

Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

February 2023

Our fantastic local farms • Heart health
Know your food sources • Late winter garden prep

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

A Letter From Us

Life is like riding a bicycle. To keep your balance, you must keep moving.
— Albert Einstein

In February, if we make an effort to look, we can see the earliest signs that the dim grays of winter are giving way to light and color. It feels like the winter walks I take around my neighborhood have been the same for weeks and weeks. Then suddenly, it's staying light a little later in the afternoon, a little patch of crocuses catches my eye, and the whole world seems brighter and full of hope.

If you find yourself with a case of the-late-winter-blahs, I highly recommend getting outside and just moving around and observing the subtle changes. It's remarkable what such a simple thing can do for your outlook. Spring is definitely coming!

One way to enjoy this seasonal transition is to explore a few of the classes we are hosting this month. See page 11 for advice about preparing your garden space for Spring, how to support heart health, tools for building a healthy relationship with food, and fermenting your own hot sauces to name just a few.

Did you know that many of our classes are archived on YouTube? It's true! If you've missed a class, you can find them posted here: youtube.com/@MarlenesMarketDeliOnline.

February is Gluten Free and Allergy-Friendly month at Marlene's. One way we are celebrating is by featuring a couple of gluten free recipes in this edition of Sound Outlook. The Lemon Coconut Cake featured on page 3 is just so wonderful, it's hard to believe it's gluten free and vegan. And for those of us looking for a sweet treat while watching our sugar intake, don't miss the high-protein, Keto-Friendly Buckeyes on page 10! Another way to celebrate is to check out our specials throughout the store and pick up a few delicious gluten free items from our deli.

And this Valentine's Day while you're spoiling those you love, remember to treat yourself.

Be well and take care of each other!

Lisa

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Lemon Coconut Cake

GLUTEN FREE AND VEGAN!

If you and your valentine are not really wine-and-chocolate folks but you'd still like to bake something sweet and special, have we got a recipe for you!

This delicious citrus cake is a refreshing break from the traditionally heavy desserts we often see promoted for Valentine's Day. It's also gluten free, vegan and easy to prepare.

Cake

- 1 ½ cups sugar
- ½ cup vegetable oil (organic canola, grapeseed or olive oil are good choices)
- 1 can full-fat coconut milk (14 oz)
- 3 Tbl lemon zest, (about 3 large lemons)
- ½ cup fresh lemon juice (about 3 large lemons)
- 2 tsp vanilla
- 3 cups **Bob's Red Mill Gluten Free Flour Blend**
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 ½ cups shredded coconut (medium or fine), lightly toasted

Glaze

- 2 Tbl lemon juice (about ½ large lemon)
- 2 tsp lemon zest (about ½ large lemon)
- 1 cup powdered sugar



1. Preheat oven 350°.
2. In a medium bowl, whisk **Bob's Red Mill Gluten Free Flour Blend**, baking powder, baking soda and salt together. Set aside.
3. In a large bowl (or stand mixer) mix sugar, oil, coconut milk, lemon juice, lemon zest, and vanilla until well combined. Add flour mixture and mix until there are no dry spots left. Stir in shredded coconut.
4. Grease and flour a bundt pan well (or two 9" cake pans), and pour in the batter. Bake 1 hour for a bundt pan, 45 minutes for cake pans. Cake is done when a toothpick or skewer inserted comes out clean.
5. Let cake cool completely before inverting.
6. Carefully slide a thin knife gently down the sides to loosen.
7. Invert bundt cake by placing a plate over the bundt cake then invert both.
8. To make the glaze, simply mix ingredients together and drizzle over cake.



From the Land to Your Table:

A Partnership with Nature, Farmers, Distributors and Marlene's

by Jeanne Logman for Sound Outlook

It's no secret that farming is the bedrock of society. In our busy modern lives, few of us give much thought to what it takes to keep a steady supply of produce flowing into markets, restaurants, public institutions and factories. But can you imagine if distribution between farms and your table didn't exist?

Could you grow everything you need to feed your family and yourself? Could you make trips to a farm once or twice every week to buy your produce? So much depends on that reliable distribution link, and our rock-solid distributor is Organically Grown Company.

Marlene's Market & Deli has been proud to partner with Organically Grown Company (OGC) for a good long time! For the past 45 years, OGC has been an industry leader by promoting health through organic agriculture and sustainable business practices. Their longstanding relationships with farms and growers ensure that we always have fantastic local and global organic produce on our shelves.

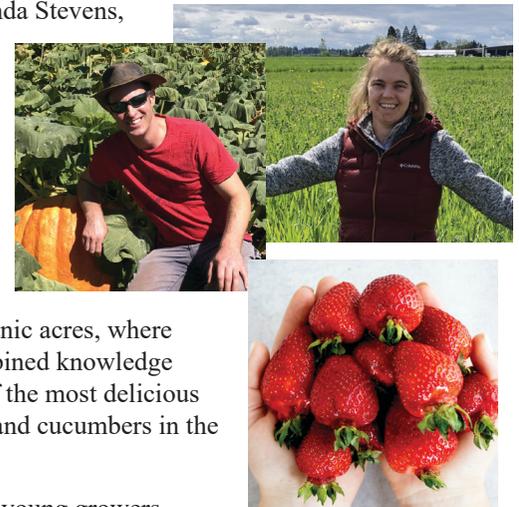
Last autumn, OGC invited a few lucky and enthusiastic produce department workers, buyers and managers to visit some of the local farms around the fertile regions of the Hood River Valley that supply us with the top-notch organic vegetables, greens and fruits that you've come to love and expect from Marlene's.

At that time of year, the harvest was in full swing for many of the farms. It was most gracious of these hard-working growers to take precious time away from their fields and share an inside look at the workings of their farms and orchards. Here's a little peek at few of our favorites:

Nottinghamshire Farms

Fifth-generation farmers, Anthony and Amanda Stevens, met in New Zealand where they were working on farms and studying farming methods. For the last decade, they've been the proud owners of 120 organic acres, where they use their combined knowledge to produce some of the most delicious strawberries, corn and cucumbers in the Pacific Northwest.

These adventurous young growers are eager to try out different methods of organic farming to maximize their yield and minimize their impact on the land. They leave some acreage open every year to experiment with a variety of practices like no-till farming and selective grass planting to choke out nutrient-hungry weeds while leaving the soil intact.



Columbia Gorge Organic

The Stewart family began their farming venture in 1979 on 95 acres in the Hood River Valley. Believing there was a better way to grow fruit for people and the planet, they transitioned to organic in 1989. The transition was not without challenges though, and they battled a particularly difficult pest invasion at one point. Left one year with a harvest of broadly blemished fruit, they realized that the flavor, nutrient content



Marlene's team members Joe (left) and Ashley (right) with one of the Columbia Gorge founders (center).

and integrity of the fruits were not compromised. What to do with 'perfectly ugly' produce? Make juice!

Now, in addition to managing more than 60 varieties of fruit on their 175-acre organic orchard, the Stewarts also squeeze, puree and pack fresh juice right on site.



The next time you're shopping at Marlene's, be sure to visit the Columbia Gorge Organic juice case and try some of their outstanding blends!

Siri & Son Farms



Fourth-generation farmers, the Siri family history in Oregon dates back to the early 1900s. Siri & Son Farms proudly became certified organic growers in 2005, reseeding 800 acres with trusted organic seed sources. We count on their fields for many of the succulent vegetables and fragrant herbs you see in our produce department like broccoli, kale, collard greens, rainbow chard, green beans, beets, tomatoes, turnips, parsley and cilantro to name a few!

In the warmer months, crops go straight from the field into a custom cooling chamber which keeps them ultra-fresh for transport by OGC.

Part of Siri & Son Farms' method of pest control is to use beneficial insects to keep the crop-damaging pests in check. They test their soil annually to ensure that nutrient levels are at their peak by the time seeds will be sown for the next growing season. What kind of organic cover crops (also known as 'green manure') that will be used that year is determined by these soil checks.

If you've been enjoying the robust quality of their produce that you've purchased at Marlene's, you already understand that they really know what they're doing!

Mustard Seed Farms

David and Nancy Brown have been farming in the Newberg region of Oregon since 1965! Yep, you read that right.

Their farm became certified organic in 1991, and they've been bravely battling the striped cucumber beetle without chemical pesticides ever since. Over many long years, they've made all kinds of friends throughout the area, and they depend on their neighboring ranches for various manures to enrich the soil for 45 acres of the best darn squash imaginable. In fact, if you've ever bought any of the wide variety of wonderful winter squashes available at Marlene's, chances are they were grown at Mustard Seed Farms.



As organic farmers face the acute challenges of shifting climate conditions, they're saddled with new problems; for example, crop-destroying pests that are new to our area and can endure more extreme conditions. There are longer stretches of drought, increasing wildfires, and more dramatic soil erosion. Trusted suppliers of organic seeds, vegetable starts and fruit tree saplings are also deeply affected by these issues, and as a result, the flow between suppliers and our farmers has been greatly strained.

Deep heritage, fresh faces, tradition, ingenuity and enduring partnerships all play a role in getting the amazing produce we rely on from the farm to your table. Next time you're enjoying the abundance of our produce department, consider all the connections that sustain our families and communities.



Some of Marlene's produce team members: Joe (left), Cyrus (center) and Ashley (right).

Real Cheese. No Dairy.

Misha's is a plant-based, dairy-alternative company co-founded by Chef Ian Martin and Aaron Bullock. Since its 2018 Los Angeles Farmers Market launch, many declare Misha's the "Best Dairy-Free Cheese on the Market", and many Marlene's team members whole-heartedly agree.

All of Misha's cheeses are made from organic cashew and almond milk, blended with locally-sourced fresh herbs, vegetables, and spices. Our process results in real cheese, made in the traditional way that dairy-based cheese is made - just without the dairy!

Misha's is on a mission to serve all people by cultivating and producing the most delicious, health-conscious dairy alternative foods across the globe. We are:

Kind to your body, kind to the planet and kind to your wallet.

Flexitarian, vegan, lactose intolerant, paleo... The world is diverse! These dairy-free cheeses and products are a reflection of this diversity. Whatever your flavor journey, your health-conscious mantra, your dietary or religious restriction, Misha's has you covered. Their goal is to make food that makes the world more inclusive - so invite someone new to your table and keep expanding your world of flavors!



**Founders Chef Ian Martin
and Aaron Bullock**

French Connection

Sun on your back. Salt in the air. Rolling hills dotted with vineyards and olive groves. One taste of Misha's French Connection plant-based cheese and you'll be transported to the southeast of France with aromatic notes of Herbes de Provence, Grains of Paradise and black olives.

Similar to goat cheese, the profile is savory and bursting with unique flavors to infuse your pasta, potatoes au gratin and bisque with zesty creaminess.



Smoked Cheddar

Smokey and savory, Misha's Smoked Cheddar cheese is everything you expect from a smoked cheddar—minus the dairy. Smoked paprika blended with chipotle peppers makes for a smooth, smokey and savory flavor profile.

A powerhouse of bold flavor, Misha's smoked cheddar adds a depth of savory richness to burgers, scalloped potatoes, cheddar and broccoli, smoked mac & cheese, and a hint of balanced creaminess and smokiness to vegan tortilla soup.



Black Truffle

Black truffles take center stage in Misha's elegant Black Truffle cheese. It is the essence of umami - rich, earthy and fragrant, with a buttery and velvety texture.

Misha's Black Truffle cheese makes a delicious mushroom ravioli, vegan stroganoff, truffle mac and cheese or a gourmet truffle pizza with a rich creamy white sauce.



Your Period and Your Health: How It's All Connected

by The Honey Pot Company



That time of the month: Sure it's never fun, but there are many aspects and symptoms of menstruation that can be directly tied back to your overall health. Paying attention to your cycle can be key in spotting any potential health concerns.

Here are a few symptoms that may reveal what your period says about your health:

Severe Cramping: At some point as a menstruating woman, you will likely experience cramping before or during your period. While it's certainly no fun, there's a big difference between normal cramping and severe cramping. Extremely intense and unmanageable cramping could be a sign of endometriosis, a painful condition where tissue grows outside of the uterus and can

cause severe pain, fertility issues and other complications. It is definitely something to consult with your ob/gyn about.

Blood Clots: Small clots of blood (less than the size of a quarter) are a normal part of menstrual bleeding and generally not something to cause concern. Unless you see these clots all the time and they are very big. This could be a sign of uterine fibroids (noncancerous growths in the uterus) or menorrhagia (very heavy or prolonged menstrual bleeding).

Watery Discharge in your Blood: Menstrual blood comes in a variety of shades from bright red at the beginning of your cycle to a brownish red as it comes to an end. However, if your blood is watery in

consistency and looks more like a washed red/pink, this is a discharge that could be a sign of an infection (STI), cervical cancer or even pregnancy.

Irregular Periods: Consistently irregular periods can be a sign something is off hormonally. In a lot of cases, this can be attributed to stress. Read more about how stress affects your period now! This can also be a sign of polycystic ovary syndrome (PCOS) a somewhat common and manageable hormone disorder.

While there's no such thing as a "normal" period, these are a few signs that you should be aware of to keep your body, cycle and health in check! Always consult your gynecologist with any concerns.

The Honey Pot Founder Bea's Story

I was suffering from bacterial vaginosis for 8 months when an ancestor came to me in a dream and gifted me with a vision to heal myself. With her help, I created The Honey Pot to solve what other brands haven't - personal care, powered by herbs. We strive to be the #1 leading plant-derived vaginal, intimate and personal care system on the market by empowering the humans we serve with clean and effective care throughout their entire lives.

What does being a Diverse Owned Business mean to you?

It means bringing conversations to the forefront that work to continuously create bridges between minority and majority humans. For our company, it is imperative that these bridges are built on the foundation that humans with vaginas experience the same thing. It also means having a unique responsibility to be successful and sustainable. Since both are not guarantees for any business, it becomes incrementally more challenging for a small, growing brand that is serving specific human needs.



Spend less, eat better!

Reducing household food waste

When food rots in a landfill, it produces huge amounts of methane — a greenhouse gas at least 28 times as potent as carbon dioxide. In 2018, the Food Waste Reduction Alliance reported that 84% of unused food in American restaurants ends up in the trash.

At home, the statistics are not much better. Approximately 40% of food waste in the United States happens at the household level. We can do better!

Designated grocery runs and meal planning

Regular grocery runs on specific days lead to more intentional shopping and more thoughtful results. Planning allows you to buy the produce, baked goods and dairy products that you need so that they stay fresh.

- Prepping on your ‘Sunday’ helps you plan for the week and identify ingredients you already have which helps you avoid unnecessary purchases.
- A good approach is to plan meals based on what is already in the kitchen, then make a shopping list only for the ingredients and items you need.
- Keep a look out for companies that are making an effort toward sustainability. Purchase their products and use every last crumb, bit or drop!

- Remember, our bulk department has an extensive collection of grains, nuts, flours, legumes, cereals, spices, oils, syrups, teas and more! You can purchase any quantity you need in bulk.

Repurpose leftovers

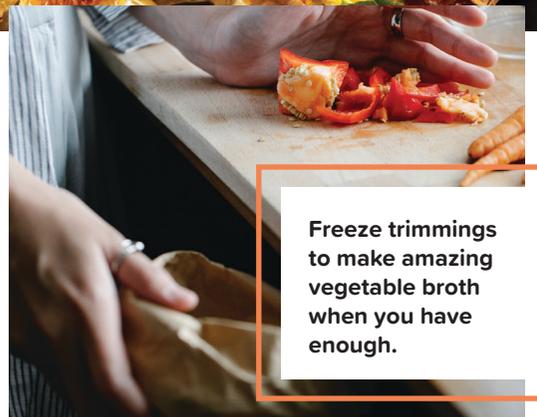
There is always a way to repurpose leftovers into a new dish!

- If you eat at a restaurant, always take your leftovers home. It’s amazing how many dishes work as stuffing for a tomato or bell pepper.
- Make a frittata or omelette by adding diced leftover vegetables, meats or cheeses to beaten eggs.
- Repurpose day old bread by making croutons, breadcrumbs, French toast or bread pudding.
- Make a creative coleslaw with diced and shredded leftover raw vegetables.
- Chop up leftover meats and vegetables to make a soup or a stew.
- Pasta or potatoes make an excellent base for a hearty salad.
- Leftover rice stir fried with an egg, soy sauce and whatever bits of vegetables and meats you have on hand makes a tasty fried rice.
- Use technology if you have it! You can enter your ingredients into a search engine which will result in many suggestions you may never have come up with on your own.



What’s for dinner?

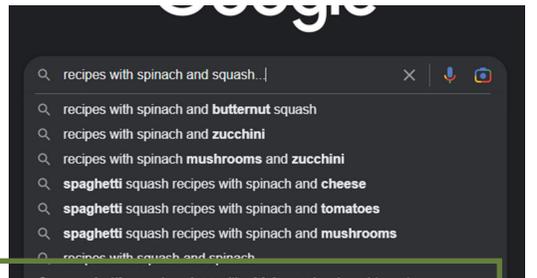
If you have leftovers and eggs, you can probably make a delicious frittata!



Freeze trimmings to make amazing vegetable broth when you have enough.



Dedicated grocery days help keep the budget in check and a meal plan in focus.



Get great recipe ideas by simply searching for the ingredients you already have.

Using every last bit of produce

Many times, the parts of our produce that we discard are just as nutritious as the part we were originally after.

- Vegetable bits and peels can be kept in a container and frozen until you have enough to make a simple pot of stock. Particularly with organic produce, almost everything can be eaten instead of going to the landfill.
- Grate the zest from all of your citrus fruits before you peel them. Citrus zest can be placed in airtight containers and frozen for later use.
- Why buy a pound of broccoli then throw out half of what you paid for? The stalk is very nutritious and can be peeled and diced and used in a huge variety of dishes.

Down to the bone

Don't forget about those bones! The most nutritious and immune-supporting part of meats and poultry are arguably in the bones. Toss that chicken carcass, pork or beef bones into a large pot of water and simmer them for a couple of hours to extract everything the marrow has to offer. You'll also be getting many minerals, collagen and additional protein from the bones and cartilage in your homemade bone broth.

Organize your fridge

- Organize jarred sauces, condiments and oils by expiration date on your side door shelves. This will help identify which needs to be used first. Cleaning out your condiment shelves monthly helps you stay focused on those things that need to be eaten versus those that have a longer shelf life.
- Keep perishable foods at eye level. Having items like leafy greens, mushrooms, fruits and dairy products front and center will help reduce the amount of perishables you might normally lose in the back of your fridge.
- To keep your herbs fresh, try wrapping them in a damp paper towel or place the stems in a glass jar with an inch of water, like you would flowers. This method keeps herbs fresh for up to 10 days. The exception is basil, which



**Give your fridge some love.
First in, first out. Perishables at eye level.**

does better at room temperature with no water touching the leaves.

- Nuts, seeds, flours and meals that contain oils can go rancid, so store these in airtight, clear containers in the refrigerator. This helps increase the shelf life, reduce food waste and saves money.

A word about recipes

Cookbooks and recipes posted online tend to portion meals for 4-6 or 8-10. This can lead to food waste because many people just follow the recipe. Remember that most recipes can be scaled to the actual number of people who will be eating.

Or consider organizing your freezer to accommodate the prepared foods that you won't be eating all at once. For example, if you make a full recipe of lasagna, but you know you'll only be able to eat half of it over 2-3 days, consider portioning and freezing half of it immediately. Now you can enjoy that meal without feeling the pressure to eat more of it than you want. And since so many dishes and baked goods can be frozen and then reheated beautifully, you'll have a delicious meal to look forward to when you're crunched for time at a future date.

Try a few (or all) of these suggestions to minimize food waste at home. You can help reduce the environmental impact of food production, food disposal, and greenhouse gas emissions while saving money and exercising some creativity. It's a win for everyone!



**Shop bulk to buy
appropriate amounts for
your family and store goods
in airtight containers!**



**Turn scraps and bones into
nutritious bone broth.**



Keto-Friendly Buckeyes

A DECADENT, LOW-CARB TREAT WITH 12 GRAMS OF PROTEIN PER SERVING!

by Primal Kitchen

Part truffle, part peanut butter cup, part crumbly peanut butter cookie dough cloaked in an outer ring of dark chocolate, these collagen-rich buckeyes present the harmonious marriage of chocolate and peanut butter in a way that keto devotees can savor!

Even if you're a staunch nothing sweet, I-no-longer-have-cravings-for-treats, keto-for-life person, you may appreciate a little two-bite nosh around Valentine's Day. It's easy to stock the four ingredients for these buckeyes in your pantry so you can whip them up at a moment's notice—it only takes about 5 minutes to make these, and then 30 minutes total to freeze and set.

If you are allergic to peanuts, swap the peanut butter and peanut butter collagen fuel for almond, macadamia, pecan, hazelnut, or walnut butter, and use either unflavored collagen peptides, vanilla-coconut or chocolate-coconut collagen instead.

9 scoops **Primal Kitchen Collagen Fuel Drink Mix** - Peanut Butter

¾ cup natural peanut butter, unsalted and no added sugar

¾ tsp sea salt

1 cup **Lily's Sweets Dark Chocolate Baking Chips**

Optional: Add snowy flair to the outer edges by dipping in unsweetened coconut flakes before putting in the freezer to harden.



HOW TO MAKE THEM

1. Whisk together salt and collagen fuel.

2. Use a spatula incorporate the peanut butter until the mixture is well combined.

3. Use your hands to bring together the mixture into a dough. You should be able to get thirteen scoops from this dough.

4. Shape each scoop of dough into balls with lightly moistened hands (stand near a sink or keep a little dish of water nearby).

5. Place dough balls on a parchment-lined sheet pan. Pop into the freezer for 20 minutes to harden.



6. Meanwhile, melt dark chocolate over a double-boiler.

7. Pour chocolate into glass liquid measuring cup or large coffee mug (this creates some depth to dunk the buckeyes into).

8. Stick a toothpick deep into a peanut butter dough ball, and dunk it into the chocolate (leaving some peanut butter exposed).

9. Lift the balls out of the chocolate using a fork.

10. Place ball back on parchment paper-lined sheet pan.

11. Repeat with the remaining dough balls until all are coated with chocolate and are resting on the sheet pan.

12. Put the sheet pan back into the freezer for another 10 minutes



Nutritional information: Serving size: 1 Buckeye Calories: 181 Carbs: 8 grams Net Carbs: 6 grams Fat: 13 grams Protein: 12 grams

February Events & Education

All February classes will be held online. Class registration at: marlenesmarket-deli.com/classes.

PREPARING FOR SPRING GARDENS



with Laura Matter, Garden Hotline Educator

Saturday, February 4 at 10 am

Get an early start with planning the various garden tasks that are right around the corner. It's time to think about soil preparation for your edible gardens, spreading a new layer of mulch on your ornamental beds to prevent spring weeds, getting your journal set up for tracking when pests, first leaves and flowers emerge on your plants, and most exciting of all, planning what to plant this year! We'll also look at calendar and journal options to keep you on track all year.

HOW NUTRITIONAL SUPPLEMENTS AFFECT HEART HEALTH



with Neil Edward Levin, Senior Nutrition Education Manager of NOW Foods

Tuesday February 7 at 5 pm

The heart's pumping force, blood pressure regulation, blood vessel integrity and blood circulation all tend to decline with age and are significantly affected by nutritional variables. Learn to choose the right nutrients for optimal cardiovascular support as well as how to strengthen the heart and blood vessels against the effects of aging and stress.

MEDICARE 101



with Kate Esparza-Guerrero

Thursday, February 9 at 5 pm

Do you have Medicare questions you need answered? Whether you are turning 65 or getting ready to retire, attend this class to become better informed! Join Kate online to learn how to navigate Medicare options for the 2023 year.

HOW TO END FOOD OBSESSION, BINGE EATING, OVEREATING AND RESTRICTIVE DIETING FOR GOOD



with Michelle Kester, Health Coach and Fitness Coach

Thursday, February 16 at 5 pm

Break free of food obsession, guilt, shame, overeating, and restriction so that you can feel confident and live a full life again! Join Health Coach, Michelle Kester, as she shares her proven system. Developed through personal experience, mentoring and working alongside some incredible trainers and coaches, her method helps clients to finally end these issues, not just manage them.

SEEING IS BELIEVING: YOUR EMOTIONAL WORK AND A CLEARER PATH FORWARD



with Nicole Wirth, LMP, Lymph Drainage Therapist

Tuesday, February 21 at 5 pm

Did you know your eyes bear a record of your emotional history? They can also reveal your current emotional landscape! Join Nicole for an exploration of her new technique that sheds light on the emotional healing work you are currently doing and provides a clearer picture of the path forward. Nicole specializes in therapeutic lymphatic work as well as the use of harmonic resonance therapy, eye readings and holistic, intuitive support.

TAKE YOUR MAGNESIUM AND RELAX



with Nikita Austin, Director of Education and Innovation Specialist at Better Being Co.

Thursday, February 23 at 5 pm

How important is Magnesium? Join us to learn who may benefit from more magnesium, and why you may not be getting enough in your diet. Understand the many different forms of magnesium available to discover the one that is right for you.

FERMENTED HOT SAUCES



with Courtney Jafferian, Owner of SPLAT Hot Sauces

Saturday, February 25 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. You 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.

KETO: SUPPORT HEALTHY WEIGHT MANAGEMENT AND ENERGY PRODUCTION



with Glen Depke, Dr. Mercola Brand Educator

Tuesday, February 28 at 5 pm

Supporting healthy weight management and energy are daily goals that could be eluding you. With this training, you will learn how to use nutrition, lifestyle and supplementation to maximize your energy levels and move toward a lighter and more vibrant weight range. Make 2023 the year of making the best choices to support your weight management and energy needs!

BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

| | |
|--|---|
| Federal Way 2 pm - 4 pm | Tacoma 2 pm - 4 pm |
| Friday, February 10 Friday, February 24 | Friday, February 3 Friday, February 17 |

LESSER KNOWN REASONS FOR TOOTH DECAY & What You Can Do About It

It May Not Be What You Think!

How many times have you heard to avoid cavities or tooth decay, you need to be brushing and flossing more? While brushing and flossing are one of the best ways to avoid tooth decay, it isn't the whole story. We see patients with immaculate oral hygiene, very little bacterial plaque who have lots of cavities while other patients, who look like they hardly ever brush their teeth with zero cavities! How is this fair? Read on!

What is Tooth Decay?

Tooth decay is a bacterial infection that can damage the enamel, which is the outer coating of our teeth. Decay can attack both the enamel and then dentin layer, which then allows the infection to spread like wildfire.

The decaying process starts when a buildup of bacteria plaque in the mouth produces acids. The acids in the plaque break down the enamel and cause cavities or tooth decay. Fortunately, if caught early enough, dental professionals can treat cavities and prevent further damage.

Dry Mouth

If you brush, floss and eat healthy whole foods but still have cavities, you could have a dry mouth. Breathing with your mouth is unhealthy and can leave you with a dry mouth. So can certain medications. An acidic oral environment also promotes tooth decay. Saliva is an important natural buffer neutralizing the acids and can minimize incidents of tooth decay. Saliva also has digestive enzymes to begin the breakdown of carbohydrates and fats. It even has trace amounts of an enzyme to help control blood pressure. Healthy nasal breathing can avoid a dry mouth and decrease your risk of tooth decay. Eat with your mouth, breathe with your nose!

Teeth Grinding and Clenching

Teeth grinding and clenching cuts off the blood circulation containing oxygen and nutrients from your teeth. Teeth that are starved of oxygen and nutrients cannot be healthy and are more prone to tooth decay.

Without oxygen and nutrients, teeth can become more sensitive, too! Dr. Felix Liao, author of *Early Sirens*, coined the term

“Tooth Angina” to describe the condition. Just as we can have painful heart angina from the lack of oxygen, and we experience tooth pain or “tooth angina” from the lack of oxygen to our teeth.

Another interesting fact is that healthy teeth recover after dental work whereas teeth that lack oxygen (and nutrients) struggle to recover and sometimes do not. Root canals are often the recommended treatment for teeth that are in pain. Let's understand why you have pain so we can get to the root of the problem instead.

A Sign of Sleep and Breathing Disorder (SBD)

Healthy breathing is nasal breathing. Nasal breathing activates the lower lobes of the lungs which in turn activates the rest, digest, repair, grow, detox part of our nervous system. Mouth breathing activates the upper lobes of our lungs which puts us into the state of fight and flight.

Our teeth are a part of our digestive system. In fight or flight, our body prioritizes oxygen supply to our brain and heart first to keep us alive, and to our muscles so we can fight or run. When digestion is toned down because we are in fight or flight mode, the teeth suffer because our teeth are part of the digestive system. Teeth are once again, as in teeth grinding, not receiving the oxygen needed to be healthy and we become more prone to tooth decay.

Straighten Teeth to Avoid Tooth Decay

Teeth that are less crowded are easier to brush and floss effectively. If you have crowded and crooked teeth, we can assist with the growth (expansion) of your jaw so that your teeth can have the space needed to naturally align. We do this with the Vivos Method™ and HealthyStart® oral appliances. For those without the oral contributions to breathing and sleep issues, we offer CandidPro® clear aligner system to straighten teeth for easier cleaning and a beautiful smile.

Dr. Yamashiro is a biological dentist practicing holistic dentistry at Ecologic Dentistry. To request an appointment or make an inquiry, please call 253.863.7005 or visit us at ecologicdentistry.com.



Bob's Red Mill: How We Do Quality Gluten Free

by Bob's Red Mill



From farm fields to our facility and kitchens around the world, Bob's Red Mill guarantees the quality and safety of our products every step of the way. We are dedicated to the manufacturing of natural foods in the most wholesome way and we do this with honesty and integrity at our world headquarters in Milwaukie, OR. Our goal is to make the world better with whole grains - it's Bob's way. That's why we offer one of the largest lines of organic, whole grain foods in the country.

We value your health and we value your trust in our gluten free products!

We want the very best gluten free flours, baking mixes, cereals, and oatmeals to be available to our friends and family on gluten free diets. Our gluten free grains and other products are sourced from farmers who are also dedicated to providing safe, high-quality grain products to you and your family. We adhere to a strict threshold of less than 20 parts per million (ppm) of gluten for all of our labeled gluten free products.

Through the years, we've learned that it takes dedication and some innovative thinking to ensure a truly gluten free product. We built a dedicated and separate Gluten Free Facility with specialized equipment to ensure our specialized products maintain their purity. Only gluten free products are milled, mixed, and packaged in this facility and our machinery is never exposed to any other products.



- We test every incoming delivery of product using the enzyme-linked immunosorbent assay (ELISA) test - ensuring that every product is less than 20 ppm of gluten.
- Product received at the mill is tested upon arrival and then placed in a holding area until results are given.
- After we receive confirmed results that the product tests below 20 ppm, it is only then accepted into our dedicated Gluten Free Facility.

In addition to testing upon arrival, we test product during processing and after processing, holding each time until results are given. Beginning in 2019, we also offer some

products that are certified gluten free by the Gluten-Free Certification Organization, a branch of the Gluten Intolerance Group. You can identify these select products by the GFCO logo on the product packages.

Other Bob's Red Mill gluten free products will continue to be tested and confirmed gluten free per our strict protocols. You

can identify these products by the red GF logo and the gluten free testing statement on the product packages.

Our commitment to quality begins at the source but extends into your kitchen and beyond. We thank you for trusting us with your health and look forward to serving you, your family and our community.

Supporting Respiratory Health

by Herbs Etc.

We normally don't think much about our lungs until we have difficulty breathing or are coughing uncontrollably. With so many active respiratory viruses circulating, it's good to keep in mind some tried-and-true preventative measures, some good dietary options, and some potent herbal support blends.

An unhealthy respiratory system deprives the body of the most important nutrient of all – oxygen. Organs and tissues cannot function properly without adequate amounts of oxygen. Furthermore, a poorly functioning respiratory system puts people at risk for developing secondary health issues and increases the need for a strong, healthy immune system.

Here are a few tried-and-true suggestions to support respiratory health this winter and all year long:

Eat colorful fruits, vegetables and starches.

Blueberries, red bell peppers and sweet potatoes are all colorful and have the nutrients you need. Add fruit to your oatmeal and vegetables and starches to your stews. Many of these colorful foods are also rich in vitamin C and other antioxidants.



Take zinc.

The mineral zinc is a beneficial nutrient that supports your immune system. Consider incorporating some zinc-rich foods like beans, lentils, seeds, nuts, eggs, dairy and whole grains. If you prefer to take it as a supplement, zinc lozenges are an option.

Drink green tea. Green tea has many antioxidants. Drinking it warm soothes your



throat and warms your body.

Move your body.

When you do aerobic exercise, you strengthen your lungs. Stronger lungs help you breathing better. Keep in mind that exercising in a clean air environment is key.

Watch what you touch. There's no way you won't touch surfaces that may have germs. Use healthier sanitizers, such as those with essential oils, to wipe or spray onto often used surfaces, including your phone and laptop.

Get some sleep.

This is a fundamental pillar of good health that we harp on all year long. If you feel

something coming on, head to bed.

Try a steam inhalation.

A steam inhalation with essential oils like eucalyptus or thyme clears excess mucus and promotes respiratory health. These essential oils have antimicrobial properties and soothing effect for delicate, irritated lung tissues.

To prepare a steam inhalation, place a pot holder or trivet on a table. Have a large towel ready. Boil 2 cups of water in a large, heavy pot. Turn off the heat. Add 5 drops of eucalyptus or thyme and 2 drops of lavender.

Place the pot on the table. Position your head over the pot. Drape the towel over your head and the pot to keep steam from escaping. Carefully inhale the steam, breathing slowly and deeply. Continue until the steam dissipates.

Use herbal formulations.

Osha supports respiratory health and is found in Rocky Mountain Throat Syrup™. Elecampane supports lung health and is found in Lung Tonic™. Ginger supports immune health and is found in Respiratonic®.

Take some small steps to support your health and well being today. Visit Marlene's for high quality foods, supplements and inspiration and start leading a vibrant, vital and health-forward life!



How do you know if you need MAGNESIUM?

by Jennifer Rasp-Bickerton DC, MS & Nick Zemp, Clinical Herbalist

How important is Magnesium?

Magnesium is the second most abundant mineral in the fluid of our cells. It's involved in over 300 biochemical and enzymatic processes. Essentially, our body needs magnesium to function on a daily basis. **We need magnesium for:**

- Bones & muscles
- Cell membranes & DNA
- Transporting electrolytes in and out of cells
- Healthy heart rhythm & blood pressure
- Nerve conduction
- Brain function & neurotransmitters
- Converting and transporting vitamin D
- And much more!

According to the National Institutes of Health (NIH),

over 50% of adult Americans don't consume enough magnesium in a day from their food.

We can get magnesium from foods such as leafy greens, beans, nuts & seeds, and avocados. But did you know you would have to eat 50 cups of kale to get 350 mg, the same amount you'd find in one serving of a magnesium supplement?

Magnesium deficiency is common. Who might need more magnesium? Those with:

- Low vitamin D levels
- Restless legs & muscle tension
- Sleep deprivation
- Poor diet
- Drinking alcohol or coffee
- Smokers or anti-acid users
- PMS or Menopause
- Excessive sweating
- Electrolyte imbalance
- Chocolate & salt cravings
- High stress or irritability
- Older adults

References available www.marlenesmarket-deli.com

Join us online to learn more!

**TAKE YOUR
MAGNESIUM
AND RELAX**

**THURSDAY
FEBRUARY 23
AT 5 PM**

Details on page 11.

Forms & Benefits

Magnesium is always bound to a molecule. This is called chelation, where magnesium is held in place by a larger molecule. Chelation helps magnesium get absorbed instead of binding with other things, like fiber. The form of magnesium drives its function in the body. Plus, the form you choose helps your body strategically use magnesium.

Magnesium Glycinate

Magnesium chelated with Glycine supports muscle relaxation, mood & sleep

Magnesium Malate

Magnesium chelated with Malic Acid supports optimal energy production & mood

Magnesium Taurate

Magnesium chelated with Taurine supports cardiovascular function and vascular health

Magnesium Citrate

Magnesium chelated with Citric Acid supports digestion, kidney function & healthy bowel movements

Magnesium L-Threonate

Magnesium chelated with L-Threonic Acid supports healthy brain cell communication, brain function, memory & learning

Magnesium Chloride **TOPICAL APPLICATION**

Magnesium mined from the Netherland's Zechstein Seabed soothes & calms overused muscles and joints. It's used topically as an oil, lotion, & for a foot soak.



Marlene's
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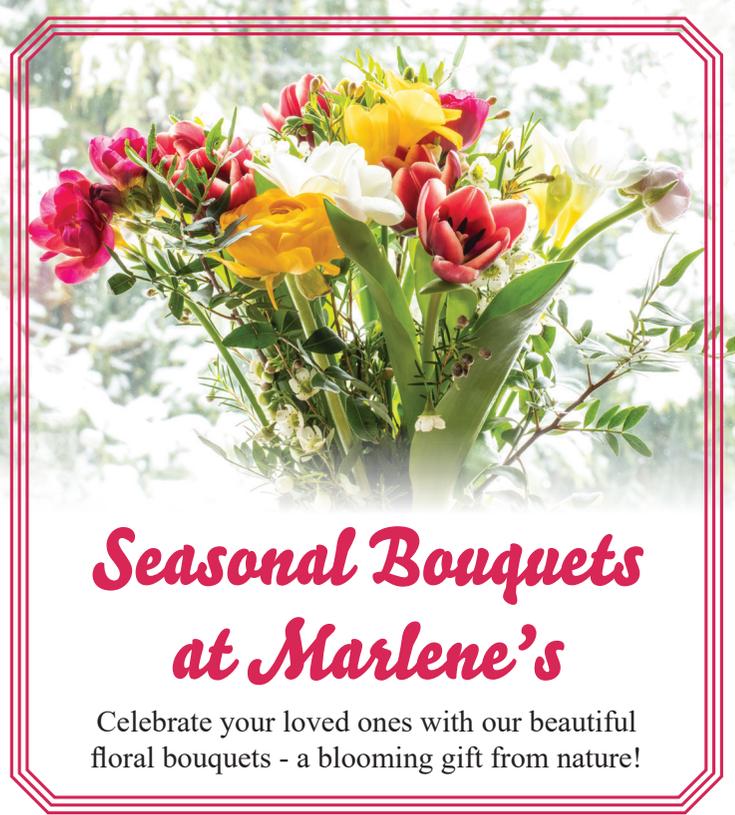
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 Natural Rubber
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 Assorted sizes and varieties

35% off

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Celebrate your loved ones with our beautiful floral bouquets - a blooming gift from nature!



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Organic Chocolate, Nuts, Tea & Coffee
Assorted sizes and varieties

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TAZA
Organic Direct Trade Chocolate
Assorted sizes and varieties

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Organic!
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OMEGA-3 EPA & DHA & Omega 5, 6, 7, 8, 9 & 11 plus Astaxanthin & Vitamin D
SUSTAINABLY SOURCED FROM THE PRISTINE WATERS OF ALASKA
1300 mg 90 Entericure™ Softgels
NO FISHY AFTERTASTE

RxOmega-3 Ultra Strength
2150 mg Omega-3 EPA/DHA/DPA plus
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35% OFF
All Garden of Life[®] Proteins

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Marlene's Targeted Turmeric Formulas for Ache Relief and Cardiovascular Support

Plants are humanity's original medicines, and use of turmeric began over 4,000 years ago as a spice, in religious ceremonies, and as a medicinal herb. Its culinary use and health promoting benefits were so profound, cultivation began in ancient India and spread throughout the world.

In Ayurvedic medicine, turmeric was used in many applications including support for the circulatory, respiratory and digestive systems. Today, we use turmeric medicinally for its support of the body's natural inflammatory processes, as an antioxidant, and for liver support.

Of the many compounds identified in turmeric, the ones of particular interest are the curcuminoids. Curcuminoids in turmeric give curry dishes their brilliant color and distinctive flavor. From a health perspective, it is the support that curcuminoids give for the body's natural inflammatory processes that is most significant. Curcuminoids support these processes by helping to maintain cortisone at adequate levels.

Turmeric Powder Caps

This is simply the perfect daily powdered extract, good for long term use. It contains 450 mg turmeric, standardized to 95% curcuminoids as well as 5 mg black pepper fruit.

Turmeric Liquid Caps

This formula is designed to offer support for a healthy inflammatory response during times of acute need. This formula includes, 400 mg full spectrum turmeric root, 100 mg turmeric root – standardized to 95% curcuminoids, 50 mg supercritical CO2 extract of turmeric (40% turmerones) and 5 mg black pepper fruit.

Turmeric Plus AM Ache Relief

This morning blend helps to alleviate body aches and pick you up for the day.

Turmeric Plus PM Ache Relief

This evening formulation helps with nighttime body aches and promotes deep relaxation.

Both of these formulas provide turmeric root (95% curcuminoids) and white willow bark (25% salacins).

To provide relief from muscle and joint discomfort and to support the body's natural inflammatory processes, several additional herbs have been included in our Turmeric Plus blends.

- Skullcap and corydalis relax muscles and control physical discomfort
- St. John's Wort calms nerve endings that send pain signals to the brain

- Stillingia (or Queen's root) drains fluid from interstitial tissue, thereby reducing swelling
- Red root supports lymph drainage in swollen tissue.



In addition to the herbs listed above, Turmeric Plus AM Ache Relief provides ashwagandha, ginkgo, and cayenne to support energy, circulation, and tissue healing.

Turmeric Plus PM Ache Relief also provides valerian root to relax muscles and promote deep sleep, as well as kava root to alleviate muscle soreness and a promote a calm mind.

Turmeric Plus Heart Complete with CoQ10

This formula provides comprehensive cardio and vascular support.

- Hawthorne berry (1.8% vitexins), the number one tonic herb for the heart, supports the heart muscle.
- CoQ10 supports healthy mitochondria in heart muscles for

- strong, long term heart muscle function.
- Beet powder supports nitric acid production, helping to maintain healthy blood vessels and blood flow.
- Turmeric root extract (95% Curcuminoids) supports the natural inflammatory processes for blood vessel integrity.
- Red root supports lymph drainage to maintain healthy lipid levels for vessel health.
- Methyltetrahydrofolate is methylated folic acid (Quatrefolic acid) for healthy cholesterol and homocysteine levels.
- Methylcobalamin, the methylated form of vitamin B12, maintains healthy homocysteine levels and supports cellular energy production.
- Black pepper fruit facilitates absorption and promotes healthy circulation.

Inflammation may be a factor in many health conditions. Supporting the body's natural inflammatory processes can be a part of the approach to resolving these issues. The next time you stop by Marlene's, be sure to consider our custom turmeric- based formulations as part of your regimen!



Omega Health with Quality Fish Oils

by Valerie Villalobos, courtesy of Nordic Naturals

Health begins and ends in the cell. Our bodies have an estimated 60–100 trillion cells and, together, they are responsible for every physical and mental function from our heart rate to our imagination. Whatever our bodies do or do not do well depends upon the health of our cells.

Each and every one of the cells in our bodies is surrounded by a soft, pliable cell membrane, which protects the cell's contents, integrates nutrients into the cell, and enables cells to communicate with each other. Those membranes require fat to keep them flexible and functioning properly. Omega-3 essential fats EPA and DHA support the cell membrane's fluidity, flexibility and speed.

The term “omega-3” refers to a family of fatty acids. EPA and DHA are two critical omega-3s that have been shown to support heart and eye health, brain function, a healthy pregnancy, child development, joint and skin health, sports performance, and healthy metabolism.

Our bodies do not make EPA and DHA efficiently, therefore, we must consume these fats through diet. The best direct source of EPA and DHA is cold-water, oily fish. Every day, in response to our environment, our bodies use these precious fats. Once used they must be replaced.

In reality, not all fish oil is created equal. When seeking high-quality fish oil, you should look for certain features that are particularly important: freshness, purity and form.

Making sure your fish oil supplement is fresh is important for taste and product efficacy. The primary reason people resist taking fish oil is fear of unpleasant taste and aftertaste. Higher freshness levels result in better tasting fish oil that doesn't cause fish burps. Taste and smell are good indicators of freshness. An unpleasant fishy smell, taste or burps indicate that a product is rancid (oxidized). Rancidity reduces the efficacy of fish oil. This applies to liquid and capsule forms of supplementation. Test your fish oil capsules for freshness by biting into them!

Clean fish oil is also critical. Fish oil must be purified to eliminate trace amounts of heavy metals, pesticides and PCBs. A third-party product analysis can validate both purity and freshness. Pure fish oil also consists of one that contains non-GMO ingredients. Eurofins Scientific GeneScan Division,

a worldwide consortium of testing laboratories, is an industry leader with over 20 years in GMO testing. It's a Non-GMO Project accredited lab and is a trusted scientific option for non-GMO verification.

Finally, it's important to choose supplements in triglyceride form, particularly when selecting a concentrate. Many concentrates are in an ethyl ester form, a form rarely found in nature. Research suggests that triglycerides are more stable, which protects these fats from oxidation. Lastly, scientific evidence suggests triglycerides have an absorptive advantage over ethyl esters.

Nordic Naturals began with a simple goal: give everyone the nutrients they need to live a healthy life. Since 1995, they've led the omega-3 fish oil industry by pioneering manufacturing methods to produce exceptionally fresh, pure, and great-tasting omega-3 oils. Importantly, all Nordic Naturals fish oils are Friend of the Sea Certified, which guarantees that every fish used is wild-caught from healthy, sustainable fisheries and sourced in line with strict standards for fishing method, by-catch reduction, and habitat protection.

Nordic Naturals was born out of a pursuit of optimal health by what science makes possible. Today, Nordic Naturals continues their commitment to optimal health with a growing selection of expertly formulated products for every body, including award-winning omega3s, vegetarian probiotics, nutritious gummies, vitamins and more.



February Calendar of Events

All February classes will be held online.
 Class registration at:
marlenesmarket-deli.com/classes

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|-----------|--|--|---|
| | | | 1 | 2 | Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm | Preparing for Spring Gardens with Laura Matter, Garden Hotline Educator 10 am |
| Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above! | | How Nutritional Supplements Affect Heart Health with Neil Edward Levin, Senior Nutrition Education Manager of NOW Foods 5 pm | | Medicare 101 with Kate Esparza-Guerrero 5 pm | Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm | |
| | Uniform Monday 10% off to all firefighters, police and military! | Happy Valentine's Day! | | How to End Food Obsession, Binge Eating, Overwating and Restrictive Dieting for Good with Michelle Kester, Health Coach and Fitness Coach 5 pm | Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm | |
| | | The Lymphatic System and Emotional Memory with Nicole Wirth, LMP, Lymph Drainage Therapist 5 pm | | Take Your Magnesium and Relax with Jennifer Rasp-Bickerton DC, MS, Director of Education for Better Being 5 pm | Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm | Fermented Hot Sauces with Courtney Jafferian, Owner of SPLAT Hot Sauces - \$25 Noon |
| | | Give Your Heart a Little Love with Glen Depke, Dr. Mercola Brand Educator 5 pm | | | | |

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
253.839.0933

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

Deli Hours

Monday - Saturday 8 am - 4 pm
Sunday 9 am - 4 pm

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

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

Deli Hours

Monday - Saturday 8 am - 6 pm
Sunday 9 am - 6 pm

Grab and go options available until closing.

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



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GLUTEN FREE & ALLERGEN FRIENDLY MONTH!

STOP IN DURING FEBRUARY TO
ENJOY SAMPLES, SAVINGS AND
GIFT BASKET GIVEAWAYS!