

Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

December 2024

Festive sips & treats • Winter squashes
Homemade gifts • Calming digestion

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

A Letter From Us

Kindness is like snow—it beautifies everything it covers.

—Kahlil Gibran

As we welcome December and the official beginning of winter, we want to take a moment to express our gratitude for you, our readers. Thank you for letting our little magazine be a part of your life. Hearing how Sound Outlook has made a positive impact over the years has truly warmed our hearts.

With the New Year on the horizon, we're excited to share some updates coming to Sound Outlook over the next few months. We're working towards a refined format designed to bring you a fresh look and feel while preserving the content you know and love. Additionally, Sound Outlook will be going mostly digital to make it easier to access our magazine anytime, anywhere. Printed copies will still be available in-store, so feel free to pick one up on your next visit!

And here's some extra holiday cheer: we're thrilled to introduce our new Community Plus Loyalty Program! Joining will keep you informed about wellness education, exclusive promotions, and even earn you 1% credit toward future purchases at Marlene's.



Sign up today!

Thank you for your continued support and friendship. We look forward to this new chapter and wish you a holiday season filled with warmth, joy, and kindness. We hope to see you soon!

-The Marlene's Team

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Santa is gluten free this year!

Peppermint Black Bean Brownies

It sounds crazy, but these brownies might just be a holiday miracle! High in protein and rich in fiber, black beans work brilliantly in this flourless recipe. Moist, decadent and delicious, this recipe could be your new seasonal favorite!

Brownies:

2 cups **Westbrae Black Beans**, rinsed and drained (a 15 oz can, plus about ½ cup)
4 large eggs
8 Tbsp water
½ cup coconut oil, melted
1 tsp peppermint extract
½ tsp sea salt
1 cup cocoa powder
1 cup sugar
1 Tbl baking powder

Topping:

1 cup **Guittard White Baking Chips**
2 Tbsp coconut oil
½ cup crushed **Hammond's** peppermint candy canes

Oven to 350°F.

Spray an 8 x 8-inch baking pan with pan spray (or line with parchment) and set aside.

In a high speed blender or food processor, add your cooked black beans, eggs, water, coconut oil, vanilla and salt and blend until smooth. There may be flecks of black bean skin, but they will be incorporated well once they bake. Once you have a smooth consistency, add in your last ingredients (cocoa powder, sugar and baking powder). Pulse the ingredients until they are well incorporated.

Use a rubber spatula to scrape the sides of the food processor and pour the batter into your prepared baking pan.

Bake the brownies for about 45 minutes. You want the middle to appear dry and the edges of the brownies to pull away from the pan slightly. The inside of the brownies will always be moist, so the toothpick test will not work.

Let your brownies cool for about 30 minutes. In a small saucepan heat coconut oil and white chocolate chips over low, stirring until melted and completely mixed. Stir in peppermint extract. Pour mixture evenly over cooled brownies. Sprinkle crushed peppermint candy cane over the top and press in lightly.

Refrigerate for about 30 minutes before cutting into them. They will be delicate, so chilling them in the fridge before cutting them helps to avoid crumbly brownies!



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 34.99 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



Must-Have Cheeses for the Season!

Laura Chenel Goat Cheese

Famous for its rich-tasting, bright citrusy tang, these fresh farmstead goat cheeses are made in the traditional French elongated shape and has a creamy texture at room temperature or baked. Enjoy delightful and creative combinations like Orange Blossom & Honey, Mango Habanero, and Garlic & Chive.



Twin Sisters Creamery Artisan Cheese

Handcrafted locally in Ferndale, WA, these cheeses are not to be missed! Full bodied and creamy, raw milk Whatcom Blue is aged a minimum of 60 days. Farmhouse with Whole Peppercorns is perfect to elevate your savory dishes. Crumble into hot soups and chili, toss with pasta or whip into scrambled eggs.



Daniel's Artisan Bonneville

This decadent double cream cheese is washed in Syrah over several weeks. Extra cream is added to an already rich milk, lending to the fudgy texture and deep yellow color. This cheese is a cheese for every occasion! Serve atop crostini with baked apples topped with a little honey.



Beehive Cheese

This award winning, first-of-its-kind rubbed rind cheese is in a league of its own! Unique flavors that transport the taster from an outstanding cheddar to an elevated artisanal greatness through the art of the rubbed rind. Choose from Red Butte Hatch Chile, Barely Buzzed (with espresso and lavender rub—trust us, it's amazing!), and umami-rich Queen Bee Porcini.



BelGioioso Burrata

This fresh cheese resembles a fresh mozzarella ball, but when split open, you will be delighted to discover a rich-tasting soft filling of fresh pieces of Mozzarella soaked in sweet heavy cream. Enjoy this burrata as part of an antipasto cheeseboard or atop a freshly baked pizza added just before serving. Add to salads of fresh arugula or serve with tomatoes and fresh basil for a rich, creamy Caprese!



Henri Hutin Brie Couronne Wedge

Made in France by some of the finest cheese crafters, this brie cheese boasts an incredibly smooth texture. The only truly French milk brie on the market containing 60% cream, resulting in a cheese that oozes deliciously. Enjoy its earthy, nutty flavor and edible white rind on charcuterie board or as a phenomenal dessert cheese.



Plant Based Options!

Kite Hill offers creamy, plant-based perfection with their almond milk-based cream cheese, chive cream cheese, and ricotta. Crafted with simple, high-quality ingredients, these dairy-free favorites bring rich, savory flavor to any dish or spread.



Nuts for Cheese offers creatively flavored wedges that are as decorative as they are delicious! These decadent, 100% dairy-free plant-based cheeses are handcrafted and aged to perfection with an artisan touch that's a cut above the rest. Your charcuterie board has just been upgraded!





A Quick Guide to Storing & Preparing Winter Squash



All members of the squash family are from the genus Cucurbita and are indigenous to Central America. Cultivation of squash in North America dates back at least 8,000 years and has been an important staple food for indigenous tribes ever since.

Winter squash is versatile, nutrient-rich and stores well for long periods of time. If you're not eating squash, you're missing out! Even well into winter, gorgeous squashes keep rolling into our markets, so we encourage you to come in and try something new.

While a storage temperature of 45-55 degrees is ideal for virtually all squashes, the length of time different varieties can be kept varies quite a bit. Some squashes actually need time to mature or 'cure' after they're picked (to maximize flavor and texture) while others are ready for eating straight off the vine.

ACORN

The fruits of acorn types will have a dark-orange "ground spot" when mature. Fruits can be consumed at harvest, and eating quality is best within about 10 weeks.



DELICATA & DUMPLING



The fruits of these types, like acorn squash, often have an orange ground spot when mature. Fruits can be consumed fresh from the vine, and eating quality is

best within 3 months of harvest.

A note about prep: When preparing delicatas, don't bother peeling them. They are one of the few winter squashes that have skins that are both edible and delicious!

RED-SKINNED HUBBARDS & SMALL KABOCHA

Hubbard varieties such as Red Kuri can be consumed at harvest, and will store up to 4 months. Dry, corky stems are a good indication of fruit maturity.



BUTTERCUP & LARGE KABOCHA

These squashes benefit from a curing period of 1 to 1½ months after harvest, which enhances their sweetness and texture. After this initial storage, they can be kept for an additional 4–6 months. Look for dry, corky stems as a sign of maturity and readiness for storage. Properly stored, these squashes maintain their dense, rich flavor throughout the winter months, perfect for hearty soups and roasted dishes.



HUBBARD & BUTTERNUT



Fruits are best after 1–2 months of storage, and will keep 4–6 months.

A note about prep: If your hubbard or large kabocha seems too difficult

to cut, simply drop them onto a hard surface until they split, and then roast or steam the pieces!

SPAGHETTI SQUASH



Spaghetti squash can be consumed right away after harvest and will store only about 10 weeks. So when you see these tasty, butter yellow beauties in our

markets, snatch them up while you can!

A note about prep: Spaghetti squashes hold a lot of moisture, so they are best baked or roasted rather than steamed. Slice squash in half either lengthwise or vertically, and scoop out and discard the inner seeds and pulp. Rub olive oil lightly around the interior and roast cut side down until a fork easily pierces the skin. Cool and separate the spaghetti-like strands before using in a recipe.

Winter Squash & Apple Chutney

Warming, sweet, savory and just a little spicy, this chutney adds a wonderful pop of flavor to a variety of foods! Pairs brilliantly with breads, meats and cheeses. Spread it on a sandwich or drop a dollop on a cracker with a smear of goat cheese for starters!

1-1 ½ lbs	winter squash, skinned and diced (butternut, pumpkin, and acorn work well here)	1 Tbl	olive oil
		½ cup	apple cider vinegar
		½ cup	brown sugar, packed
		½ cup	raisins, dried cranberries or dried tart cherries
1 Tbl	fresh ginger, grated		
1	Granny Smith apple, peeled, cored and diced	1 tsp	sea salt
		1 tsp	cumin powder
		1 tsp	chipotle chili powder
1	white or yellow onion, diced	½ tsp	turmeric
3	garlic cloves, minced	½ tsp	cinnamon
		¼ tsp	clove powder

In a heavy-bottomed sauce pan, heat olive oil over medium and saute onion about 5 minutes. Add squash, apples and salt, stirring frequently 10 minutes until squash becomes tender. Add garlic, chipotle, cumin, turmeric cinnamon and clove and heat until fragrant, about 3-5 minutes, stirring frequently. Add brown sugar, vinegar and raisins and heat until simmering. Reduce heat to low and simmer about 20 minutes, until mixture is thick and reduced (monitor consistency and add a couple of tablespoons of water if it seems that the chutney is becoming too dry).

When chutney is a jam-like consistency, allow to cool slightly and pour into a jar. Cover and refrigerate. Use within two months.



Winter Vegetable & Grain Stuffed Butternut Squash

by Pacific Foods

2	butternut squashes, halved, seeds scooped out	1 bunch	kale, chopped
		½ cup	red cabbage, roughly chopped
1 Tbl	avocado or olive oil	½ tsp	sea salt
1 cup	quinoa	1 tsp	black pepper
2 cup	Pacific Foods Organic Chicken Bone Broth or Pacific Foods Organic Vegetable Broth	½ tsp	dried thyme
		4 leaves	fresh sage, thinly sliced
		½ cup	pomegranate seeds
1 Tbl	olive oil	2 Tbl	fresh thyme, chopped
½	yellow onion, chopped	2 Tbl	tahini

Preheat oven to 425°F degrees and line a baking tray with parchment paper.

Drizzle cut butternut squash with oil and season with sea salt and pepper. Place squash cut-side down on lined baking tray. Bake squash for 30-40 minutes, or until squash are tender. Remove from oven and carefully flip over to let cool slightly.

While squashes are roasting, prepare quinoa. Add broth to a saucepan over medium heat and bring to a boil. Stir in quinoa, reduce to a simmer and cover. Cook quinoa for 15 minutes, or until fluffy. Remove from heat and set aside.

While quinoa cooks, prepare vegetable filling. Add olive oil to a large skillet over medium heat. Add chopped onions and sauté for 3-5 minutes, until softened. Stir in chopped kale and cabbage and sauté for 5 minutes. Sprinkle with sea salt, pepper, dried thyme and fresh sage. Stir to combine.

To a large bowl, add cooked quinoa and sautéed vegetables. Stir well. Gently spoon quinoa and vegetable mixture into roasted butternut squash halves.

Sprinkle squash with pomegranate seeds, fresh thyme and a drizzle of tahini. Serve and enjoy!



SLEEP HEALTH AND CIRCADIAN RHYTHM ALIGNMENT

With shorter days and colder nights, winter can disrupt our natural sleep cycles, affecting both sleep quality and overall health. Our bodies are equipped with an internal clock, known as the circadian rhythm, which regulates our sleep-wake cycles, hormone release, and body temperature over a roughly 24-hour period. When our circadian rhythm aligns with natural light and dark cycles, our bodies tend to function optimally. But with increased artificial light exposure, varying schedules, and changes in daylight, many people experience circadian disruptions, leading to sleep difficulties and negative impacts on mental and physical health.

How Circadian Rhythms Work

Circadian rhythms are influenced primarily by light exposure. The suprachiasmatic nucleus (SCN) in the brain's hypothalamus responds to light cues, synchronizing bodily functions to anticipate day and night. Exposure to natural morning light signals to the SCN that it's time to be awake and alert, increasing cortisol levels and suppressing melatonin, the hormone that promotes sleep. In the evening, diminishing light allows melatonin to increase, signaling the body to prepare for rest. When these natural cues are disrupted, sleep quality and circadian alignment can be compromised, which is linked to a range of health issues, from mood disorders to weakened immunity.^{1,2}

Effects of Circadian Misalignment

Misalignment of the circadian rhythm, common during winter months or in individuals with irregular schedules, can lead to insomnia, excessive sleepiness, and poor sleep quality. Additionally, studies have linked circadian misalignment to mood disorders like depression and anxiety,

weight gain, metabolic disturbances, and even cardiovascular issues.^{3,4} For instance, shift workers and night owls are more prone to sleep disorders and face higher risks for metabolic syndrome and diabetes due to persistent circadian disruption.⁵

Strategies to Align Circadian Rhythms for Better Sleep

1. Morning Light Exposure

Natural light exposure in the morning is one of the most effective ways to maintain circadian alignment. Sunlight stimulates cortisol production, aiding in alertness, while resetting melatonin production to prepare the body for sleep later in the day. Even on winter mornings, spending time outside or near a bright window can help reinforce the body's natural rhythms.^{2,3}

2. Limiting Evening Light

Blue light, emitted by phones, computers, and other screens, can interfere with melatonin production and delay sleep onset. Blue light blocking glasses, screen filters, and switching to warmer light sources in the evening help reduce this interference. Using dim or red-toned lighting in the hour before bed can further support the body's transition to rest.^{1,6}

3. Consistent Sleep Schedule

Regular sleep and wake times strengthen circadian alignment. This is especially important on weekends, when "social jet lag" from late nights can disrupt weekly sleep patterns. By going to bed and waking up at the same time daily, the body learns to anticipate sleep, improving both quality and duration.^{2,7}

4. Creating a Bedtime Routine

Establishing a calming routine signals to the body that it's time to wind down. Activities like reading, light stretching, or taking a warm bath can help shift focus away from stimulating tasks, supporting melatonin production and relaxation before bed. Avoiding stimulating activities and substances like caffeine and intense exercise close to bedtime can also contribute to a smoother transition to sleep.^{5,8}

5. Dietary Support

Certain nutrients support melatonin production and sleep quality. Magnesium, found in leafy greens and nuts, promotes relaxation, while foods like tart cherries and walnuts contain melatonin. Avoiding large meals, alcohol, and caffeine close to bedtime can also help reduce nighttime awakenings.⁴

Aligning sleep habits with circadian rhythms is especially important during winter when natural light exposure decreases. By reinforcing these rhythms, individuals can experience deeper, more restorative sleep, which supports immune health, mood stability, and overall wellbeing.

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Four of the Best Herbs for Women's Health*

by Herb Pharm

A woman's life is full of transitions and cycles, but no matter what you're going through, Herb Pharm is here. We've used the power of herbalism to support people since 1979. We truly believe that liquid herbal extracts have the power to help you tune into nature and connect more deeply with your body. It's important to note that while these herbs can be found in the category of "Women's Health," they are appropriate for all humans, whether you identify as a woman or not. Everyone is welcome here!*

Motherwort

Motherwort is a great multi-benefit herb to add to your routine. Motherwort provides traditional support for the endocrine system. The endocrine system is made up of the glands and organs that produce your hormones. Motherwort supports a healthy menstrual cycle, is supportive for the heart and nervous system, and was traditionally used to calm nerves and reduce tension.*

We put a lot of care into how we make all our extracts, and Motherwort is no exception. We prepare Motherwort extract from the leaf and flowering tops of Certified Organic Leonurus cardiaca plants grown on our Regenerative Organic Certified® farms in southern Oregon. To ensure optimal extraction of the herb's bioactive compounds, the plants are harvested while in full flower, carefully shade-dried, and then thoroughly extracted.

Lots of people take Motherwort as a single herb extract, but you can also find it as a key ingredient in our Menopause Health™ formula.

Chaste Tree

So often you'll hear the term "hormonal" used to describe teenagers, but hormones are a key part of our lives through adulthood, too. There are a lot of ways to support and balance your hormones, but taking Chaste Tree extract is one of our favorites. It's an excellent herbal ally for both healthy hormonal balance and healthy function of the female reproductive system.*

We prepare our Chaste Tree liquid herbal extract from the ripe berry of Certified Organic Vitex angus-castus trees. You might see this herb advertised as "Vitex,"—based on a shortened version of the Latin name, but we always refer to it as Chaste Tree. To make this extract, we freeze the berries prior to milling in order to preserve the essential and fixed oils within the seed. The end result is an extract that's peppery, slightly bitter, super high-quality, and swiftly effective.*

We offer Chaste Tree as a single herb extract, and it's also a featured herb in our Women's Reproductive Health, PMS Comfort, Menopause Health and Phytoestrogen Balance™ formulas.



Dong Quai



While we practice traditional western herbalism at Herb Pharm, we do use a few herbs that are popular in traditional Chinese herbalism. One of those herbs is Dong Quai, which provides traditional support for the female reproductive system.*

We prepare this extract with the dried root of Certified Organic Angelica sinensis plants that are grown in China, where it natively thrives.

Dong Quai is a member of the Apiaceae family,

just like many spices and vegetables you might eat every day. Some other plants in that family are Carrots, Celery, Cumin, and Parsley. Our Dong Quai is harvested in the fall, dried, and then fully extracted.

You can take Dong Quai all on its own as a single herb extract, or find it in our PMS Comfort and Women's Reproductive Health formulas.

Black Cohosh

If you're going through perimenopause or menopause, consider Black Cohosh your new best friend. There's a reason why it's one of the featured



herbs in our Menopause Health formula! This herb supports your physical health during menopause and also supports the female reproductive system overall.*

We prepare our Black Cohosh extract from the rhizome of Certified Organic Actaea racemosa plants. The Black Cohosh we use is grown in its natural forest habitat in the United States.

Like all of the herbs above, you can certainly take Black Cohosh liquid herbal extract all on its own and see how it works for you. As mentioned above, we've also created a Menopause Health formula (which contains Black Cohosh) as well as other beneficial herbs such as Chaste Tree, Motherwort, Licorice, and Pulsatilla.*

Honorable mention: For those not going through menopause, Black Cohosh is also featured in our proprietary Cramp Care™ formula along with Cramp Bark, Corydalis, Jamaica Dogwood, Wild Yam, and Ginger.*

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Herbs and Sustainability

How Local Sourcing Benefits People, Plants, and the Planet



Mickelberry Gardens is committed to sourcing sustainably, especially for our herbs and honey. This commitment goes beyond crafting products; it's about building relationships with local farmers, beekeepers, and ecosystems to create a business that regenerates as much as it produces.

The Value of Local Herbs for Product Quality

A cornerstone of our approach is using fresh, locally grown herbs. Many herbs on the market come from distant regions with opaque supply chains, making it difficult to assess their growing conditions, harvesting methods, or how farmers are treated. In contrast, Mickelberry Gardens work closely with small, organic herb farmers in the U.S. who share their dedication to quality and sustainability. Locally sourced herbs are not only fresher and more potent but also help maintain transparency and integrity in their product line.

Because these herbs have fewer miles to travel, their medicinal benefits remain intact and robust, giving our customers the best possible quality. Partnering with small, certified organic farms allows them to support a burgeoning network of U.S.-based herbal cultivators dedicated to preserving local biodiversity and offering the highest standards in organic agriculture. Together, they are helping to expand the availability of medicinal plants grown on U.S. soil, contributing to a more resilient agricultural ecosystem.

Sustainability in Sourcing and Processing

Local sourcing doesn't just enhance quality—it's also a crucial part of their sustainability mission. The shorter distances that our ingredients travel reduce our carbon footprint, while also minimizing the number of processing steps and hands involved. This streamlined journey from farm to bottle means fewer contaminants and fresher herbs, which align with our promise to deliver the most effective, natural products possible.

All their honey is sourced directly from small-scale, family-run beekeepers in the Pacific Northwest, people with whom they have cultivated relationships based on trust and shared values. They go the extra mile by conducting third-party testing on their honey to ensure there's no adulteration or contamination from pesticides or antibiotics. This careful attention not only guarantees a quality product but supports an ethical, transparent, and sustainable supply chain.

Supporting Bees and Beekeepers

The founders roots as beekeepers inspire them to be active stewards of pollinator health. Bees play an essential role in the health of ecosystems, agriculture, and food systems. Supporting local beekeepers goes beyond providing quality honey; it's about bolstering a sustainable practice that aligns with the protection of pollinators, a goal we hold close to heart. Pollinators are essential to the natural balance of our planet, and they need help now more than ever.

This commitment is multi-faceted and includes: dedication to helping conserve at-risk plant communities, creating protected habitats, and raising awareness about the harms of pesticides. Through these efforts, Mickelberry Gardens aims to create a healthier environment for bees and pollinators, knowing that their wellbeing is inextricably linked to our own.

Embracing Regenerative Practices and Community Support

Sustainability has become a buzzword in recent years, but for them, it's about going beyond sustainability to adopt regenerative practices.

They are committed to doing business in a way that gives back—whether that's by helping bees thrive, preserving native plant habitats, or supporting small, family-run farms.

By connecting our customers to our mission and engaging with local farmers and conservation groups, they aim to make a tangible, positive impact on the planet. Sustainability at Mickelberry Gardens isn't a single commitment; it's a collection of conscious choices that work together to foster a healthier future for people, plants, and the planet alike.

A Vision for a Healthier Planet

Mickelberry Gardens' approach to sourcing locally and sustainably reflects our broader mission to create wellness products that support not only our customers but also the natural world. By prioritizing local, organic ingredients and fostering regenerative practices, we ensure that every bottle we produce aligns with our values of transparency, quality, and environmental responsibility. It's about being part of a community that cares for people, plants, and the planet, all working together toward a brighter, healthier future.



December Events & Education

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

LEARN TO HARNESS THE HEALING PROPERTIES OF HIMALAYAN SINGING BOWLS



with Francesca Siena, Reiki Master Educator, Founder of Artemisia Healing Arts

**Saturday, December 7
11 am, Tacoma**

In the midst of a busy, fast-paced season, take a moment to unwind with the soothing sounds of Himalayan Singing Bowls. Join us for a peaceful session where you'll learn the basics of striking, holding, and caring for these unique instruments. Let the calming tones guide you to a tranquil state of mind—one where no elevator music can penetrate! This is a BYOB (Bring Your Own Bowl) event!

WINTER WELLNESS & POSITIVE EMPOWERMENT



with Ashley Looker, Empowerment and Journaling Coach

**Tuesday December 10
5 pm, Online**

Winter offers a unique opportunity for introspection and growth; Empowerment Coach Ashley Looker will show you how to use this quieter season for self-empowerment. Join us for a transformative workshop on navigating winter with intention. Learn how to slow down, detach self-worth from productivity, and prioritize well-being through journaling and self-reflection.

FUNCTIONAL MEDICINE FOR THE COLD MONTHS



with Michelle Sandwisch, ARNP, FNP-C, owner and founder of Origin Medicine Practice

**Thursday, December 12
5 pm, Tacoma**

Explore effective, natural strategies to boost your immune system, manage seasonal stress, and enhance overall wellness using functional medicine techniques. This class provides tailored approaches to help you thrive through winter, focusing on personalized solutions to support both body and mind. Discover how to harness nutrition, lifestyle adjustments, and targeted supplements to feel balanced and resilient all season long.

We're thrilled to introduce our new

Community Plus Loyalty Program!

Join today to stay informed with wellness education, exclusive promotions, and earn 1% credit toward future purchases at Marlene's.



Sign up today!



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.

Homemade Gifts for the Kitchen

Coconut Curried Red Lentils

(Gluten Free and Vegan)

16 oz glass jar with lid	1 tsp	dried minced onion
1 cup red lentils	2 tsp	curry powder
2 Tbl shredded coconut	1/3 tsp	turmeric
2 bay leaves	1 tsp	cumin
1 tsp sea salt	1 can	Native Forest Coconut Milk
1 tsp dried minced garlic		

In an 16 oz jar, add 1/2 cup lentils, then shredded coconut, then bay leaves and salt, and then all the spices. Top with the remaining 1/2 cup lentils. Secure lid. Tie the jar to the can of coconut milk with a decorative ribbon and a tag with the following instructions:

In a large saucepan over medium-high heat, bring 2 cups of water and the can of coconut milk to a low boil. Pour in the soup mix, stir, and adjust heat to low. Simmer for 20 minutes or until lentils are fully cooked.



Mediterranean Lentil & Grain Soup

(Gluten Free and Vegan)

16 oz glass jar with lid	1/2 tsp	thyme
1/2 cup French green lentils	1/2 tsp	oregano
1/3 cup quinoa	1 1/2 tsp	salt
1/2 cup split peas	1/2 tsp	pepper
1/3 cup wild rice	2	bay leaves
1 Tbl dried minced onion	1	6 oz can Muir Glen Tomato Paste
1 tsp garlic powder	1	14 oz can Muir Glen Diced Tomatoes
1 Tbl Italian seasoning herb blend		

In a 16 oz jar, layer the ingredients in order through bay leaves. Secure lid. Tie jar together with the cans of diced tomatoes and tomato paste with a decorative ribbon. Attach the following instructions:

Add contents of jar to an instant pot with 7 cups water, tomato paste, and diced tomatoes. Pressure cook for 20 minutes (quick or natural release). Can also be made in a slow cooker on low for 6 hours. Makes 5-6 servings. Add more salt and pepper to taste, and red pepper flakes if desired.

Fabulous Five Bean Soup (Gluten Free and Vegan)

32 oz glass jar with lid
3/4 cup dried pinto beans
3/4 cup dried split green peas
3/4 cup dried great northern beans
3/4 cup dried black beans
3/4 cup dried red beans or red lentils
1 tsp black pepper
1 1/2 tsp paprika
1 1/2 tsp mustard powder
1 Tbsp dried minced onion
2 tsp sea salt
3 tsp garlic powder
3 tsp dried thyme leaf
1 tsp dried oregano
1 tsp dried basil
2 bay leaves
1 vegetable bouillon cube
1 14 oz can of Muir Glen Diced Tomatoes

In a quart size jar, layer the beans, gently shaking the jar to level beans after each addition.

In a small bowl, add all seasonings except bay leaves and bouillon cube. Empty contents into a coffee filter, tea bag or small plastic zip pouch. Add bay leaves and bouillon cube. Secure top with twine and trim any extra material. Place seasoning pouch on top of the beans and secure the lid.

Tie the jar to the can of diced tomatoes with a decorative ribbon and a tag with the following instructions:

- Set spice packet aside. Rinse beans and place them in a large stock pot. Fill the pot with water 1 inch above the beans.
- Bring to a rolling boil over high heat for 1 minute. Turn heat off, cover and let soak for 1 hour.
- Drain and rinse beans. Return to stock pot, add seasoning packet, diced tomatoes and 6 cups of water.
- Bring to a boil over high heat. Reduce heat to low and simmer 1 1/2 to 2 hours until beans are tender.



Vegan Hot Cocoa Mix

16 oz glass jar with lid

- 2/3 cup powdered sugar
- 1/2 cup unsweetened cocoa powder
- 2/3 cup powdered coconut milk (available in bulk)
- 1/8 tsp sea salt
- 3 Tbsp semi-sweet chocolate chips (dairy free)
- 3 Tbsp **Dandies Vegan Marshmallows**

In a pint (16 oz) jar layer ingredients in order. Can be stored in an airtight container for up to 6 months. Makes a total of 4 servings of hot chocolate.)

Secure lids. With a decorative ribbon, attach the following instructions:

Empty contents of jar into a small bowl and mix well. In a mug, combine 1/2 cup mix with 1 cup of hot water or plant milk, stir well until frothy and well-combined. Store remaining mix in original jar.



Smoky Sweet Spice Rub

- | | | |
|------------------------------|-------|---------------|
| 4 glass spice jars with lids | 2 Tbl | cumin |
| 2 Tbl brown sugar | 2 Tbl | garlic powder |
| 1 Tbl mustard powder | 1 Tbl | oregano |
| 2 Tbl chili powder | 2 tsp | cayenne |
| 2 tsp chipotle chili powder | 2 Tbl | sea salt |
| | 2 Tbl | ground pepper |

In a small bowl, add all ingredients and stir until combined. Makes about 1 cup.

Spoon into individual spice jars and secure lids tightly. Label ingredients on a sticker. With a decorative ribbon, attach the following instructions:

Generously season your favorite meats, vegetables, tofu steaks or portobello caps with this rub. Can be stored for up to a year.



Cherry, Coconut & Almond Biscotti

32 oz glass jar with lid

- 1 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1 cup yellow cornmeal
- 3/4 cup granulated sugar
- 1/4 cup dried cherries
- 1/2 cup **Awakened Almonds** or raw almonds, chopped
- 1/2 cup unsweetened shredded coconut

To make the gift jar: In a small bowl, whisk flour, baking powder and salt. Add mixture to a 1 quart mason jar. Top with cornmeal, sugar, dried cherries, almonds and shredded coconut. Secure lid. With a decorative ribbon, attach the following instructions:

To make the biscotti, you'll need:

- 2 eggs
- 6 Tbl olive oil
- 1/2 tsp almond extract (optional)
- 2 tsp orange zest

Pour all ingredients from mason jar into a large bowl. In a separate medium bowl, whisk eggs, oil, almond extract and zest until combined. Add wet ingredients to dry ingredients; stir thoroughly to combine.

Shape and pat dough into a roughly 14-by-4-inch log on prepared baking sheet. Bake 30 to 35 minutes until golden brown and set. Cool completely.

Reduce oven temperature to 325°F. Use a serrated knife to slice log diagonally into 1/2-inch slices. Place biscotti cut-side down on parchment-lined baking sheet, spaced at least a 1/2-inch apart. Bake 15 to 20 minutes, rotating sheet and flipping biscotti over halfway through, until biscotti are golden around the edges. Cool completely.

Snacks and Stocking Stuffers



Experience the **PACHA PEACES BAR SAMPLER**—a collection of handcrafted, all-natural soaps that cleanse and nourish your skin. Perfect for gifting or personal indulgence!



Holiday snacking has never been better!

SIETE MINI BUÑUELOS—grain-free cinnamon crisps inspired by Mexican tradition.

ANGIE'S WHITE CHOCOLATE & PEPPERMINT KETTLE CORN—a sweet and minty popcorn delight



ECO-FRIENDLY CANDLES

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



WOODSTOCK CHIMES

Gift harmony and tranquility to anyone's space with Woodstock Chimes! Finely tuned to create soothing melodies that resonate with the soul!



Discover the **SEATTLE CHOCOLATE HOLIDAY COLLECTION**, showcasing an array of rich truffles and festive seasonal bars. Indulge in creamy truffles with decadent fillings or savor limited-edition bars featuring holiday-inspired flavors. Perfect for gifting or treating yourself, this selection adds a touch of sweetness to the festive season.



Homemade Gifts for Glowing Skin

Hydrating Body Oil

- 4 oz glass amber or cobalt bottle
- 3 Tbsp grapeseed oil
- 2 Tbsp avocado oil
- 2 Tbsp jojoba oil
- 5 drops vitamin E oil
- 10 drops lavender essential oil (or skin-friendly essential oil blend of your choice)



Add each of the carrier oils* (grapeseed, avocado, and jojoba) into a 4 oz glass amber or cobalt bottle. Add of vitamin E oil and lavender essential oil. Secure the lid, shake well, and it's ready for use.

Body oil is best used right after a shower when the pores are open. To apply the oil, drop some into the palm of your hand and rub it into the skin. If using a spray bottle, spray the oil directly onto the skin before rubbing it in.

*Feel free to substitute other liquid carrier oils if you prefer.

Luxurious Lotion Bars

(Gluten Free and Vegan)

These lotion bars are deeply hydrating and long-lasting body moisturizers! Made with simple all-natural ingredients, you can have them ready to use or wrap for gifting in no time. A cheerful, citrusy essential oil combination gives these bars a mood-boosting burst of sunshine that we can all appreciate this time of year.



- 1 cup coconut oil
- 1 cup shea butter
- 1 cup beeswax pellets
- 1 tsp vitamin E oil

30-50 drops of your choice of essential oils (We recommend these blends by NOW: Good Morning Sunshine!, Cheer Up Buttercup, Peace & Harmony, or Smiles for Miles)

Combine everything EXCEPT essential oils in a glass bowl or glass jar. Place a glass bowl over a small saucepan that has at least 1 inch of water in it. Melt the ingredients over medium heat, stirring constantly until they are completely melted.

Have essential oils ready to go as the mixture will harden quickly. Turn heat to the lowest setting. Add essential oils and stir.

Pour the mixture into the mold of your choice (silicone baking molds are a great option, or



you can use individual tins or cupcake liners in a muffin pan as well).

Allow filled molds to cool and harden until they can be popped out of the mold.

Use as a moisturizer for hands and body.

They're a perfect homemade gift! They can be gifted in tins or wrapped individually in cellophane and tied with a decorative ribbon.

Soothing & Relaxing Bath Salts



- 3 cups Dead Sea salt
- 1 cup coarse sea salt or Himalayan pink salt
- ½ cup baking soda
- 2-3 Tbsp dried flowers (lavender, calendula and rose petals are beautiful choices!)
- 20 drops skin-friendly essential oils

In a large glass bowl, mix all ingredients with a metal spoon or non-porous utensil. Store in glass containers until use; cork-top glass jars work great and allow some airflow. Store in a cool, dry place for up to 6 months.

Enjoy about 1/2 cup to 1 full cup in each hot bath for a wonderful and relaxing bath. This recipe makes about 4 cups total, which should make about 4-8 baths total



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- Craig's Vegan Ice Cream
- If You Care Paper Products
- Let's Do Organic
- Sunshine Nut Company
- Lakewood Organic Juice
- Tofurky
- Mary's Gone Crackers





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Irwin	Natural Health
Mickelberry	Vitality Works

Also on sale in December!

Humble	UpCircle
Wild Carrot	Shikai
Bulldog	Derma E
Evan Healy	
The Organic Skin Company	

Also on sale in December!

Tony's Coffee	Nancy's Sour Cream & Cream Cheese
Green Valley Cheese, Yogurt & Butter	Kor
House Foods Tofu & Shirataki	Sweet Loren's
	Honey Mama's





The 'Buzz' on Unlocking Immune Health Dr. Ohhira's Propolis Plus

Dr. Ohhira's Propolis PLUS pioneers a product that utilizes the secret life of bees merged with the ancient wisdom of the ocean and the proven science of probiotic extract. These ingredients converge to create a singular supplement supporting the crucial balance required for complete digestive health and the oxidation/inflammation cascade.

Propolis PLUS combines a unique and consistently potent Brazilian green Propolis with Flax Oil Omega-3s, complete pre-biotic and probiotic support, and anti-inflammatory antioxidant Vitamin E and Astaxanthin. There is simply no other single-product combination like this on the market today.

A robust immune system is essential for overall health and well-being, especially in cold and flu season. It is the body's defense mechanism against various pathogens, including bacteria, viruses, and other harmful invaders. While a balanced diet, regular exercise, and proper sleep play crucial roles in supporting immunity, there are natural supplements like Dr. Ohhira's Propolis Plus that can help strengthen the immune system.

Understanding Immunity and Its Challenges

The immune system comprises a complex network of cells, tissues, and organs that work harmoniously to protect the body. However, various factors, including stress, poor nutrition, and exposure to pathogens, can weaken the immune system, making it less effective in defending against infections and illnesses.

The Power of Propolis

Propolis, often called "bee glue," is a natural substance bees create from tree sap and other botanical sources. Bees use propolis to seal and protect their hives from bacteria and fungi, making it a potent natural defense mechanism. Dr. Ohhira's Propolis Plus harnesses the power of propolis to support immune health and overall well-being.

Key Ingredients and Their Immune-Boosting Properties

Brazilian Green Propolis - Brazilian Green Propolis is a type of propolis sourced from the *Baccharis dracunculifolia* plant in Brazil. It is rich in flavonoids, phenolic compounds, and Artepillin-C, which possess potent antioxidant properties and can help with inflammation. These compounds help combat oxidative stress and inflammation, which can weaken the immune system.

Probiotic Support - Dr. Ohhira's Propolis Plus also contains Dr. Ohhira's probiotic extract. Probiotics are vital in maintaining a healthy gut microbiome, closely linked to immune function. A balanced gut microbiome supports the development and activity of immune cells.

Natural Plant Extracts - Propolis Plus includes natural plant extracts like astaxanthin, Vitamin E, and flaxseed oil, which provide additional antioxidant benefits. These extracts help protect immune cells from damage and promote their optimal functioning.

Benefits of Dr. Ohhira's Propolis Plus

Enhanced Immune Response - Combining Brazilian Green Propolis, probiotics, and natural plant extracts help improve the body's immune response to infections and illnesses.

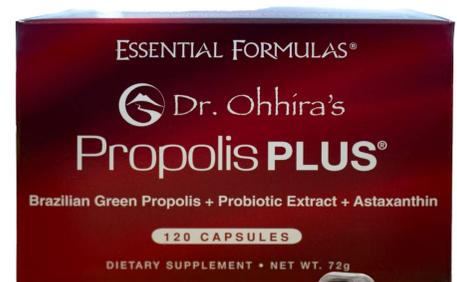
Reduced Oxidative Stress - The antioxidant-rich formula helps reduce oxidative stress, which can weaken immune function and lead to chronic diseases.

Gut Health Support - The supplement's probiotic strains promote a healthy gut microbiome, supporting the immune system.

Inflammatory Regulating Effects - The ingredients' properties help calm the inflammatory response, which can compromise immune function.

Overall Well-Being - Dr. Ohhira's Propolis Plus benefits immunity and protects against daily stressors and environmental factors.

A robust immune system is vital for maintaining good health and preventing illness. Dr. Ohhira's Propolis Plus, with its unique blend of Brazilian Green Propolis, probiotics, and natural plant extracts, offers a natural and effective way to support immune health. By harnessing the power of nature, this supplement helps strengthen the body's defenses against infections and enhances overall well-being.



Feast and Feel Fantastic!

Foods and Remedies for a Calmer Stomach

by Boiron

Other than spending time with family, one of the best parts of the holiday season is all the delicious food. Unfortunately, it is easy to get an upset stomach from overindulging in your favorite festive fare. The good news is that some of the tastiest holiday treats can work to counteract the digestive upsets that are common this time of year.

Heartburn and Indigestion

Enjoying fried, fatty, and spicy foods can trigger a burning sensation in your chest, otherwise known as heartburn. While occasional heartburn and indigestion are normal, they are not pleasant. To avoid them, try eating more of this holiday staple: green bean casserole. Green beans are high in fiber, meaning they can reduce stomach acid and help you feel fuller faster.

Diarrhea

When you have diarrhea, it can be stressful trying to decide what you can eat. Calm your worry with the knowledge that foods which are known to be gentle on the stomach and have a low fiber content can help settle your symptoms. One such food is potatoes – including sweet potatoes! So, if your tummy is a little touchy at a holiday gathering, add roasted potatoes or sweet potato casserole to your plate.

Gas and Bloating

If your stomach feels too full or your clothes feel tight, these are signs that your digestive system is gassy and bloated. Thankfully, eating dishes like stewed

or baked apples can help alleviate these sensations. Apples, which are rich in potassium and fiber, help balance your body's fluids and aid in moving food through the body.

Nausea

Nausea can have various triggers, but there are dietary choices you can make to calm your stomach upset. Bland foods, such as crackers, are a great way to soothe your gut. Peppermint has also been shown to relax stomach muscles. So, relieve your symptoms by camping out next to the charcuterie board with a handful of peppermint bark or a mug of peppermint tea.

Homeopathic Relief

If these helpful holiday dishes are not providing enough relief, try Boiron digestive relief medicines. These solutions are discreet and convenient thanks to their meltaway tablets, which require no water. Plus, they're powered by plant-based and other pure active ingredients.

For heartburn, acid indigestion, bloating, and upset stomach, try Acidil®.* Diaralia® offers relief from diarrhea and traveler's diarrhea with intestinal pain, bloating, gas, nausea, and vomiting.* Choose Gasalia® to relieve bloating, pressure, discomfort, and pain associated with gas.* For relief from nausea associated with upset stomach, fullness, stomach flu, or even motion sickness, NauseaCalm® is your solution.*

*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.





Andrographis

Powerful Protection from Bacterial and Viral Infections

Widely used in Ayurvedic medicine in India for thousands of years, andrographis is probably best known in the West as a botanical that boosts your immune system's ability to defend you from viruses and bacteria. Its application for stopping colds, flus, and other viral infections has never been more important than it is now.

First, many antibiotics are less effective because of overuse and resistance to their effects, so a way to treat bacterial infections effectively is a real need. Secondly, we need to find ways to fight bacterial and viral infections without causing serious side effects, like liver, gastrointestinal, and brain damage. For viral infections such as the flu or common colds, andrographis is up to the task.

In a double-blind, placebo-controlled study, andrographis relieved the intensity of cold symptoms in just two days, including fatigue, sore throat, runny nose, and the sleeplessness that accompanies a cold, even when you feel tired. By the fourth day, participants also experienced a significant decrease in all symptoms, which also included headache, earache, phlegm production, and the frequency and intensity of coughing spells.

Another clinical study of individuals with upper respiratory tract infection (URTI) showed similar results. In this case, 223 patients either received andrographis or a placebo. By the third day, there was a dramatic difference in cough, headache, sore throat, and disturbed sleep. People in the placebo group noticed no improvement—in fact, some symptoms got worse—while those in the andrographis group saw a major difference in only five days.

In addition to stopping the symptoms of colds and flus, andrographis can stop the growth of dangerous bacteria, including *Staphylococcus aureus* (staph infection). Considering how overprescribed antibiotics have become in the past twenty years or so—and how much stronger bacterial infections have become as a result—this botanical could be a much more effective form of treatment.

Andrographis protects and strengthens your body at a microscopic level, giving you much better odds against bacterial or viral threats, by boosting the activity of glutathione, superoxide dismutase, and Nrf2—all powerful cellular defenders. Key compounds in andrographis, called andrographolides, are most associated with the herb's effectiveness. Getting a consistent dosage is critical, which is why I think that a supplemental form standardized to a minimum of 80 mg of andrographolides is required for an optimal immune boost.

Bacteria and viruses are major threats to our health, young and old alike. And yet, bacterial infections have become more and more difficult to control because of the overuse of antibiotics. Viruses have become increasingly unpredictable and hard to treat. But you can protect yourself easily, every day.

Andrographis is a powerful, protective herb used by Ayurvedic practitioners for centuries. Melatonin, best known for its ability to help you sleep, is an incredibly powerful immune system booster. Selenium and zinc are minerals required for optimal immune system activity and can make the difference between whether you catch an illness or resist it. Working together, these ingredients:

- Bolster your immune resistance
- Help you recover from colds, flus, and infections faster
- Relieve duration and intensity of upper respiratory infections

Terry Lemerond is a natural health expert with over 50 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. A much sought-after speaker and accomplished author, Terry shares his wealth of experience and knowledge in health and nutrition through his educational programs. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America. Strengthen you at a cellular level to fight viruses and bacteria



PREPARING FOR A FRESH START IN 2025

As we approach the end of 2024, now is the perfect time to start planning for a healthier, happier 2025. A new year often brings a sense of renewal and opportunity, and with a little preparation, we can set ourselves up for success!

Reflect on the Past Year

Before diving into plans for the future, take a moment to reflect on the past year. What worked well for you? What didn't? Identifying personal trends, both positive and negative, can help you make decisions that are more likely to lead to the results you want.

Set Realistic Goals

Be Specific: Instead of a vague goal like "eat healthier," set specific goals like "eat two servings of vegetables with dinner five nights a week," or "try two new recipes with kale this week."

Start Small: Don't overwhelm yourself with too many changes at once. Start with one or two manageable goals and keep building from there.

Track Your Progress: Use a journal or app to monitor your progress. This can help you stay motivated and identify areas where you may need to make adjustments.

Prioritize Your Health

Nutrition: Focus on whole foods like fruits, vegetables, lean proteins, and whole grains. Limit processed foods, sugary foods and drinks, and excessive amounts of saturated and unhealthy fats. Consider adding a multivitamin, a probiotic, an antioxidant supplement and an omega-3 supplement. The staff at Marlene's can help you find the combination that's right for you.

Exercise: Aim for at least 30 minutes of moderate intensity exercise most days of the week. Find activities you like, whether it's walking, dancing, swimming, sports or biking. We are more likely to form good exercise habits if we enjoy the activities we're doing.

Sleep: Prioritize quality sleep by committing to a regular sleep schedule and create a relaxing bedtime routine that you look forward to.

Stress Management: Incorporate stress-reducing techniques into your daily life, such as meditation, yoga, deep breathing, or spending time in nature. Marlene's carries excellent supplements and teas formulated to support a healthy nervous system, a positive outlook and a calm, clear mind. Ask the supplements staff about them on your next visit.

Build a Supportive Community

Connect with Others: Connect with people who support your health goals. Join a fitness class, find a workout buddy, or connect online with others who have the same healthful intentions and goals.

Seek Professional Help: If you're struggling with your health, consider consulting with a healthcare professional, registered dietitian, or mental health provider.

Create a Healthy Home Environment

Declutter: A clutter-free space can promote a clear mind and reduce stress.

Cook at Home: Preparing meals at home allows you to monitor ingredients and portion sizes. It's also often far less expensive to cook a high-quality meal at home.

Limit Screen Time: Excessive screen time can negatively impact sleep and overall well-being.

Be Patient and Kind to Yourself

Embrace Imperfection: We all have off days, and that's okay. Try not to dwell on it if you slip up; simply get back on track.

Celebrate Your Successes: Acknowledge your achievements, no matter how small. This can boost your motivation and keep you going.

At Marlene's we know that small changes can lead to big results! We're here to help you kick off 2025 in the best way possible, so let us know what we can do to help you achieve your health and wellness goals.

From all of us at Marlene's, we wish you a very happy New Year!



December Calendar of Events

Class registration at:
www.marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed 1	2	3	4	5	6	Harness the Healing Properties of Himalayan Singing Bowls with Reiki Master Educator Francesca Siena, founder of Artemisia Healing Arts 11 am, Tacoma 7
Closed 8	9	Winter Wellness & Positive Empowerment with Ashley Looker, Empowerment and Journaling Coach 5 pm, Online 10	11	Functional Medicine for the Cold Months with Michelle Sandwisch, ARNP, FNP-C, owner and founder of Origin Medicine Practice 5 pm, Tacoma 12	13	14
Closed 15	16	17	18	19	20	21
Closed 22	23	24	Merry Christmas! Both Stores Closed 25	26	27	28
Closed 29	30	31	Happy New Year Both Stores Open January 1			

BODYWORK SCHEDULE

Vitamin Shots with Physician Coach
 Tacoma Tuesday, 10 am - 2 pm
 Federal Way Wednesday, 11 am - 3 pm
 When you arrive, text "HERE" to 401.217.9902.
 You will be notified when it is your turn.
 Seated Massage with Erica Seter
 Federal Way
 Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm
 Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm
 Closed Sunday

Holiday Hours

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



FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

Monday - Saturday 8 am - 8 pm
Sunday Closed

Deli Hours

Monday - Saturday 8 am - 6 pm
Sunday Closed

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

Monday - Saturday 8 am - 8 pm
Sunday Closed

Deli Hours

Monday - Saturday 8 am - 6 pm
Sunday Closed

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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We're thrilled to introduce our new

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Sign up today!

