

The logo for Marlene's Market & Deli is presented in a white, rounded rectangular frame with a thin brown border. The name 'Marlene's' is written in a dark red, elegant cursive font. Below it, 'MARKET & DELI' is written in a smaller, dark green, sans-serif font, flanked by two horizontal lines. At the bottom of the frame, the tagline 'shop local, eat organic' is written in a small, dark green, sans-serif font.

Marlene's™

— MARKET & DELI —  
shop local, eat organic

The title 'SOUND OUTLOOK' is written in a large, bold, white, sans-serif font. The letters are closely spaced and have a slight shadow effect, making them stand out against the dark background of the quiche and vegetables.

SOUND  
OUTLOOK

February 2022

A large, round quiche with a golden-brown, flaky crust is the central focus. The filling is a vibrant yellow, likely from eggs and cheese, and is topped with sliced cherry tomatoes, fresh green basil leaves, and several stalks of asparagus. The quiche is set on a dark wooden surface, surrounded by fresh ingredients: a bunch of green basil, a green pepper, and several cherry tomatoes. In the top right corner, a black bowl contains more green peppers. At the bottom, a bunch of fresh asparagus is visible, along with the handle of a wooden-handled knife.

Wonderful argan oil • Support your heart  
Reduce inflammation • Fermented hot sauces

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## A Letter From Us

Have you noticed we're getting a little more light these days? The trees and plants have certainly noticed. Though the weather will likely continue to be cool and wet for a while, it's always worth it to get outside and see what nature is up to. If you look in the woods and the yards and the winter gardens, subtle signs of new life are pushing through. Hang in there everyone! Spring is just around the corner.

This month between the pages of Sound Outlook, we have some informative articles, wonderful classes, and great sales. February is Gluten Free Month at Marlene's, so the recipes you will find in this issue are gluten free or have gluten free options. Also, if you are wanting to branch out and experiment with some delicious baking mixes, Marlene's has a big selection. And did I mention the deli? We have absolutely scrumptious options for gluten free entrees, soups, sandwiches and decadent desserts!

Come see us soon, there's always something fresh at Marlene's!

- Lisa

"While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."

- Patience Strong



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[marlenesmarket-deli.com](http://marlenesmarket-deli.com)

# High Protein Chocolate Mug Cake

by Bob's Red Mill

We get it, sometimes you want cake for breakfast! Well, with a high protein recipe like this one, you can have your cake and eat it as a light meal, too... in just a few minutes!

Dense, rich, fudgy and incredibly delicious, this simple mug cake is the perfect recipe for when you want a delicious treat fast. The combination of protein powder and cocoa gives this cake a texture between a devil's food cake and a brownie. A scoop of ice cream and a sprinkle of extra chocolate chips adds to its decadence if you're serving it as a dessert.

- 2 Tbl plant protein powder
- 1 Tbl cocoa powder
- 2 Tbl sugar, monkfruit sweetener or granulated sweetener of your choice
- ¼ tsp baking powder
- ½ tsp vinegar
- 1 egg
- 1 Tbl chocolate chips
- pinch of sea salt

Whisk all the ingredients in a microwave-safe mug or small bowl. Microwave 90 seconds. The cake should spring back when touched. You can also insert a toothpick in the center to see if it comes out clean. If the cake is not quite set, microwave for an additional 10-20 seconds.



*It's Gluten Free!*

# LET THE PEPPERS DO THE TALKING

with Courtney Jafferian, SPLAT Hot Sauces and Joe Morales, Marlene's Market & Deli

*Courtney Jafferian, founder and operator of Splat Hot Sauce, had all the right ingredients for a fermented hot sauce company. She is a health conscious, fermentation initiated and business educated individual. Maybe most importantly, she has been a culinary heat fanatic since the third grade. In 2019, she put it all together and started Splat Hot Sauce!*

*Last December, I caught up with Courtney by phone while she was at the tail end of processing 800 pounds of garlic. Over the whirring of her garlic shredding machine, we got to the bottom of what makes Splat Hot Sauce such a unique and relevant addition to the shelves at Marlene's.*

## COURTNEY, COULD YOU STEP US THROUGH YOUR FERMENTING PROCESS AND INGREDIENTS?

So, actually, processing the garlic is a pretty simple for me. I have to break the garlic bulbs by hand, but by the time I have it at this stage, I can basically let the machines peel and shred the garlic. I just need to be here and make minor adjustments as it goes.

This whole process might seem a little unorthodox compared to a lot of other foods. For instance, I share a facility with a jelly and jam maker. For her, raw ingredients are prepared and bottled in about a day. For me, all of the steps are protracted to almost a full year.

I've had the pepper mash in tanks since October. Once this garlic is all prepped, I'll mix it into the pepper ferment and let it all continue to develop. When we get into Spring I'll begin bottling. I like to let fermentation work its magic for as long as possible, but I have to be careful to have it bottled before summer. The ferment doesn't tolerate summer heat very well.

All of the ingredients in Splat Hot Sauces are organic and locally sourced. We work with farmers a year in advance to make sure we're able to get exactly what we need. I'm really proud that we are able to source from not only family-owned farms, but in a large part, women-owned businesses, just like Splat and Marlene's.

You may know a lot of these names already since we hold many of the same super high standards for produce! Filaree Garlic Farm, Newaukum Valley Farm, Eloisa Organic Farm, Gathering Together Farm. These are amazing independent, local farms that are doing amazing work.

## WHAT DO YOU LIKE MOST ABOUT THE SAUCE LIFE?

Sauce life is boss life. I definitely enjoy being my own boss and cultivating the company culture. It's empowering to see your values amplified in your company and being part of a changing paradigm that prioritizes planet over profit feels special. But at the end of the day, besides the sauce, one of my favorite parts of operating this business is doing deliveries. I'm delivering up and down the Puget Sound and all the way to Portland and beyond. It is really nice to catch up with my customers... and podcasts.

## WHAT SHOULD WE KNOW ABOUT SPLAT HOT SAUCES?

Even though these are fermented foods, the sauces still have a crispy fresh flavor and they are full of probiotics and raw nutrients. They



**Make your other condiments jealous!**  
Join Courtney online and learn how to ferment your own hot sauces!  
Saturday, February 5 at noon  
See page 11 for details or register at [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes).

have had time to develop a super interesting umami flavor and a little tangy kick. The ingredients are not cooked so you retain vital nutrients and deepen their value with fermentation. These are living foods! When you open a bottle, you might even hear a little hiss.

Also of note, we are a zero waste operation.

## HOW IS SPLAT HOT SAUCE BEST ENJOYED?

Okay, don't overthink this part. The sauce ingredients are simple and versatile. I like to say, we keep it simple to let the peppers do the talking. You really don't have to spend too much time wondering what to pair with.

That being said, I would say my favorite way is on eggs and on sandwiches. It's great on soups, pizza and of course tacos, too. And believe it or not, you should try a mild variety like Anaheim & Jalapeño as a salad dressing!

*Courtney Jafferian set forth on a journey to start Splat Hot Sauce in 2019. She reflected on everything she loves and all signs pointed to fermented, local and organic hot sauce. Amidst her mission, she met and partnered with her fellow fermenting fanatic, Pat Jansen, to help catalyze Splat. With a shared value of community, they reached out to farmer friends and got to work.*



# How Immunity & Mental Health are Connected: The Gut-Brain Axis

by Living Alchemy

Did you know that you have more than one brain? In recent years, scientists and researchers have discovered that the bacteria in our gut acts like a “little brain” that influences not only gut health, but also cognitive health. While research is still in its infancy, scientists have discovered that mental health issues and cognitive impairment could be more complicated than just an issue in the brain. However, this also means that we may have more solutions to treat those suffering from mental health issues.

## What is the Gut Microbiome?

The microbiome is vast and intricate. While it was once thought that bacteria in the gut was just responsible for aiding digestion, scientists are now realizing that the microbiome does so much more. The human microbiome is “all microorganisms in the human body and their respective genetic material”.<sup>1</sup> There are about 100 trillion bacteria in our intestines that outnumber our own cells ten to one.<sup>2</sup> The main role these bacteria play in our gastrointestinal tract is aiding digestion, breaking down nutrients and working with the immune system, as well as communicating with the brain.<sup>3</sup>

## The Gut-Brain Axis

Communication between the gut microbiome and the brain is called the Gut-Brain Axis. Scientists have discovered that the human gastrointestinal tract has its own neural network with nerve cells lining the entire tract from mouth to rectum.<sup>3</sup> In addition, the gut produces neurotransmitters that influence brain chemistry. For example, serotonin, a neurotransmitter largely responsible for regulating depression and anxiety, is produced mainly in the gut. Conversely, gut bacteria responds to these neurotransmitters just like the brain does which means that the brain influences our gut bacteria as well.<sup>2</sup> If the gut is happy, the brain will be happy and vice versa.

The connection between gut and brain can have a profound impact on physical and mental health. Inflammation in the gut can lead to holes in the intestinal lining called leaky gut. The immune system responds to gut inflammation by attacking the digestive tract causing even more holes in the intestinal lining. Food particles and pathogens can then seep into the bloodstream, enter the central nervous system, and even pass through the blood-brain barrier.<sup>1</sup> Scientists have discovered that this process can trigger autoimmune diseases.<sup>4</sup> Furthermore, chronic inflammation and an overactive immune system has been correlated with mental health disorders.<sup>1</sup> Our gastrointestinal system sends signals to the brain that can alter mood and can cause disorders such as bipolar, depression, and schizophrenia.<sup>5</sup> Not only that, but stress can change the bacterial makeup of the gut, making us susceptible to illness and, like a feedback loop, more susceptible to mental health issues.<sup>2</sup>

## What Can You Do?

Changes in dietary habits can mitigate autoimmune conditions and even may reverse them.<sup>3</sup> Your microbiome is largely influenced by what you are consuming. Eating clean, organic, and non-processed foods and supplements, while minimizing added sugar and alcohol consumption, can profoundly improve your gut health. Scientists are also discovering that various forms of therapy, such as cognitive behavioral therapy, can calm the mind and ease gut issues.

One exciting discovery is that scientists have found that probiotics can play a huge role in healing the gut and boosting cognitive health. While more research needs to be conducted, scientists are finding that probiotics help reduce inflammation, prevent neural dysfunction, and can reduce cortisol levels thereby decreasing anxiety and depression. In fact, probiotics may have a similar effect as antidepressants!<sup>1</sup>

*Living Alchemy is committed to formulating the best clean supplements for your gut and full body health.*



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# Welcome to The Honey Pot!

The Honey Pot Company was Founded by Beatrice Dixon. She had been dealing with a recurrent bacterial vaginosis (BV) infection for eight months. Her experience had her wondering if she would ever get off the roller coaster ride of doctor's visits, antibiotics and lots of wishing and hoping the infection would go away. None of it was working for Beatrice. One night, she had a dream that changed everything! Her ancestor presented her with a list of ingredients that she needed to heal herself. Beatrice made the recipe and it worked! Beatrice had to share this gift with the world. That's how The Honey Pot Co. began.



**Our Mission** — Plant-derived feminine wellness  
The Honey Pot Company strives to be the number one better-for-you feminine care system on the market. We believe in empowering the humans we serve with clean, effective feminine care.

**Our Vision** — Empowerment and education  
We strive to educate, support, and provide humans around the world with the tools and resources that promote feminine health and wellness.

Marlene's Market & Deli carries our top performing Intimate Washes that started the birth of the Honey Pot brand. The Intimate Washes will hydrate your vulva and balance pH for long-lasting freshness. One rinse with our plant-derived feminine cleanser and you'll kick your soap to the curb. Best of all, our intimate body wash is cruelty-free, so you can feel good about using it!

Every year since Honey Pot's inception, we have set aside 2% of thehoneypot.co sales to donate to charitable organizations that share our intention to provide connection, access, kindness and education (CAKE) to humans with vaginas across the globe. Each of our CAKE partners serves vulnerable populations by addressing their needs in varying ways. You can learn more about these social impact efforts and how to support them on our website [www.thehoneypot.com](http://www.thehoneypot.com).



**THE HONEY POT  
Natural  
Feminine Care**  
Assorted sizes  
and varieties

**30%  
off**

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

# ANCIENT OIL, *Timeless Beauty*

by Morgan Cosmetics

Argan oil is a highly effective ingredient harvested from the kernels of the Argan tree. This natural material is rich in essential fatty acids and other important nutrients, which can play a key role in the development of effective skin and hair care products.



*Jennifer and Bachir Abba - the founders of Morgan Cosmetics*

Inspired by the Moroccan women who produce healing oils from the seeds of the Argan tree, Morgan Cosmetics is a leading purveyor of the finest organic face, hair, skin and nail care line made from Moroccan Argan oil and offers the highest level of hair, skin and nail care.

Founders Bachir and Jennifer Abba began their entrepreneurial journey in 2012 with hand-pressed, 100% pure Argan oil extracts from Argan trees from their farm in Essaouira, the capital of Argan production in Morocco. To establish the highest quality, Morgan Cosmetics uses the cold pressed method to ensure that their oil will stay in its natural state and structure.

Today, Bachir and Jennifer and their teams in Seattle and Morocco continue to evolve by sharing the stories and wisdom from the healing women of Argan.



Morgan Cosmetics carries out their mission through three objectives:

### **1)-Community Support**

Our business activity is a concrete action to fight against poverty. We are a company that seeks to promote the status of rural women through strengthening their collective and individual financial power. Through the development of this product, we aim for the continued improvement of living conditions of the population of the Argan region.

### **2)-Quality**

We are committed to ensure the highest quality of our products in relation to similar products on the market. Our company believes that product quality is reflected in the good practices of our production process and work environment.

### **3)-Environmental Commitment**

From the beginning, we have adopted a sustainable development approach based on safe guarding the heritage of the Argan forest. Our practices adhere to the strict standards of organic certification and allow us to meet and exceed USDA organic certification requirements.

Argan oil brightens and hydrates skin by filling pores and locking in skin's essential moisture through its high Vitamin E content. It also restores the skin's pH, reducing wrinkles and softening the skin to produce a bright, radiant complexion.

The oil is extracted by using Morgan Cosmetics' cold pressed method. We ensure that the oil doesn't lose its richness, nutrients, vitamins or its beautiful gold color. We believe that by using the cold pressed method, our oil will stay in its natural state

and structure, which aims to meet the quality standards of our production. It may take more time, but we want to produce only the highest quality!

Cold pressed and minimally processed using the German filtration system onsite at our facility in Morocco, ensures the highest level of quality. Morgan Cosmetics' Argan oil brings natural wellness to all skin types so everybody can address the challenges of winter dryness and make their skin conditioned and supple.

The Argan Tree (*Argania Spinosa*) grows only in the Southwest region of Morocco. Used by Berber women for centuries for its many virtues, Argan Oil is attracting more and more interest outside of Morocco for its cosmetic properties.

Experience this wonderful oil through our luxuriant, argan-based body care products at Marlene's!

*Beauty Oil for Every Need*



*The Liquid Gold*

# Listen to Your Gut!

## Your Immune Health is Talking

Be proactive with your immune health by tuning into your body's signals

by Matthew Bednar, PhD

The gut is the primary battleground for immune health, but how do we aid that frontline defense? By recognizing daily signals that may indicate an immune health issue, such as Celiac or Crohn's disease, we can be more proactive with our health. Left unchecked, persistent immune issues leave us vulnerable to more serious health conditions. Our bodies communicate to us through discomfort, so making that connection is key to addressing the problem.

### Digestive Discomfort Can Be a Sign of Immune Health Issues

Got gas? It's okay, we all do. Expelling gas is normal, but the frequency largely depends on your diet. If you have excessive gas that you would like to reduce, I recommend removing specific items from your diet that you suspect are a cause and note the difference. Lactose intolerance (digestion issues with cow milk sugars) and Celiac disease (digestion issues with wheat, rye, and barley products) can both cause excessive gas and may be relieved by dietary changes.

Ever have the "too-full feeling" of being bloated? This is a discomfort tolerated by many that should be avoided as it challenges your immune system. Avoid overeating, rapid eating, and excessive use of salt, fat, or sugar to prevent bloating.

More serious issues associated with bloating are weight gain, constipation, Celiac disease, Crohn's disease, Irritable Bowel Syndrome (IBS), and ulcerative colitis.

Another possible immunity issue that can be very uncomfortable is constipation (defined as less than three bowel movements a week). If your food choices are generally healthy, you already include high fiber and you have reduced processed foods, try eating less dairy and/or meat. Drinking plenty of fluids, staying physically active, and avoiding stress are also helpful to combat constipation.

That brings us to diarrhea, which is defined as loose, watery, and more-frequent bowel movements than normal. Persistent diarrhea that goes beyond a few days leaves your immune system compromised. It may be that your immune system is just slightly

overwhelmed by some type of pathogen, but other causes include medications, lactose intolerance, fructose, and artificial sweeteners. Lastly, diarrhea can also be signs of Crohn's disease, Celiac disease, or IBS so it should not be ignored if persistent.

Heartburn, another common discomfort, can also be a sign of a gut/immune issue. Heartburn is acid reflux, a condition where some of the stomach contents are forced back up into the esophagus and creates a burning pain in the lower chest. Most often heartburn is due to consuming certain foods or drinks (spicy foods, fried and fatty foods, alcohol, or carbonated beverages). Think about what and how much you are consuming and realize that when heartburn occurs, your gut is busy addressing your consumption issues and is not able to focus on immune health.

Finally, let us stop ignoring these discomforts and stop telling ourselves that they are normal states of being that we should tolerate. Instead, learn to appreciate these feelings as signs from our bodies that something needs to change. While most of us do not eat a perfect diet, we can be mindful of our consumption and keep our immune health in check, avoiding more serious consequences that can come from a compromised immune system.

Be well!

*Matthew Bednar, PhD is a contributing writer for ION Biome, providing state-of-the-art products for developing and maintaining the foundation for a balanced gut microbiome.*



# Exploring Loving Kindness

by Hansie Wong, MD

Can you imagine a world without hatred or fighting? Is it possible to attain world peace? It seems that every day, we are burdened with difficult people or relationships and end up getting riled up ourselves. This doesn't do much good for anyone.

Instead of fighting, let us accept. Instead of hate, let us love. Difficult as it seems, it's at times like these when it's even more important to open our hearts, and we can do so by practicing Loving Kindness. Loving Kindness is an altruistic love, an unconditioned love that shines on all beings without judgement and without distinction. It includes qualities of compassion, patience, generosity, and benevolence. It has the power to dissolve greed, jealousy, resentment, and hatred as well as increase the capacity for forgiveness and self-acceptance. Through these actions, it deepens connection with others and creates a better world for everyone.

Perhaps all this sounds too good to be true. Perhaps you think these are just words coming from a naïve idealist dreaming of an entity that doesn't exist. I argue that it does. You see it when a parent holds a newborn child. You see it when someone helps a stranger. You see it when caring for an injured soul.

How do we tap into the power of Loving Kindness? The first step involves offering Loving Kindness to ourselves. Only then will we have the maturity and capacity to extend it to others.

Find a quiet space and repeat the following phrases to yourself:

May I be well.

May I be safe.

May I live with joy and ease.

May I be at peace.

Allow yourself to connect with each phrase and repeat as many times as needed to deepen your connection. Notice how you feel and give your mind and body space to process what thoughts and emotions arise. The next step

is to extend these well wishes to others, beginning with our close friends and family to acquaintances to those who have wronged us and finally to all living beings. With practice, cultivating Loving Kindness becomes easier as your heart begins to soften. In time, you will notice your mind and heart have more space and freedom for joy and peace. Perhaps you will see that your relationships begin to change for the better.

Again, I realize that all this sounds idealistic. However, I challenge you to begin incorporating Loving Kindness into your daily life and see what happens. Maybe then, you'll be able to imagine the world as I do. John Lennon said it best:



Join Hansie online!  
**Loving Thoughts**  
Thursday,  
February 24 at 5 pm -  
Details at  
marlenesmarket-deli.  
com/classes

and  
breathe

*Imagine all the people  
living life in peace.*

*You may say I'm a dreamer  
but I'm not the only one.*

*I hope someday you'll join us*

*And the world will be as one.*

*Hansie Wong is an Integrative Health Coach who specializes in stress and lifestyle management. She received her medical degree from Georgetown University in Washington DC and is board certified in Family Medicine and Integrative Holistic Medicine. Find out more at: [www.integrativehealthandwellness.net](http://www.integrativehealthandwellness.net).*

# Myths and Realities About Eating Disorders

Maureen Peterson MA, LMHC, CEDS-S

Eating disorders are serious, life-threatening psychiatric illnesses in which individuals experience a loss of perspective about food, weight, and their body. Recent national surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives. Eating disorders do not discriminate for gender, sexual orientation, race, ethnicity, age, or socioeconomic status. Eating disorders are not a “phase” or a choice, they are complex illnesses with the highest mortality rate of any psychiatric disorder. Eating disorders do not have one specific cause or etiology; they are biopsychosocial disorders that impact people from all walks of life.



Join Maureen online!  
**Eating Disorders  
101**

Tuesday,  
February 22 at 5 pm -  
Details at  
[marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

## Treatment

The majority of people who seek treatment for an eating disorder are able to sustain lasting recovery. Treatment can be sought at different levels of care, depending on the acuity of the illness, including: hospitalization, residential care, partial hospitalization, intensive outpatient, or weekly outpatient appointments with a treatment team including a mental health provider, registered dietitian, and primary care provider. Because of the complexity of these illnesses, a team approach is the industry standard of care in all settings. People who are seeking treatment benefit from a thorough assessment from an eating disorder professional to determine the best level of care for them.

## Risk Factors

Many people who struggle with eating disorders also struggle with co-occurring mental health issues such as depression, anxiety, personality disorders, substance abuse issues, or post traumatic stress disorder. Many also acknowledge significant body image distress and a history of dieting as precursors to the onset of their disorders. Being aware of common risk factors, such as body shaming, weight stigma, perfectionism, bullying, healthism, food morality, and the idealization of thinness and appearance in our culture, that are known to contribute to the development of body image issues, disordered eating, and eating disorders, can help us all be involved in prevention and advocacy.

*Maureen Peterson is Regional Director for the Pacific Northwest branch of Center for Discovery - a national company with regional programs in Edmonds, Bellevue, Tacoma, & Portland. The center specializes in treating adolescents, adults and families impacted by eating disorders. She has been working in the mental health field since 1991 and has specialized in the treatment of eating disorders since 1996. She is a Certified Eating Disorder Specialist and Supervisor through the International Association of Eating Disorder Professionals.*

For free eating disorder assessments, support groups, and treatment options contact Center For Discovery:  
1-866-482-3876 or email at [info@centerfordiscovery.com](mailto:info@centerfordiscovery.com)

# February Events & Education

All February classes will be held online. Register at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

## FERMENTED HOT SAUCES



with **Courtney Jafferian**,  
**Owner of SPLAT Hot  
Sauces**  
**Saturday, February 5  
at noon**  
**\$25**

Whether you have experience fermenting or no idea where to start, this class will make fermenting an approachable, fun practice and will help you dive deeper into the world of microbes. We will learn about lacto-fermentation with a focus on hot sauces - Courtney's favorite ferments! Learn techniques and troubleshooting, and walk away with 3+ hot sauce recipes that will make your other condiments jealous.

## THE SECRET TO YOUR HEART (HEALTH)



with **Mag Secretario**,  
**Health Coach and Co-  
creator of GoodLifeSleep**  
**Tuesday, February 8  
at 5 pm**

Quality sleep is elemental to feeling good and having the vitality to do what you love.

Learn how to manage your time, energy and sleep for a healthier and happier life. Mag specializes in integrating the advantages of modern lifestyle and wisdom of the ancient to help his clients reach their highest potential. Deep, restorative sleep is the cornerstone to success!

## YOUR FASCINATING HEART



with **Linda Frank, RF,  
NBCR, LMT, CREd**  
**Founder and Director of  
Reflexology Academy NW**  
**Thursday, February 10  
at 5 pm**

Join Linda for a journey to the heart! Thanks to recent dissections and discoveries, we now know this organ to be so much more than just a pump. Learn some of the many (and often simple) things we can do with self-reflexology to support and nurture the heart and influence overall body-mind health!

## TACOMA URBAN LEAGUE



with **Michele Ogden**,  
**Frederick Crumbley, Chelsea  
Lawyer, Lexis Withers and  
Maamideede Hudson**  
**Tuesday, February 15  
at 5 pm**



Founded in 1968, the Tacoma Urban League is devoted to empowering African Americans and other disenfranchised groups to enter the economic and social mainstream. From its earliest days in the civil rights movement and through years of partnership with government and public agencies, the Tacoma Urban League has been a beacon of hope and a catalyst for change in the South Puget Sound African American community.



Join us online to meet some key members of this uplifting, local organization. Learn more about their dedication to helping those in our community find resources and like-minded groups by enriching lives with social, mental and physical support!

## WHY ENZYMEDICA?



with **Julia Craven, VP of  
Education for Enzymedica**  
**Thursday, February 17  
at 5 pm**

Open your heart to better health this month! Join Julia Craven, VP of Education for

Enzymedica to learn about new perspectives to strengthen and support the cardiovascular system with the help of enzymes, new innovations in omega-3 fatty acids, and as always, positive lifestyle choices.

## MINDFUL BREATHING FOR MIND AND BODY TRANSFORMATION



with **Mariam Anderson**,  
**Yoga Teacher at Beometry**  
**Tuesday, February 22  
at 3 pm**

Mariam Anderson fitness coach and certified Yoga Instructor will share how she helps her busy clients use breathing to handle life challenges, create stronger bodies, work through challenging emotions, and break through physical plateaus. She'll share the systems she uses with her clients that produce results inside and outside of the gym and share breathing practices that instantly create change. At the end of the class, she'll offer a personalized breathing assessment so you can go deeper.

## EATING DISORDERS 101



with **Maureen Peterson MA,  
LMHC, CEDS-S, Regional  
Director, Pacific Northwest  
& Northern California  
for Center of Discovery  
Behavioral Health**  
**Tuesday, February 22  
at 5 pm**

Eating disorders affect an estimated 30 million people in the U.S. If you or someone you care about is in need of help, please join licensed mental health counselor Maureen Peterson for an enlightening discussion about paths to recovery. Learn how specific disorders impact our lives and what treatment options are available.

## LOVING THOUGHTS



with **Hansie Wong, MD,  
Health Coach**  
**Thursday, February 24  
at 5 pm**

Join Hansie to learn the importance of positive thoughts and how be your own best friend!

In this workshop, we will meditate together in the heart space, tap into the qualities of love and compassion, and extend Loving Kindness to all beings. You will learn how to open your heart to yourself and others. Let your inner strength reflect outward and shine!



# Key Things to Look for When Buying Superfoods

by Genuine Health

Concentrated nutrition is more important than ever: it used to be that people needed 5 servings of fruits and veggies, now experts are recommending 10.

Fruits and vegetables are rich in compounds called phytonutrients that give these plant foods their deep hues. Phytonutrients are superfoods for our bodies – they improve blood flow and nerve cell communication in the brain, enhance energy production within our cells, and provide our bodies with antioxidant protection.



A great way to increase your intake of these critical phytonutrients is through a superfood supplement. But with so many to choose from, how can a consumer make an informed decision? Here are 3 things to look for when buying your next superfood powder:

## #1 – Fermented

We have our ancestors to thank for learning to harness the process of fermentation. Besides being an ancient food preservation technique, fermentation partially breaks down foods, leading to greater absorption and bioavailability of nutrients. When superfoods are fermented, the nutritional quality and strength of the phytonutrients is amplified! Look for a fermented superfood powder that contains a wide array of plant ingredients to reap the benefits of a diverse group of phytonutrients.

Let's not forget that fermentation also improves digestion and can help encourage a healthy gut microbiome. Find a superfood product that is fermented using artisanal methods to ensure peak phytonutrient potency.

## #2 – Gut health benefits

Nutritional research has come a long way. One of the most exciting recent discoveries is that the plant foods that provide our bodies with nutrition from phytonutrients are also good for our gut ecology. Polyphenols are a type of phytonutrient known to contribute to overall health and slow the aging process – and research has recently identified that polyphenols help to support a diverse microbiome and nourish the gut lining. In fact, polyphenols encourage the growth of “good” bacteria 30-40% better than inulin! It also turns out that the love is mutual – gut microflora act on dietary phytonutrients, transforming them into structures called metabolites, which are more powerful and better absorbed. Simply put, they are better together!

## #3 – Prebiotic fiber

Some superfoods go the extra mile by including unique ingredients to support whole body health. And where does whole body health begin? In the gut! Look out for superfoods that include fermented prebiotic fibers. This is an extremely well



tolerated organic prebiotic fiber that helps to encourage the growth of good bacteria – so you get all the benefits and none of the bloating! The more food, or prebiotics, that you provide for probiotics in your gut, the more efficiently these live bacteria work and the healthier your gut will be.

Not all superfoods are created equal and it can be challenging to sift through the dozens of options on store shelves. Rest assured that by using these tips you can feel confident in selecting a superfood powder that nourishes every cell and system in your body, while supporting a healthy and happy gut!

*At Genuine Health, we are so fortunate that we have the opportunity to change people's lives every day, and we take that responsibility very seriously. What we do matters, what we put in the bottle matters, how we treat the planet matters, and providing you with the latest credible information matters, so that you can make the best choices for your health.*



# SUPPORTING HEART HEALTH

by Audrey Ross, Country Life Educator

February has been designated as American Heart Month and there are many resources available to guide us on ways to support our heart health. But, when you think about it, we should be doing whatever we can to keep our heart healthy EVERY month, not just in February!

We know heart disease is the leading cause of death in the United States, for both men and women, so leading a 'heart healthy' lifestyle is of great importance. But what exactly does that mean? Here are a few ways to modify or adjust what you are doing to keep you on track.

The National Institutes of Health provides great information on heart healthy living that will outline some basics for you including heart-healthy foods, maintaining a healthy weight, stopping smoking, regular physical activity, managing stress, and getting good quality sleep.

## HEART HEALTHY FOODS

Many of you may have heard of the DASH Diet (Dietary Approaches to Stop Hypertension). Your health care provider may recommend the DASH Diet because it has been shown to lower blood pressure and the bad LDL cholesterol. The DASH Diet doesn't require you to eat 'special' foods, but outlines food groups to choose from like fruits and vegetables, whole grains, low-fat dairy, fish and poultry. It also suggests the foods to avoid like foods high in saturated fat (red meat and full fat dairy) and sweets or sugar sweetened drinks.

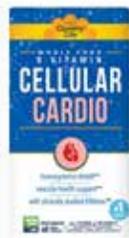


Getting 4-5 servings of fruit and 4-5 servings of vegetables daily (which is recommended with the DASH Diet) can seem overwhelming for those of us who are not used to that. An easy way to increase those fruit and vegetable servings is with a smoothie! It is easy to get 2-3 servings of those fresh (or frozen) nutrient dense foods all blended into an easy and tasty beverage. Also, you might consider including Country Life's Real Food Organics Multivitamin, which offers the ORAC value of 2 servings of fruits and vegetables in every 2 tablets.

## HEART HEALTHY SUPPLEMENTS

In addition to including Real Food Organics Multivitamins you might also consider the following supplements to include in your "Heart Healthy" routine:

### Cellular Cardio



This unique product provides vascular health support with clinically studied ViNitrox™. ViNitrox contains grape and apple polyphenols, which support the production of nitric oxide, important for vascular health and supporting the muscles in the lining of the circulatory system.

### Gut Connection Stress Balance



This amazing 3-in-1 formula improves mental calmness and diminishes occasional tension as well as improves gut microbiome health and supports the immune system. Incorporating the whole food fermentate Epicor® along with Suntheanine® L-Theanine, L-Tyrosine and Sensoril® Ashwagandha that

has been shown to equip the body to deal with stress, this product is a great option for gut health as equipping your body to deal with stress.

### Coenzyme Q10 (CoQ10)



Needed in every cell for basic cell function it is important for heart function. CoQ10 may be depleted with age and with certain prescription medications, so to support that heart, a quality CoQ10 supplement should be considered. The Country Life Vegan CoQ10 is an excellent option.

Support your Heart Health EVERY month and Power Your Greatness!

*Audrey Ross, is the Senior National Educator for Country Life and provides product training for retailers and consumers throughout the United States. She joined Country Life with an extensive 25-year background in the Natural Products Field and possesses a PhD in Naturopathy. Learn more at [CountryLifeVitamins.com](http://CountryLifeVitamins.com).*



# Reducing Inflammation for Optimal Wellness

by David Perlmutter, MD courtesy of Garden of Life

The leading causes of death and disability worldwide are chronic degenerative conditions. Cardiovascular disease, cancer, Alzheimer's disease and type II diabetes are increasing globally at a dramatic rate. This is happening in every region and in all socioeconomic classes. Importantly, this was not always the case.

To understand why these conditions are now so widespread, we have to ask if there's any shared mechanism that underlies chronic degenerative diseases as a group. In a word, it's inflammation. All of these conditions represent a consequence of increased levels of inflammation within the body.

## Food, Probiotics & Fiber

Forward-thinking healthcare providers are dialing in to diets that are designed to reduce inflammation. These are diets that emphasize whole foods from natural sources, low sugar and refined carbohydrates, primarily plant-based with an emphasis on providing adequate amounts of healthy fats.

The lining of the intestinal wall represents a powerful line of defense, keeping the rest of the body isolated from various gut related chemical compounds that can aggressively increase inflammation. Inappropriate food choices, medications like antibiotics, exposure to pesticides and herbicides can ultimately play out as increased permeability of the gut lining.



Gut bacteria, specifically *Lactobacillus plantarum* and *Lactobacillus rhamnosus* play important roles in maintaining and even reducing intestinal permeability, this is why

these two species are important components in probiotics supplements. Our gut bacteria also thrive when they are nurtured by foods rich in prebiotic fiber as well as polyphenols. Prebiotic fiber, is the type of dietary fiber that nurtures our good bacteria, allowing them to produce their metabolic products that ultimately provide health benefits. Supplements containing acacia gum and baobab fruit derivatives are also a terrific source of prebiotic fiber.

Polyphenols contribute to gut the health by further enhancing the growth of beneficial bacteria while helping to suppress the growth of potentially pathogenic organisms. In addition, polyphenols are actually antioxidants in and of themselves and help reduce inflammation. Foods rich in polyphenols include apples, blueberries, peaches, raspberries, broccoli, spinach, black beans, almonds, flax seeds, cinnamon, coffee, dark chocolate, olives and olive oil, and red wine.

## Sleep

Quality sleep remains incredibly underrated in terms of its importance for health and disease resistance. It's been estimated that a full two-thirds of American adults do not get adequate amounts of restorative sleep. This very much plays into risk for chronic to generative diseases as lack of restorative sleep directly enhances inflammation. This may well explain in part, why sleep disorders are associated with increased risk for cancer, Alzheimer's disease, heart disease and type II diabetes. Even one night of non-restorative sleep has consequences the very next day not just in terms of inflammation, but in other areas like hormone balance and blood sugar regulation.

Some helpful tips to foster a better night's sleep include stopping caffeine after 2 PM and minimizing screen time in the evening (blue light from computers, tablets, phones, and TV, can inhibit the hormone melatonin and make it more difficult to fall asleep). Try to make your bedroom as dark as possible. You might even consider lowering the temperature by a degree or two.

## Stress

Stress is one of the most obvious toxins that has become virtually ubiquitous in our modern world. Stress, leads to an increased production of the hormone cortisol. Chronic elevation of cortisol, a manifestation of chronically



being exposed to a stressful environment, causes important changes to happen in the gut. Changes occur not only in terms of the various species that are represented, but in addition, cortisol acts directly on the gut wall to increase permeability, which, as noted above, powerfully enhances the production of inflammatory chemicals throughout the body. So, it is through this mechanism that we are able to understand a relationship between our stressful modern world and the ever-increasing rates of chronic degenerative diseases.

We can offset the damaging effects of stress in our lives include meditation and exposure to nature. Meditation, even for as little as 12 minutes each day, has been shown to lower cortisol, reduce inflammation, balance the immune system and even improve empathy and compassion. Exposure to nature has similar effects. Essential oils that are secreted by trees increase our sense of wellness. Nature exposure has been shown to dramatically reduce cortisol levels, this occurs after just a few minutes. Measurable benefits have been demonstrated by simply being around a plant. One recent study demonstrated reduced stress in individuals in a hospital waiting room when there was a plant present.

## Conclusion

Inflammation plays an important role in helping combat infections, and recover from injuries. But, when the fire of inflammation continues to smolder over a long period of time, it ushers in any number of chronic degenerative conditions. The good news is our lifestyle choices can make a huge difference in terms of keeping inflammation in check and as such, help us live long and healthy lives.

*Dr. Perlmutter is a Board-Certified Neurologist and four-time New York Times bestselling author. He serves on the Board of Directors and is a Fellow of the American College of Nutrition. His collaboration with Garden of Life supplements produced their Dr. Formulated product line, designed to nourish your microbial "garden of life."*

## Spotlight on Bulk Goods: A Whole World of Flours and Meals!

The basis for all baking, is flour. The right flour is a must!

We have gathered together an extensive variety of flours and meals that are fresh, fabulous and truly a complement to your favorite recipes.

Are you looking for gluten free alternatives or other substitutes? So were Sadie and John, the founders of Otto's Naturals. They were in need of high quality, gluten and grain free flour that was clean tasting and easy to work with in recipes. Their search inspired them to create their own company and name it after their son. Otto's

premium cassava flour bakes like all-purpose flour in most recipes. It has a surprisingly light and smooth texture in cakes and pastries – baked goods that are difficult to duplicate in gluten free diets. Marlene's proudly stocks Otto's in our bulk section so you can try it in anytime.

The next time you're in, be sure to try some of our many bulk flours and meals. You can be sure they are the best quality available at the best prices we can find. Whether you need one tablespoon of heirloom cornmeal or 50 pounds of organic whole spelt flour, we're here to help!

### Seasoned Multigrain Crackers

#### Cracker Dough:

- ½ cup rye flour\*
- ½ cup white spelt flour\*
- ½ cup whole wheat pastry flour\*
- 1 tsp sea salt
- ½ tsp ground black pepper
- ¼ tsp garlic powder
- ½ tsp onion powder
- 1 Tbl olive oil
- ½ cup warm water
- large sheet of parchment

#### Topping:

- 1 Tbl cumin seeds
- 1 Tbl poppy seeds
- 1 Tbl diced pumpkin seeds
- 1 Tbl sesame seeds
- ¼ tsp sea salt

\* For gluten free crackers, replace these flours with:  
½ cup amaranth flour  
½ cup Otto's cassava flour  
½ cup gluten free oat flour



In a bowl, whisk together flours, sea salt, pepper, garlic and onion powders until evenly combined. Add olive oil and water, mixing with fingers until dough forms. Knead dough in bowl until a smooth ball is formed. Top bowl with a clean, moist dishcloth and leave on countertop for one hour.

Preheat oven to 350°.

Divide dough and set aside half. Lightly flour surface and roll half of dough into 1/8-inch thick rectangle. Lightly brush dough surface with water and sprinkle evenly with seeds and salt. Gently press seeds into surface. Use a pizza cutter to slice dough into rectangles, strips or squares. Carefully transfer to parchment-lined cookie sheet.

Bake about 20 minutes, until surface is golden brown. Transfer parchment sheet to cooling rack until crackers are cool and crispy.

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



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*New*

Garden of Life® Beets  
Gummies and Powder

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

# Banana Walnut Pancakes

by Organic India

- ¼ cup unsweetened applesauce
  - 1 Tbl apple cider vinegar
  - 1 chia egg (1 Tbl chia seeds mixed in 3 Tbl water)
  - 2 cups unsweetened almond or other non-dairy milk
  - ½ cup mashed ripe banana (1 medium)
  - 1 ½ cups gluten-free flour blend
  - ½ cup oats
  - 1 Tbl ORGANIC INDIA Cinnamon Spice Psyllium Pre & Probiotic Fiber
  - ½ tsp ORGANIC INDIA Ceylon Cinnamon (2 capsules)
  - 1 ½ Tbl baking powder
  - ¼ tsp sea salt
  - ½ cup chopped walnuts
- Serve with: Maple syrup, chopped walnuts, and sliced banana



Add all ingredients except for the walnuts into a blender. Blend on high until smooth, about 30 seconds. Add walnuts and lightly blend about 10 seconds more to mix through while maintaining some nutty texture. The batter should be thick but pourable.

Heat a large nonstick skillet coated with cooking spray over medium heat. Once hot, pour ¼ to ½ cup of the batter onto the skillet, and cook until the pancake surface begins to gently bubble (about 1 ½ to 2 minutes). Carefully flip and cook 1 ½ to two minutes more (until lightly browned underneath). Repeat with the rest of the batter, adding additional milk if needed. Makes 12-14 pancakes.

Transfer to a baking sheet and keep warm in the oven until all the batter is prepared. Serve warm, and enjoy topped with maple syrup sliced bananas and walnuts.

## PSYLLIUM: HORSE FLOWER

by Organic India

Known in India as Isabgol, Psyllium grows in the cooler, dry northern regions of that country. It is the main ingredient in many fiber supplements such as Metamucil, and is also called 'Horse Flower'. Psyllium is an example of a cherished Ayurvedic plant that has gained wide acceptance in Western medicine and healthcare.

Psyllium husk is a soluble fiber, meaning that it absorbs many times its weight in water, swelling into a gel-like mass. Because of this characteristic, it can be used in vegan baked goods as an egg replacement.

### Psyllium Body and Mind Benefits

The benefits of dietary psyllium have been confirmed by numerous studies — when the indigestible fiber turns to gel in the GI tract, it serves to regulate cholesterol, triglycerides, and blood sugar levels. Because of this bioactivity, psyllium is known to promote heart health and support healthy blood sugar levels. First-world diets generally lack optimal fiber, so psyllium is popular for increasing daily fiber consumption.

What better way to herald the weekend than by whipping up a warm batch of pancakes?

Made with Organic India Cinnamon Spice Psyllium Pre & Probiotic Fiber, the wholesome ingredients provide sustained energy for a day of work and play. Hearty and tender, these pancakes are vegan, gluten-free, naturally-sweetened, oil-free, and delicious.

In addition to lending lightly spiced flavor and unique binding properties, Organic India Cinnamon Spice Psyllium Pre & Probiotic Fiber packs a host of rejuvenating health and wellness benefits. Along with soluble and insoluble fiber, Ayurvedic herbs Amla, Bibhitaki, and Harikati work to improve digestion and optimize nutrient absorption.



Prebiotics and probiotics support a healthy gut biome for bolstered immunity and a healthier you.

As well as bursting with fiber and flavor, these pancakes are quick and easy to make — simply blend and pour. Serve topped with whatever makes you smile, and enjoy!



# HRG80™ Red Ginseng: A New Beginning for an Ancient Herb

by Terry Lemerond, Founder and President of EuroPharma, Inc.



Red ginseng (*Panax ginseng*) has been known to traditional practitioners and their patients for thousands of years. It is one of the world's oldest botanical adaptogens, supporting daily physical and mental energy, a healthy libido, and resilience in the face of stress.\*

Despite this, ginseng has changed over the years. While all ginseng

roots start out looking the same, the appearance may only be skin deep. Wild harvested ginseng is no longer a commercially viable option and conventionally grown ginseng is tough on the environment. Conventionally grown ginseng uses up soil nutrients, soaks up pesticides and toxins, and eventually leads to deforestation.

So the way ginseng is grown needs to change. And that is why we introduced HRG80 Red Ginseng to America.

HRG80 Red Ginseng is hydroponically grown without pesticides and carefully tended in ultra-clean conditions. The roots of HRG80 ginseng are provided with the nutrients they need at exactly the right time and in exactly the right proportions. Just as importantly, the plants are challenged enough to concentrate the levels of ginsenosides—especially rare, noble ginsenosides. These compounds were a hallmark of wild-harvested ginseng, and may be responsible for much of the herb's effects in years' past. Additionally, the noble ginsenosides in HRG80 Red Ginseng have been shown to be up to 17 times better absorbed than classic ginsenosides in an in-vitro scientific study.

Classic ginsenosides certainly have their place. They are ultimately transformed into noble ginsenosides during the process of digestion and work synergistically with noble

ginsenosides in their original form as well. However, age and other individual factors may limit the body's ability to properly break down classic ginsenosides in the gut, so a combination of both types of compounds may yield more impressive results. That is why HRG80 Red Ginseng is a whole root ingredient, not an extract; every part of the root has value.

For daily resilience to stress, red ginseng is one of the best botanical adaptogens. It helps preserve mental and physical energy, and supports healthy hypothalamic-pituitary-adrenal (HPA) axis activity, and serotonin, cortisol, and GABA levels.\*

Clinical studies have seen positive results that aside from addressing occasional fatigue or feelings of stress, red ginseng may be helpful for adults and children alike to support concentration and focus.\*

HRG80 Red Ginseng Energy brings the potential for red ginseng back to where it once was. It is the perfect addition to your regimen to help you navigate through your days with energy and vitality.\*

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.

THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.

*Terry Lemerond is a natural health expert with over 45 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, including the Terry Talks Nutrition website, newsletters, podcasts, webinars, and personal speaking engagements. His books include Seven Keys to Vibrant Health and the sequel, Seven Keys to Unlimited Personal Achievement, and 50+ Natural Health Secrets Proven to Change Your Life. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.*

# February Calendar of Events

Class Registration at  
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Lunar New Year</b>  1	2	3	4	<b>Fermented Hot Sauces</b> with Courtney Jafferian, Owner of SPLAT Hot Sauces at noon \$25 5
<b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 6	7	<b>The Secret to Your Heart (Health)</b> with Mag Secretario, Health Coach and Co-creator of GoodLifeSleep online at 5 pm 8	9	<b>Your Fascinating Heart</b> with Linda Frank, RF, NBCR, LMT, CREd Founder and Director of Reflexology Academy NW online at 5 pm 10	11	12
13	<b>Uniform Monday!</b> 10% off to all firefighters, police, and military! <b>Valentine's Day</b> 14	<b>Tacoma Urban League</b> with Michele Ogden, Frederick Crumbley, Chelsea Lawyer, Lexis Withers and Maamideede Hudson online at 5 pm 15	<b>Full Moon</b> 16	<b>Why Enzymedica?</b> with Enzymedica Educator online at 5 pm 17	18	19
20	<b>Presidents Day</b> 21	<b>Mindful Breathing for Mind and Body Transformation</b> with Mariam Anderson, Yoga Teacher at Beometry online at 3 pm <b>Eating Disorders 101</b> with Maureen Peterson MA, LMHC, CEDS-S online at 5 pm 22	23	<b>Loving Thoughts</b> with Hansie Wong, MD, Health Coach online at 5 pm 24	25	26
27	28					

## BODYWORK SCHEDULE

### TACOMA

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

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

### FEDERAL WAY

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

Seated Massage with Erica Seter  
Tuesday, 11 am - 2 pm  
Thursday, 2 pm - 6 pm  
Friday, 2 pm - 7 pm  
Saturday, 2 pm - 7 pm

Reservations may be required.



### FEDERAL WAY

2565 S. Gateway Center Place  
Federal Way 98003  
253.839.0933

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

#### Deli Hours

Please call for current deli counter service hours.

Grab and go options available until closing.

### TACOMA

2951 S. 38th Street  
Tacoma 98409  
253.472.4080

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

#### Deli Hours

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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FEBRUARY 2022

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