lunar Revolutions Jewelry make perfect gifts for adventurous souls and free spirits in your life... if you can resist keeping them for yourself!"

-Ashley, Fresh Direct Category Manager

WOODSTOCK CHIMES

Gift harmony and tranquility to anyone's space with Woodstock Chimes! Finely tuned to create soothing melodies that resonate with the soul, a thoughtful gift for those who appreciate the beauty of music and nature.

"Makes a wonderful hostess gift!"

-Kim, Store Director, Federal Way



GIFT CARDS

Give the gift of choice with a gift card from Marlene's! Our gift cards allow your loved ones to pick out the perfect item that speaks to them. It's a versatile and thoughtful present for any occasion.



BACKFLOW INCENSE BURNERS

Share the mesmerizing beauty of backflow incense burners, creating a calming and visually captivating atmosphere—a perfect gift for those seeking tranquility in their surroundings.



ALCHEMIA INCENSE STICKS

Experience the exquisite scents and exceptional value of Alchemia Incense Sticks, each carefully crafted to fill your space with captivating elemental aroma.

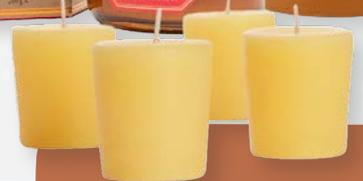
INCENSE CONES

Choose beautifully crafted incense cones from Maroma and Temple of India to go with a new backflow incense burner!



ECO-FRIENDLY CANDLES

Illuminate your space with the warm glow of soy or beeswax candles from Organic Goodness, Sunbeam Candles, and Big Dipper Waxworks.





ANDES GIFTS

Andes Gifts is committed to sustainable, handmade knitwear. Their Aymara and Quechua artisans employ traditional techniques to craft hats, gloves, and scarves, preserving Andean knitting traditions. Founded on fair trade principles, Andes Gifts values transparency and community-based production. Choosing their products means supporting economic stability for artisans and celebrating the rich heritage of the Andes. Check out their animal hats and stylishly mismatched gloves!

MAGGIE'S ORGANICS

Keep your loved ones' little piggies cozy and warm with Maggie's Merino wool socks. Crafted with care from sustainable materials—a perfect gift for those who value comfort and eco-conscious fashion.

"Super comfy and warm winter socks!"

-Jaron, Baker, Tacoma Deli



GREENMAN STONE STATUES

"A touch of natural mystique in the garden! Each design is imbued with the spirit of the wild—a perfect gift for nature enthusiasts seeking to bring an earthy charm to their outdoor space. There are so many to choose from."

-Kim, Store Director, Federal Way



RAKU POTTERY WORKS COASTERS

Flourish your tabletop with the artful touch of Raku Pottery Works coasters! Each one is a distinct piece of craftsmanship, making them a meaningful and practical gift for those who value both form and function.



FESTIVE SIPS

ELLIOT BAY BREWING WHISPER WINTER IPA

Savor the frosty seasonal charm of this finely crafted brew! A perfect gift for those who appreciate wintry pine notes of citrus, pine and caramel!



SUN RUM SILVER

It's perfect for your rum-based cocktails, of course, but it can really elevate your baking as well!"

-Jaron, Baker, Tacoma Deli



HIEROPHANT BUTTERBEE BUTTERSCOTCH MEAD

"Sooooo tasty! Delicious by itself, but pairs nicely with a broad variety of meals, snacks and desserts."

-Kim, Store Director, Federal Way



BROTHER THELONIOUS BELGIAN STYLE ABBEY ALE

Indulge in the rich and complex flavors of Brother Thelonious Belgian Style Abbey Ale. With its deep malt character and fruity esters, this ale is a delightful tribute to the legendary jazz musician.



CAVA EXTREMARIUM BRUT RESERVA

Elevate your celebration with bubbles that embody the essence of sophistication and festivity! A delightful gift for those who appreciate effervescent charm for toasting to special moments.



FREELAND SPIRITS BOURBON WHISKEY

Award winning, caramelly-smooth bourbon from a woman-owned distillery in Portland, this makes a wonderful gift if it doesn't make it into your glass first!

-Michelle, Operations Manager, Tacoma



THOMSON & SCOTT NOCTHY ALCOHOL-FREE ORGANIC SPARKLING WINE

Great option for all of the 21+ folks who don't drink alcohol or just need a break. Lots of flavor and bubbles, but nothing to hurt you. Cheers to a bright and energetic morning after the big party!"

-Ashley, Fresh Direct Category Manager

TERRA BLANCA TRIPLE THREAT

Embark on a flavorful journey with a harmonious combination of varietals that captivates the palate with layers of complexity. A bold and well-balanced sip, this blend showcases the artistry of Terra Blanca's winemaking.



JUNESHINE SPIRITS

Classic canned cocktails with a modern twist—crafted with ~2 shots per can of premium, award-winning spirits, real juice, sparkling water, and no added sugar!



VERY MERRY EVERGREEN BERRY

by Francesca, Store Director, Tacoma

Rich, tart berries and piney juniper blend beautifully for a drink fit for walking through a winter wonderland.

- 3 oz **GT's Living Foods** Synergy Elderberry Juniper Kombucha
- 1.5 oz **Sun Liquor** Hedgetrimmer Gin
- 1.5 oz **Finnriver** Black Currant Brandywine
- splash **Tiamo** Prosecco
- 7 leaves fresh mint

In a tall glass, lightly muddle the mint leaves. Add remaining ingredients, stir and top with ice.

Cheers!



FELIZ NAVIDAD

by Wahaka

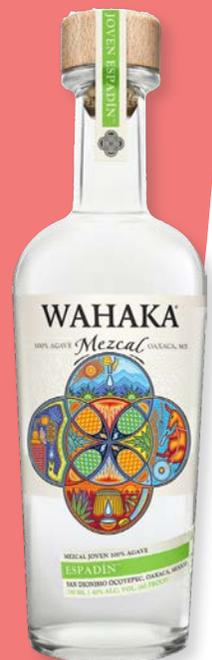
A gorgeous balance of smoky, sweet, spicy and sour. You'll want to dream by the fire with a glass of this! Makes 6-8 servings.

- ½ cup agave
- ½ cup water
- 6 dried figs, halved
- 2 inch piece of fresh ginger, peeled and thinly sliced
- 2 cups **Wahaka** Mezcal
- ½ cup fresh lemon juice (about 4 large lemons)
- ½ cup water
- ice
- fresh cranberries, rosemary sprigs and nutmeg for garnish

In a medium saucepan, combine agave, ½ cup water, figs and ginger. Bring to a boil over medium and then reduce heat immediately to low, simmering until figs are softened, about 7 minutes. Cover and refrigerate for 8 hours or more.

Pour mixture through a fine mesh strainer into a pitcher. Discard solids.

Pour mezcal, lemon juice and ½ cup of water into pitcher and stir well. Chill well before serving over ice. Garnish as desired.



YAMATA'S FOLLY

by Sebastian, Bulk Department Head, Tacoma

Kombucha is such a light and lovely beverage on its own, but combined with sake, it becomes a drink of legend!

- 4 oz **Momo Kawa** Organic Junmai Ginjo Sake
- 4 oz **Honey Jun** Lavender Berry Kombucha or Jasmine Rose Kombucha

Pour ingredients into a large glass and serve chilled.



HEALTHY, HAPPY & RESOLUTION READY



A CLEAN START TO 2024!

Come see us this month and get a jumpstart on your health and wellness resolutions! Stock up on cleansing support supplements and detox support teas and be prepared to launch yourself into a vibrant New Year.

HELPMATES FOR WEIGHT MANAGEMENT

Is it time to take the bull by the horns? Marlene's has a wide selection to choose from and friendly staff direct you to products to assist you on your weight management journey!

BUILDING UP TO A STRONG NEW YEAR

Making the most of meals, but still feeling like there are gaps in your nutrition? We've got you! Visit our supplements section for a broad variety of high quality proteins, nutrients, thermogenics and meal replacements to maximize results.



BEGIN WITH A POSITIVE OUTLOOK

Making a fresh start requires clear thinking and a can-do attitude. Marlene's has what you need to launch a bright New Year!

December Events & Education

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

APPRECIATING AND REVIEWING THE GROWING SEASON IN YOUR GARDEN



with Laura Matter, Garden Hotline Educator

Saturday, December 2 at 10 am

Winter is time to review how your garden grew this past growing season. Plan for next year using lessons learned or ideas you came up with as you tended the garden. This is the time to evaluate watering methods, pest, weed, and disease management techniques, and pollinator health in your garden.

Super Senior Sunday

Sunday, December 3

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

AGE GRACEFULLY - HEALTHY CELLULAR METABOLISM WITH DR. MERCOLA



with Glen Depke, Dr. Mercola Educator

Thursday, December 7 at 5 pm

Unlock the secrets to healthy cellular aging with Glen Depke! Glen will discuss how Dr. Mercola products can support your cellular health and promote longevity. Gain expert insights and guidance through the range of Dr. Mercola offerings. Learn how to age gracefully and maintain your vitality. It's a must-attend event for anyone

interested in optimizing their well-being.

HOLIDAY ARTISTRY: ORNAMENT & GREETING CARD CREATIONS



with Dianne Aoki, Local Artist and Owner of Studio Aoki

Saturday, December 9 11 am – 3 pm

In-store in Tacoma! \$35

Unleash your creativity this season! In this class, we will craft exquisite holiday ornaments, adding a personal touch to your festive decor. We'll also be designing

heartfelt holiday greeting cards to spread joy. Join Dianne and get ready to celebrate with handmade treasures! Walk-ins are welcome, space is limited.



Uniform Monday

Monday, December 11

10% off to all firefighters, police and military!

BACH FLOWER REMEDIES 101



with Carl Anderson, BFRP, BFRAP

Thursday, December 14 at 5 pm
In-store in Federal Way!

Embark on a journey into the world of Bach Flower Remedies with the esteemed Carl Anderson, BFRP, BFRAP. In this illuminating class, you'll gain a comprehensive understanding of the principles and applications of Bach Flower Remedies. Discover how these natural essences can harmonize emotions and promote well-being. Carl's expertise and passion for this holistic approach will empower you to harness the full potential of Bach Flower Remedies in your own life. Join us for an enriching session that promises to deepen your holistic health knowledge.



BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

Federal Way
2 pm - 4 pm

Friday, December 8
Friday, December 22

Tacoma
2 pm - 4 pm

Friday, December 15
Friday, December 29

WE'RE HIRING!

We're looking for enthusiastic, friendly people with excellent customer service and an interest in the natural food industry.

Apply online at:

MARLENESMARKET-DELI.COM/CAREERS

or stop in for a paper application!



**ZUZU LUXE
Cosmetics**
Assorted sizes and varieties

20% off

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



**DR. BRONNER'S
Pure Castile Bar
Soap, Lip Balm &
Hand Sanitizers**
Assorted sizes and varieties

30% off

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



**AURA CACIA
Pure Essential Oils
& Aromatherapy
Bath & Body Care**
Assorted sizes and varieties

30% off

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



**PRANAROM
Pure Essential Oils,
Body Care
& Supplements**
Assorted sizes and varieties

20% off

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



**NATURULZ
Topical Pain
Creams & CBD
Creams**
Assorted sizes and varieties

20% off

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



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

40% off

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



**SEGGIANO
Organic
Pasta**
Assorted sizes and varieties

25% off

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



**RAO'S HOMEMADE
Pasta Sauce**
Assorted sizes and varieties

25% off

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



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



TRUFF
Truffle Sauce & Oil

3.5 oz Assorted varieties
Reg. \$4.49

20% off

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



TONNINO
Yellowfin
Tuna Fillets

6.7 oz. Assorted varieties

25% off

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



EVERGREEN
Frozen Waffles

Assorted sizes and varieties
Reg. \$8.39



5.99

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

Fair Trade Certified!



EQUAL EXCHANGE
Organic Coffee,
Tea, Chocolate &
Nuts

Assorted sizes and varieties

25% off

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



FARMHOUSE
CULTURE
Organic Sauerkraut
& Gut Shots

Assorted sizes and varieties

25% off

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

Brewed in the PNW!



CAMELLIA
GROVE
Organic
Kombucha

12 oz. Assorted varieties

25% off

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



EAT PASTRY
Vegan Cookie
Dough

14 oz. Assorted varieties

25% off

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

Fair Trade Certified!



NANCY'S CREAMERY
Organic Cream
Cheese & Sour
Cream

Assorted sizes and varieties

25% off

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

Made in New Zealand!



LEWIS ROAD CREAMERY
Pasture-Raised, Grass Fed Butter
8 oz. Assorted varieties

25% off

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



WILCOX FAMILY FARMS
Mobile Pasture-Raised Eggs
Dozen Reg. \$8.49

6⁴⁹

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



BOIRON Homeopathic Medicines
Assorted sizes and varieties

30% off

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



NATURAL FACTORS Supplements
Assorted sizes and varieties

30% off

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



GARDEN OF LIFE Supplements
Assorted sizes and varieties

30% off

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



EUROPHARMA Supplements
Assorted sizes and varieties

20% off

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



BARLEAN'S 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.

Balancing Nutrition and Indulgence

The holiday season is a time of joy, celebration, and, let's face it, indulgence. While savoring those festive treats is part of the merriment, it's important to strike a balance between enjoying special occasions and maintaining Here are some practical strategies to help you navigate nutrition during the holidays, ensuring you can relish the festivities without compromising your well-being!

Prioritize Nutrient-Rich Choices

During the holiday season, opt for a vibrant array of nutrient-dense foods to form the cornerstone of your meals. Leafy greens like kale and spinach are packed with essential vitamins and minerals, while colorful vegetables offer an array of antioxidants. Lean proteins such as poultry, fish, and legumes provide essential amino acids, and whole grains like quinoa and brown rice offer sustained energy.

Practice Mindful Eating

Engaging all your senses while dining is a powerful way to cultivate mindful eating. Take a moment to appreciate the textures, aromas, and flavors of your food. By savoring each bite, you become attuned to the signals of satisfaction your body sends. This awareness helps prevent overindulgence and fosters a deeper connection with the nourishment your meal provides.

Stay Hydrated

Amid the holiday whirlwind, it's easy to overlook hydration. Yet, adequate water intake is crucial for optimal digestion and overall well-being. It also plays a key role in regulating appetite, ensuring you don't mistake thirst for hunger. Consider infusing water with fresh herbs or slices of citrus for a refreshing twist.

Moderation, Not Deprivation

Embrace the spirit of the season by allowing yourself to enjoy cherished holiday treats in moderation. Relish the unique flavors and aromas of special dishes without a cloud of guilt. Remember, it's not about complete restriction but rather about savoring these moments in balance with your overall dietary choices.

Plan for Special Occasions

Anticipate indulgent occasions like holiday feasts by making thoughtful adjustments to your meals earlier in the day. Opt for lighter, nutrient-rich options to create room for the extra calories and festivities. This proactive approach allows you to partake in the celebration without feeling overwhelmed.

Incorporate Physical Activity

Maintaining your regular exercise routine or finding enjoyable ways to stay active is a gift to your body and mind during the holiday season. A brisk walk in the crisp winter air, a dance session with loved ones, or a family hike can invigorate your spirit and contribute to your overall well-being.

Choose Healthier Cooking Methods

When preparing holiday meals, favor cooking techniques like roasting, grilling, or steaming over frying. These methods preserve the integrity of the ingredients, locking in their nutritional value while still offering delicious and satisfying flavors.

Bring a Healthy Dish to Share

If you're attending a gathering, consider bringing a nutritious dish that aligns with your dietary preferences. Not only does this ensure there's an option that resonates with your health-conscious choices, but it also introduces others to the joy of nourishing, wholesome foods.

Practice Gratitude and Mindfulness

Take a moment before each meal to reflect on the nourishment your food provides. Cultivating gratitude for the sustenance on your plate fosters a more mindful and balanced approach to eating. This simple practice enhances your connection to food and its role in sustaining your well-being.

Also on sale in December!

Ancient Nutrition

Bala Enzyme

+PlusCBD by CV SCIENCES

Flora

HerbPharm

Himalaya

Natural Path Silver Wings

Source Naturals

Planetary Formulas



Seasonal Affective Disorder: Botanicals to Boost Mental Well-Being

By Terry Lemerond, founder of Terry Naturally



With the changing of the seasons, many people start to experience symptoms of seasonal affective disorder, commonly referred to as SAD. This time of year, fatigue and moodiness, lack of motivation, and even increased feelings of sadness and depression can start to rear their ugly heads and continue well into the winter months. If you or someone you know deals with SAD, I encourage you to make a healthy change this year by incorporating some proven botanicals into your daily wellness routine.

Curcumin

SAD can be quite serious. In addition to feeling sad and tired as the weather changes, people may also experience increased anxiety and depression. Many people with any type of SAD symptoms, including depression and anxiety, usually have something in common: high levels of inflammation in the brain.



Inflammation is the cause of nearly every state of disease in the body, and mental health is no exception. High levels of inflammation in the brain can impede the body's ability to create new brain cells. It also causes the brain to become deficient in creating important "feel good" and balancing chemicals, like serotonin, noradrenaline, and tryptophan.

A highly absorbable form of curcumin can help. In a published study comparing a curcumin (BCM-95) to two popular prescription drugs, fluoxetine (Prozac) and imipramine (Tofranil), curcumin BCM-95 was found to be just as effective as the two prescription meds. Unlike the drugs, however, curcumin didn't cause any adverse side effects. In this study, subjects were taking 500 mg

of curcumin twice daily. For those who decide to take curcumin to head off symptoms of SAD, my advice is to start early so the botanical can build up to its fullest potential in time for the seasonal changes.

Saffron

Saffron is another powerful botanical proven to support a healthy mood. This ancient spice is unique in its ability to restore normal body chemistry. Specifically, saffron has been shown to boost serotonin production, lower cortisol, and help preserve levels of gamma-aminobutyric acid (GABA), which are often lower in people

with depression. Clinical studies have found saffron reduces symptoms of milder forms of depression, serious depression with anxiety, and even postpartum depression. It can be extremely helpful to individuals dealing with SAD.

One clinical trial highlighted in Phytotherapy Research found that saffron reduced the symptoms of persistent depressive disorder in just six weeks. In more serious and harder-to-treat forms of depression, especially when they overlap with anxiety, saffron also works well to relieve symptoms. An Iranian clinical trial found that a 12-week regimen of saffron had a significant impact on the symptoms of depression. Additionally, a small study showed that saffron can potentially boost the effectiveness of conventional anti-depression medications.

For best results, look for a clinically studied saffron extract that works along unique pathways to support emotional balance and peace of mind.

Echinacea angustifolia

Another important botanical that can be effective at managing symptoms of SAD is a form of a common, well-known herb: Echinacea angustifolia.

This may surprise you, but all botanicals contain multiple compounds that affect a variety of indications and health conditions. This is true for Echinacea angustifolia. Traditionally, echinacea is well known for its ability to support immune health and fight cold and flu viruses, based on its level of compounds called polysaccharides. But there are additional compounds in echinacea known as alkamides, which have been shown to have a totally different set of benefits. These alkamides can stop anxiety symptoms, quickly and safely.

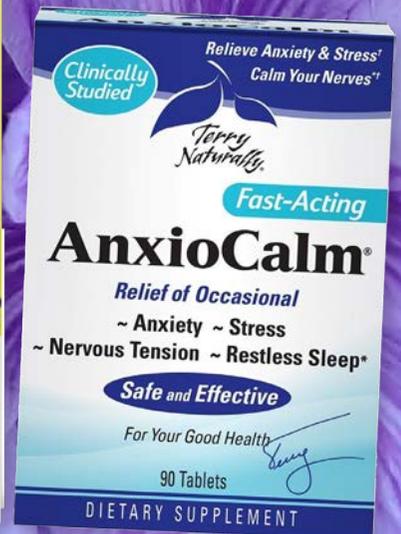
Alkamides are powerful plant compounds that attach to CB-1 receptors in the brain to elicit feelings of calm and relaxation and help people feel more focused and in control. These alkamides can also prevent the degradation of anandamide, one of the naturally occurring neurotransmitters in our brains that help us feel calm and at peace. Anyone who struggles with stress, anxiety, nervous tension, or restless sleep might consider trying Echinacea angustifolia extract.

This incredible botanical has even been shown to mirror the symptom relief of prescription anti-anxiety medications, without the side effects. An initial scientific study found this extract, standardized for a unique alkamide profile, can match the prescription drug chlordiazepoxide (Librium) in anxiety-relieving success. After just one day, the participants noticed a significant reduction in stress and anxiety, with an even greater reduction in just seven days.*

Terry Lemerond is a natural health expert with over 55 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 500 products to help people live healthier lives. A much sought-after speaker and accomplished author, Terry shares his wealth of experience and knowledge in health and nutrition through social media, newsletters, podcasts, webinars, and personal speaking engagements. Terry's weekly radio program, Terry Talks Nutrition, is available online through his educational website at TerryTalksNutrition.com. His continual dedication, energy, and zeal are part of his ongoing mission — to improve the health of America.

**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.*

MARLENE'S SOUND OUTLOOK



DECEMBER 21

Shining a Light on Winter Wellness: The Importance of Vitamin D Supplementation

As the days grow shorter and the sun hides behind thick clouds, our bodies often face a dip in a crucial nutrient: vitamin D. This essential vitamin plays a pivotal role in maintaining our overall health and well-being. Let's dive deeper into why vitamin D is especially important during the winter months and how supplementation can help bridge the gap.

The Sunshine Vitamin

Vitamin D, often dubbed the "sunshine vitamin," is unique among vitamins because our bodies can produce it when exposed to sunlight. It's a fat-soluble vitamin that transforms into a hormone, regulating various bodily functions. Beyond its well-known role in calcium absorption and bone health, emerging research suggests it plays a vital role in immune function, cardiovascular health, and even mood regulation.

The Winter Deficiency Dilemma

During the winter, when daylight hours are limited and the sun's angle reduces its effectiveness in producing vitamin D, obtaining adequate sun exposure becomes a significant challenge. Of course this is particularly true for those in northern latitudes, where the sun's rays are less intense even during peak daylight hours and people are more likely to cover their skin completely to protect themselves from the cold. Additionally, cultural or occupational factors may limit outdoor activities, further exacerbating the deficiency risk.

The Ripple Effect of Deficiency

Studies have shown that a significant portion of the population, especially those in regions with limited winter sunlight, are at risk of vitamin D deficiency. This deficiency can lead to a range of health issues, including weakened bones (osteoporosis), muscle weakness,

lowered immunity, and even mood disorders like seasonal affective disorder (SAD).

Supplement Solutions

This is where vitamin D supplementation becomes a crucial intervention. A quality vitamin D supplement can help ensure you're meeting your daily requirements, even when natural sunlight is scarce. According to the FDA, a common serving of vitamin D is typically 1,000 IU (International Units). For adults, the recommended daily value (DV) is 800 IU. This represents 100% of the DV, making it a convenient and effective way to maintain optimal levels.

Choosing the Right Supplement

When selecting a vitamin D supplement, it's crucial to opt for a high-quality product. Look for supplements that use reputable sources of vitamin D, such as D3 (cholecalciferol), which is efficiently absorbed by the body. Additionally, consult with a healthcare professional to determine the appropriate dosage for your individual needs, especially if you have specific health concerns or conditions.

By incorporating a vitamin D supplement into your winter routine, you'll be taking a proactive step towards maintaining your health and well-being. Remember, a little sunshine in a bottle can go a long way!

References:

Holick, M. F. (2007). Vitamin D deficiency. *New England Journal of Medicine*, 357(3), 266-281.
Ross, A. C., Manson, J. E., Abrams, S. A., Aloia, J. F., Brannon, P. M., Clinton, S. K., ... & Shapses, S. A. (2011). The 2011 report on dietary reference intakes for calcium and vitamin D from the Institute of Medicine: what clinicians need to know. *Journal of Clinical Endocrinology & Metabolism*, 96(1), 53-58.



December Calendar of Events

Class registration at:
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						The Growing Season In Your Garden with Laura Matter, Garden Hotline Educator 10 am
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above!						In-Store Class! Holiday Artistry: Ornament & Greeting Card Creations with Dianne Aoki 11 am - 3 pm Tacoma \$35
	Uniform Monday 10% off to all firefighters, police and military!				In-Store Lecture! Bach Flower Remedies 101 with Carl Anderson, BFRP, BFRAP Federal Way 5 pm	
<i>Christmas Eve</i> 8 - 4 pm	<i>Christmas Day</i> Both stores closed					
<i>New Year's Eve</i> 8 - 6 pm	<i>New Year's Day</i> Both stores closed					

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots
with Voda Health

Tuesday, 10 am - 2 pm

401.217.9902

Text "HERE" when you arrive.

You will be notified when it is your turn.

Iridology & Sclerology with Nancy Seals

4th Sunday, 11 am - 4 pm

360.556.3556

FEDERAL WAY

Vitamin B and glutathione shots
with 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



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December 2023

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Holiday Hours

Christmas Eve	8 - 4 pm
Christmas Day	Closed
New Year's Eve	8 - 6 pm
New Year's Day	Closed