Marlene's™
MARKET & DELI
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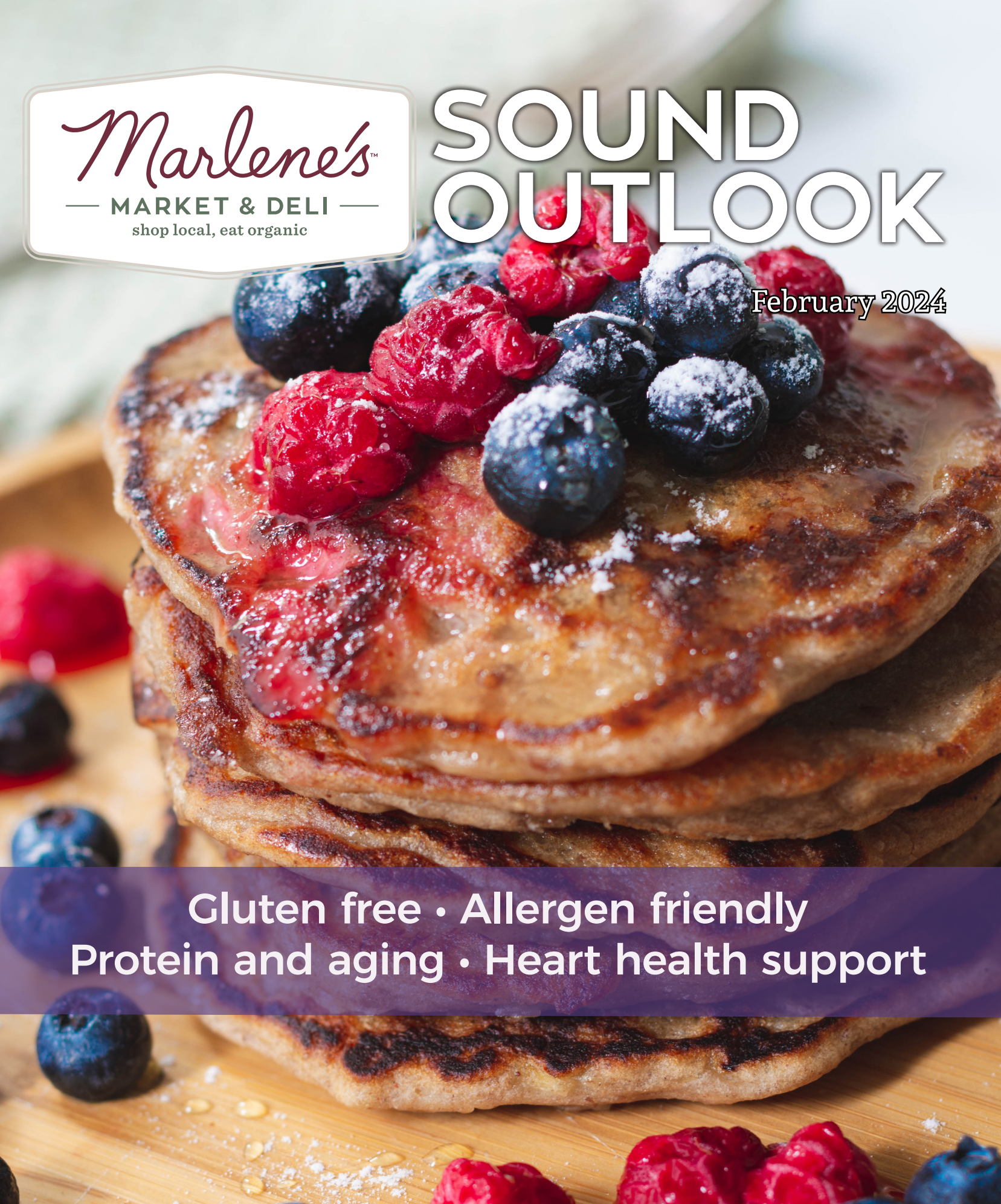
SOUND OUTLOOK

February 2024



Gluten free • Allergen friendly
Protein and aging • Heart health support

A Letter From Us

What would you do with an extra day? This year, we have the chance to answer that question for ourselves as we are given a 29th day in February. Let's take the opportunity to enjoy Leap Day as a bonus day - get outdoors, have fun with family, or just take a few hours for yourself.

By the end of this month, the daylight lingers a little longer and roots are beginning to stir as Spring draws close. It's a wonderful excuse to 'recalibrate your aim' back to those good intentions we had when we launched our January resolutions.

All of nature is on the cusp of renewal—it's that time for us, too. I encourage you to take steps today to ensure you get the absolute most out of the wonderful, warm seasons ahead. Stay vigilant, as February can be a sneaky month for health with the cold and flu viruses having their last big push of the season. Turn to the greens and vibrantly colored foods that fill us with energy.

Consider fasting, cleansing, soups and smoothies – all things that give our digestive system a much needed break and give the body a chance to renew itself (see marlenesmarket-deli.com/autophagy for more info). What we do now can be a gift we give to ourselves next season.

When you're feeling challenged in these last weeks of winter, may you be inspired by the blooming crocus which doesn't mind the cold, it just leans toward the light!

Be well and take care of each other,

Lisa

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

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Peanut Butter Chocolate Chip Mug Cake!

It's vegan, gluten free, low sugar and bursting with protein! A very satisfying way to start your day, elevate your afternoon, or stand in as a guilt-free dessert. There are endless combinations and creative variations possible, just start with the first 5 ingredients as your basic recipe. If you're looking for a way to boost your protein intake and indulge your sweet tooth, you can't go wrong with a mug cake!

3 Tbl	**Bob's Red Mill Gluten Free Baking Mix** or almond flour
2 Tbl	unflavored plant protein powder
½ tsp	baking powder
1 Tbl	coconut sugar (or sweetener of your choice)
¼ cup	plant milk
½ tsp	vanilla
1 Tbl	peanut butter
1 Tbl	dairy free chocolate chips

1. In a microwave-safe large mug, mix **Bob's Red Mill Gluten Free Baking Mix**, protein powder, coconut sugar, and baking powder.
2. Add in the peanut butter, milk and vanilla. Whisk with a fork until a smooth batter is formed.
3. Stir in chocolate chips, sprinkling a few on top.
4. Microwave on high for 60 - 75 seconds (check at the 50-second mark). If it looks underdone, cook in 10-second intervals until done.
5. Serve immediately.

Feel free to add or swap:

	chocolate, strawberry or flavored protein of your choice
¼-½ tsp	almond, coconut, lemon or other flavored extracts
¼ tsp	cardamom, cinnamon or pumpkin spice
1 Tbl	fruit jam, applesauce or caramel
1 Tbl	berries, diced banana or pumpkin puree
1 Tbl	toasted coconut flakes
1 Tbl	ground almonds, walnuts or pecans

THE PIONEERS OF GLUTEN-FREE CRAFT BEER

In the years since its inception, Ground Breaker Brewing has not only redefined what gluten-free beer can be, but also shattered preconceptions about the limitations of craft brewing. Their story serves as an inspiration to aspiring brewers and a beacon of hope for those seeking gluten-free options without compromising on taste. We recently had the opportunity to interview co-founder James Neumeister, and he was happy to talk to us about his craft-brewing journey!

Can you share the inspiration behind starting Ground Breaker Brewing and the process that led to its establishment?

I was homebrewing in 2009 when a friend was diagnosed with celiac disease. She brought the macro beer that was available at the time over to my house and I offered to make her craft beer instead. My first attempt was a complete failure and that hooked me. I was looking for a new career, one that was rewarding. I had been working in manufacturing but not for anything that would make my friends and family happy. My first action was to learn everything I could about Celiac disease. I quickly figured out that my wife's family had undiagnosed Celiac disease. My wife had a life-long rash doctors couldn't figure out, frequently used an inhaler, and we had failed to conceive a child for five years. Her father suffered from MS and died from colon cancer. Within days of adopting a gluten free diet her rash was gone and the slightest slipup made it return. She stopped using her inhaler daily. About 6 weeks after "going gluten free," much to our surprise, she was pregnant. I was convinced that the world wanted gluten free craft beer and I went to work full time developing recipes and opening the brewery as a fully-fledged business.

In April of 2023, Ground Breaker Brewing announced the promotion of Gloria Zeiger as Head Brewer. She is the third head brewer to lead the brewery in its twelve year history and the first woman!

As a person with celiac disease, the world of beer has been so exciting to learn about and grow in. I hope to brew classic styles and modern takes of great beer using nontraditional ingredients so everyone can enjoy it. - Zeiger.

What were the key challenges you faced when pioneering gluten-free brewing, and how did you overcome them?

Being the very first gluten free brewery in the United States meant that we had to find our own way in many cases. You couldn't just call up a gluten free malting company and order a variety of different safe malts. We worked with a local farmer to get small chips of chestnuts that we roasted ourselves to brew our early beers. Basic recipes and practices didn't exist, we created them.

How does Ground Breaker Brewing ensure the quality and integrity of its gluten-free products, from sourcing ingredients to the brewing process?

One of the main ways we ensure that we offer safe gluten free products is by going through the challenging process of being certified gluten free. Ground Breaker is one of only two certified gluten free breweries in the United States (the other being Holidaily in Colorado). We keep detailed records of our processes, practices, and procedures and are frequently audited by the Gluten-Free Certification Organization (GFCO) to make sure we are always in compliance. We try to work with as many certified gluten free vendors as possible to cut down on the amount of testing we must do per batch of beer. The GFCO gives each ingredient a threat assessment which determines how carefully we must handle it and whether we must test it individually or just when incorporated into a recipe at different stages.

Can you elaborate on the types of gluten-free grains and ingredients used in your brewing process and how they contribute to the distinct flavor profiles of your beers?

We are lucky that gluten free malting has developed since the brewery started. Originally, we were using house-roasted chestnuts and lentils to impart protein and flavor. Now, we have so many choices of malted rice and millet to choose from. Of course, figuring out the ratio and roast of different millet/quinoa/rice/buckwheat grains in each beer is a balancing act depending on the style we want to achieve.

In what ways does Ground Breaker Brewing foster a sense of community and inclusivity, particularly for individuals with celiac disease or gluten sensitivities?

We maintain a gluten-free taproom as well, which shares the brewery experience of food and fun that gluten-free people often miss out on. We try to place our beer in as many other brewery taprooms as possible so our customers can be included in the brewpub experience when going out in a group. Also, we often host club events and classes, such as the GIG (Gluten Intolerance Group) of Portland monthly meetings. We are proud to say that the Zero Tolerance Homebrew Club was founded in our taproom but has grown to be an international club that is now mainly based online.

What role do local partnerships and collaborations play in the brewery's ethos and its connection to the Portland community?

We love the beer community in Portland and have close working relationships with many other Portland-area breweries. We have been fortunate to brew collaborations with brewers like Ben Edmunds of Breakside Brewing and Max and Cam of Montavilla Brew Works. We share our knowledge of unusual grains with them and they teach us innovative hopping techniques or trendy styles, such as Breakin' the Haze Hazy IPA with Breakside or Head in the Clouds IPA with MBW. When there is so much local knowledge about beer, we try to look to our neighbors to create awesome beer.

Could you share some insights into the feedback and reactions you've received from customers who may have initially been skeptical about gluten-free beer?

It isn't uncommon for people to cry tears of joy in our taproom. They just can't believe they can sit down to a taster tray with 9 different delicious beers and order anything they want from the food menu.

Check out Marlene's selection of core varieties and watch for seasonal releases!

How does Ground Breaker Brewing stay innovative in the craft beer industry, and what can we expect in terms of new and exciting offerings in the future?

Continuous improvement! While beer has been brewed with barley for around 5000 years, we have been brewing beer without it for only 14 years. There is so much room to grow and learn and improve. Ingredient suppliers keep opening and/or coming out with new ingredients we can incorporate. We do R&D batches and release them in our own taproom several times every month. Our beers are constantly getting better. The beer we make in 2024 will be substantially better than the beer we made in 2023 and I think we made some incredibly delicious beer in 2023.

From a personal perspective, what has been the most rewarding aspect of being a pioneer in the gluten-free craft beer movement?

It is still exciting to hand someone a craft beer when they have not enjoyed one in years. Often, we serve people who have not had beer since their diagnosis of Celiac. Every time we can share quality craft beer with someone who thought that their beer drinking days were behind them, it fills my heart.

Cheers to innovation, inclusivity, and the pursuit of great taste!

Protein for Healthy Aging

As we age, our bodies undergo a natural process of decline. This includes a loss of muscle mass, strength, and bone density. One of the most important nutrients for combating these changes is protein. Protein is essential for building and maintaining muscle, bone, and other tissues. It also plays a vital role in immunity, hormone production, and enzyme function.

Unfortunately, many older adults do not consume enough protein. This can lead to several many kinds of health problems, including sarcopenia (muscle loss), frailty, and osteoporosis.

How Much Protein Do We Need?

The recommended dietary allowance (RDA) for protein is 0.36 grams per pound of body weight per day. However, this may not be enough for older adults. Research suggests that older adults may need to consume 0.5 - 0.6 grams of protein per pound of body weight per day to maintain muscle mass and function.

Sources of Protein

There are many good sources of protein available, including both animal and plant-based options. Some of the best sources of protein for older adults include:

Lean meats - chicken, turkey, fish, shellfish, lean cuts of pork

Eggs - a great source of complete protein, containing all essential amino acids

Dairy products - milk, yogurt, cheese

Legumes - beans, lentils, chickpeas

Nuts and seeds - almonds, walnuts, peanuts, pumpkin seeds

Tofu and tempeh - soy-based products that are good sources of protein and iron

Quinoa - a complete protein grain, high in fiber and other nutrients

Incorporating Protein Into Your Diet

There are many ways to incorporate protein into your diet. Here are a few tips:

Start your day with a protein-rich breakfast. This will help you feel full and satisfied throughout the morning. Some good options include eggs, yogurt, oatmeal with nuts and seeds, or a protein smoothie.

Include protein in every meal and snack. This will help you meet your daily protein needs. Some good options include grilled chicken or fish, lentil soup, bean salad, or a handful of almonds.

Add protein powder to your diet. This is a convenient way to get extra protein, especially if you have trouble meeting your needs through food alone.

Choose protein-rich snacks. When you're feeling hungry between meals, reach for a protein-rich snack instead of something sugary or processed. Some good options include fruit with nuts or nut butter, a hard-boiled egg, cottage cheese, or Greek yogurt. There are even some excellent protein-rich dessert options like our Mug Cake recipe on page 3!

Cook with protein-rich ingredients. This is a great way to add protein to your favorite dishes. Some good options include adding beans to your chili, using ground turkey in your spaghetti sauce, or topping your salad with grilled chicken or fish.

Benefits of Adequate Protein Intake

There are many benefits to consuming adequate protein as we age. These benefits include:

- Increased muscle mass and strength
- Improved bone density
- Reduced risk of falls and fractures
- Improved mobility and function
- Enhanced immune function
- Reduced risk of chronic diseases
- Improved quality of life

If you're concerned about your protein intake, talk to your doctor or a registered dietitian. They can help you create a personalized plan to ensure you're getting the protein you need to stay healthy and active as you age.

Incorporate more protein into your diet!

- Plan your meals and snacks ahead of time. This will help you make sure you have protein-rich options on hand.
- Make protein-rich recipes at home. This is a great way to control your ingredients and portion sizes.
- Pack protein-rich snacks for on-the-go. This will help you avoid unhealthy snack choices when you're feeling hungry.
- Don't be afraid to experiment with different protein sources. There are many delicious and nutritious options to choose from.
- By making a few simple changes to your diet, you can ensure you're getting the protein you need to stay healthy and active as you age.
- Here are a few more tips for making protein-rich meals and snacks:

- Make protein the star of your plate. Fill at least half your plate with protein-rich foods like lean meats, fish, tofu, or beans.
- Choose healthy cooking methods. Grill, bake, or broil protein instead of frying.
- Add variety to your meals. Try different protein sources throughout the week to keep things interesting.
- Make protein-rich snacks. Snack on nuts, seeds, yogurt, hard-boiled eggs, or cottage cheese.
- Pair protein with other nutrients. Include fruits, vegetables, and whole grains in your meals and snacks for a well-rounded diet.

- By following these tips, you can easily incorporate more protein into your diet and enjoy the many benefits it has to offer.

Savor the Spice!

Fire Cider Infused Recipes

A zesty concoction known for its punchy flavor, fire cider is a potent infusion of immune-boosting herbs, spices, and apple cider vinegar. It's a wellness warrior's secret weapon, renowned for its ability to invigorate the senses and support overall health. Packed with powerhouse ingredients like ginger, turmeric, horseradish, and more, fire cider not only adds a fiery kick to dishes but also delivers a burst of antioxidants and anti-inflammatory properties. Ignite your taste buds and infuse your meals with a fiery dose of wellness!

Mickelberry Gardens Fire Cider Cooked Greens

These simple cooked greens are delicious, nutritious, and so satisfying.

1 bunch	kale, chard, or collard greens
1 Tbl	olive oil
	pinch of salt
	fresh cracked pepper
1 Tbl	Mickelberry Gardens Fire Cider

Remove ribs from the greens. Chop leaves into small pieces. Heat oil in a saucepan and add greens, salt, pepper, and Fire Cider. Put a lid on the pan and allow greens to steam for a few minutes. Remove lid and stir. Cook a bit longer as needed. Remove from heat and serve.

Mickelberry Gardens Fire Cider Salad Dressing

This simple salad dressing is super easy to throw together.

2 Tbl	olive oil
2 Tbl	Mickelberry Gardens Fire Cider
	pinch of salt
	fresh cracked pepper

Whisk all ingredients together. Add to salad of your choice. Toss and enjoy!

Mickelberry Gardens Fire Cider Bloody Mary

Who doesn't love a spicy, flavorful Bloody Mary? Leave out the vodka for an alcohol-free version.

4 oz	Tomato juice
	Squeeze of fresh lemon juice
	Fresh cracked black pepper
1 Tbl	Mickelberry Gardens Fire Cider
1.5 oz	Vodka
1	celery stick
	garlic-stuffed olives
	assorted pickled veggies

Cheers!

Combine tomato juice, lemon juice, pepper, fire cider and optional vodka and stir well. Fill a glass with ice and pour tomato juice combination over the ice. Garnish the glass with a celery stick, and a toothpick filled with olives and pickled yums. Enjoy right away!

Burroughs Family Farms Supports Regeneration for Every Generation

Our family aims to produce the cleanest and most delicious foods in a way that protects and enhances the soil, air, water, and the environment in which we live. We work hard to use all resources carefully and wisely and to farm systematically while integrating all aspects of our farming operations. We employ a whole-system approach and are proud of our efforts to educate others in the methods and possibilities of organic farming.

We're committed to building relationships based on trust and to treating all partners and employees with respect. We are proud of our efforts to sustain family farming and to promote the preservation of quality farmland in California.

Burroughs Family Farms is the first almond farm in the world to be certified Regenerative Organic by the Regenerative Organic Alliance.

Our family believes farming regeneratively is the key to helping protect our planet. We are firmly committed to following regenerative agriculture practices and helping others transition to so the same.

Five generations of farming heritage.

In 1894, Benjamin Burroughs traveled to California from Illinois to find his future in the milk business. Little did he know that his great-grandchildren would still be farming in the twenty-first century, producing and selling organic almonds, olive oil, milk, cheese, and grass-based eggs and meats.

One hundred years and five generations later, Ward and Rosie Burroughs and we, their grown children, continue our family's farming tradition in the northern San Joaquin Valley near Yosemite National Park. What started out as a small dairy in 1906, is now a full circle collaboration of farms that are family-owned and operated by us kids. Burroughs Family Farms is our collaborative effort to offer hand-raised and sustainably grown products directly to you while protecting soil and water for generations to come.

Heri and Benina have four children who are very involved in everyday farm life.

We invite you to learn more about our farms. and purchase our foods directly, through this website. Our foods can be found at local grocery stores like Marlene's. And feel free to visit if you are in our area! We love knowing where and how our food is produced, and we hope you will, too.

Farming for the future.

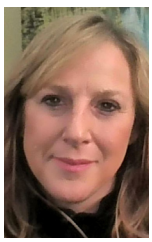
It's our mission to take what we've learned from our family's rich farming heritage to look to the future to help maintain a sustainable and healthy Earth for seven generations to come!

Burroughs Family Farms is bringing hand-raised, regeneratively grown products to life while protecting our soil and water for generations to come.

February Events & Education

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

HOW TO LOVE WITHOUT LOSING YOURSELF



with Deanne Dietz, LMHC, NCC and Owner of Healing Heart

Thursday, February 1 at 5 pm ONLINE

Stay true to who you are - alone or in a relationship! Discover ways to nurture your spirit, embrace what you love, and feel confident in your own skin. Attract genuine connections by being authentic.

FLOWER REMEDIES FOR EMOTIONAL HEALTH

with Carl Anderson, BFRP, BFRAP

Saturday, February 3 at 12 pm ONLINE

Embark on a journey into the world of Bach Flower Remedies with the esteemed Carl Anderson, BFRP, BFRAP. In this illuminating class, you'll gain a comprehensive understanding of the principles and applications of Bach Flower Remedies.

SUPER SENIOR SUNDAY

Sunday, February 4

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

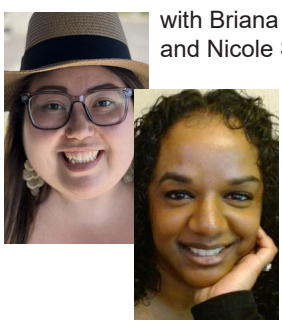
HERBS & HEARTS: A GUIDED JOURNEY TO CARDIOVASCULAR WELLNESS

with Stacey Littlefield, Master Herbalist with Redd Remedies educator

Tuesday, February 6 at 5 pm ONLINE

Unlock the secrets to a healthy heart with Master Herbalist Stacey Littlefield. Explore natural approaches to cardiovascular wellness, blending traditional herbal wisdom with modern insights. Discover lifestyle tips and herbal remedies to support your heart, empowering you to embark on a journey toward optimal heart health.

SELF COMPASSION

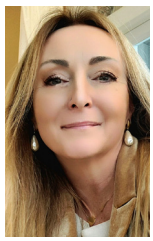


with Briana Pontious, LMFTA and Nicole Stack, LMFTA, MPA, MPH

Thursday, February 8 at 5 pm ONLINE

In celebration of heart and emotional health awareness month, join local mental health experts to further your knowledge of emotional health and wellness. Explore methods to improve your relationship with Self through self-compassion. Discover what self-compassion is and is not, why it's important, and ways self-compassion can be practiced in your everyday life.

TAPPING INTO THE POWER OF GRIDS AND INTENTIONS



IN STORE!

with Francesca Siena, RF, Reiki Master Teacher, Cranial and Sound Practitioner, founder of Artemisia Healing Arts

Saturday, February 10 from 10 am - 12 pm Tacoma - $20

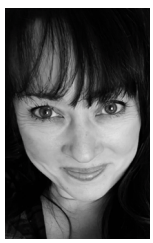
Would you like to focus your energy on a particular intention this year? Reiki grids are sacred offerings, supporting the ongoing flow of energy to your quest. We will review grid templates and explore the creation of your very own grid by choosing crystals, colors, affirmations, and mixed media. Please pre-register. Age limit is 13 and older. Space is limited. All materials provided.

UNIFORM MONDAY

Monday, February 12

10% off to all firefighters, police and military!

LOVE WHAT HURTS



with Lisha Song, LMHC and owner of Sacred Healing Space

Tuesday, February 13 at 5 pm Online

From the exercises in her new book, Love What Hurts, Intuitive Trauma Therapist Lisha Song will demonstrate how to befriend difficult or painful emotions, so it becomes easier to end behavioral patterns that are no longer serving our highest good.

FUEL FOR THE HEART - NUTRITION FOR CARDIOVASCULAR HEALTH

with Shizue Haffeman-Udagawa, ND at Federal Way Naturopathy

Thursday, February 15 at 5 pm ONLINE

With Shizue Haffeman-Udagawa, ND, naturopathic physician at Federal Way Naturopathy. We'll delve into evidence-based dietary strategies, exploring the impact of nutrient-rich foods, mindful eating, and lifestyle choices on cardiovascular health. Empower yourself with practical tips for maintaining a robust heart and fostering overall well-being. Your heart's future begins on your plate!

HEART HELPERS: SUPPORTING CARDIOVASCULAR HEALTH WITH BOTANICALS AND NUTRIENTS

with Lexi Loch, ND, Medical Educator for Europharma USA

IN STORE!

Tuesday, February 20 at 5 pm TACOMA

Looking to give your heart some extra love? Join Dr. Lexi Loch as she discusses science-backed botanicals and nutrients that can promote cardiovascular wellness. We'll discover how certain natural substances can support healthy blood pressure, circulation, cholesterol balance and more! You'll come away with a deeper understanding of complementary ingredients that serve as safe, gentle allies for your hard-working cardiovascular system.

GUT CHECK: BUILDING A BETTER FOUNDATION FOR HEALTHY DIGESTION

with Travis Lesperance, Educator for Vital Planet

IN STORE!

Thursday, February 22 at 5 pm FEDERAL WAY

Join digestive health expert, Travis Lesperance, to explore the essential components of digestive wellness and gain new insight into the role of the gut microbiome, dietary impacts, and practical tips for maintaining optimal gut health and digestive function.

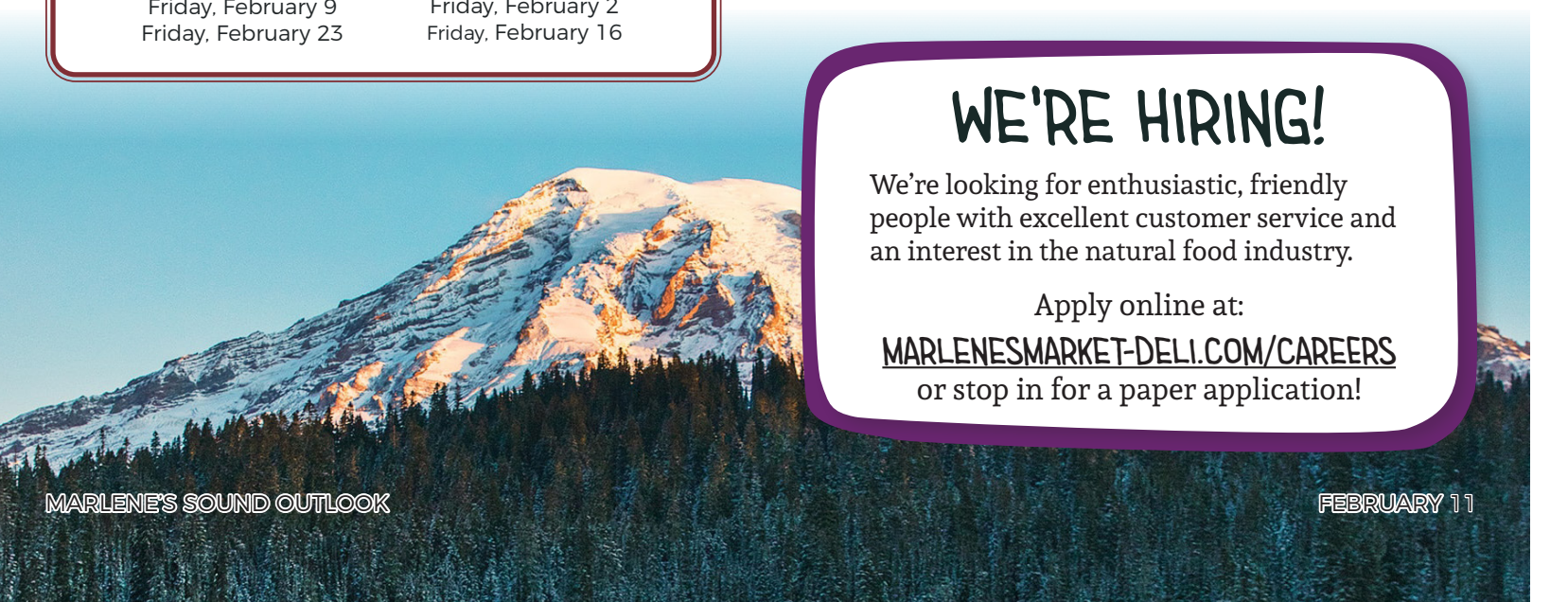
BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

Federal Way	Tacoma
2 pm - 4 pm	**2 pm - 4 pm**
Friday, February 9	Friday, February 2
Friday, February 23	Friday, February 16

Five Tips for Better Posture!

1. Ergonomic Workspace: Ensure your workspace is ergonomically designed. Adjust your chair, desk, and computer monitor to the right height to support a neutral spine position. This helps prevent slouching and promotes a more natural posture.
2. Regular Stretching and Exercise: Incorporate stretching and strengthening exercises into your routine. Focus on exercises that target core muscles, back muscles, and those that promote flexibility. Yoga and Pilates are excellent choices for improving posture.
3. Conscious Sitting and Standing: Be mindful of your sitting and standing habits. When sitting, keep your feet flat on the floor, knees at a 90-degree angle, and your back straight. When standing, distribute your weight evenly on both feet, and avoid locking your knees.
4. Posture-Improving Accessories: Consider using posture-improving accessories like lumbar cushions or ergonomic chairs that provide support to your lower back. These accessories can encourage proper spinal alignment and reduce the risk of slouching.
5. Regular Breaks: Take short breaks throughout the day to stand up, stretch, and move around. Prolonged periods of sitting can contribute to poor posture. Set a timer to remind yourself to stand and stretch for a few minutes every hour.



WE'RE HIRING!

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

Apply online at:

MARLENESMARKET-DELI.COM/CAREERS

or stop in for a paper application!

Supporting People with Eating Disorders

Eating disorders are complex mental illnesses characterized by unhealthy eating habits and a distorted body image. They affect millions of people worldwide, regardless of age, gender, or socioeconomic background. While diet and lifestyle can play a role in supporting recovery, it's crucial to understand that eating disorders are not simply about food or weight.

What are the different types of eating disorders?

- **Anorexia nervosa:** Characterized by severe calorie restriction, intense fear of weight gain, and a distorted body image. People with anorexia often see themselves as overweight even when they are dangerously thin.
- **Bulimia nervosa:** Characterized by recurrent episodes of binge eating followed by compensatory behaviors like purging (vomiting, laxatives, diuretics, or excessive exercise). Bulimia can also involve restricting food intake, but to a lesser extent than anorexia.
- **Binge-eating disorder:** Characterized by frequent episodes of uncontrolled eating with a feeling of loss of control. These episodes are often followed by shame and guilt.
- **Other specified feeding or eating disorder (OSFED):** This category encompasses eating disorders that don't meet the full criteria for the other diagnoses, but still cause significant distress and impairment.

Supporting someone with an eating disorder

If you know someone struggling with an eating disorder, the most important thing you can do is offer your support and understanding. Here are some tips:

- **Educate yourself:** Learn about the different types of eating disorders and their symptoms. This will help you to understand what your loved one is going through and how you can best support them.
- **Listen without judgment:** Let your loved one know that you are there for them and that you are willing to listen without judgment. It's important to create a safe space for them to talk about their struggles.
- **Encourage professional help:** Eating disorders are serious mental illnesses that require professional treatment. Encourage your loved one to seek help from a qualified therapist or eating disorder specialist.
- **Focus on overall health:** While diet and lifestyle can play a role in supporting recovery, it's important to focus on overall health and well-being. Encourage your loved one to engage in activities they enjoy, get enough sleep, and practice self-care.
- **Avoid diet talk and body shaming:** Diet talk and body shaming can be triggering for people with eating disorders. Avoid making comments about weight, food, or exercise.
- **Be patient:** Recovery from an eating disorder is a long and challenging process. Be patient with your loved

one and celebrate their progress, no matter how small.

Diet and lifestyle tips for supporting recovery

It's important to remember that diet and lifestyle changes alone cannot cure an eating disorder. However, they can play a supportive role in recovery. Here are some tips:

- **Focus on regular meals and snacks:** Encourage your loved one to eat three regular meals and two or three snacks per day. This will help to stabilize their blood sugar levels and prevent binge eating.
- **Make sure meals are balanced:** Meals should include all food groups, including protein, carbohydrates, healthy fats, fruits, and vegetables.
- **Avoid restrictive food rules:** Don't make food "good" or "bad." This can lead to unhealthy eating habits and an obsession with food.
- **Encourage mindful eating:** Encourage your loved one to pay attention to their body's hunger and fullness cues. This can help them to develop a healthy relationship with food.
- **Get regular exercise:** Exercise can help to improve mood, boost self-esteem, and regulate appetite. However, it's important to avoid excessive exercise, which can be triggering for people with eating disorders.
- **Get enough sleep:** Sleep is important for overall health and well-being. Encourage your loved one to get 7-8 hours of sleep per night.
- **Practice relaxation techniques:**

Relaxation techniques like yoga, meditation, and deep breathing can help to manage stress and anxiety, which can be triggers for eating disorders.

Bear in mind...

Eating disorders are serious mental illnesses. Please remember that individual experiences with eating disorders vary greatly. Always treat each person with empathy and understanding and encourage them to seek professional help for the best possible support. If you or someone you know is struggling, please seek professional help. There are many resources available to support recovery, and you don't have to go through this alone.

Here are some additional Resources that you may find helpful:

- **National Eating Disorders Association** (NEDA) nationaleatingdisorders.org
- **Anorexia Nervosa and Associated Disorders** (ANAD) anad.org
- **The Jed Foundation** jedfoundation.org
- **Center for Discovery Eating Disorder Treatment**
  2202 South Cedar, Suite 220, Tacoma
  888.434.3174 or centerfordiscovery.com

You Can Make Luxurious Lotion Bars!

by NOW Foods

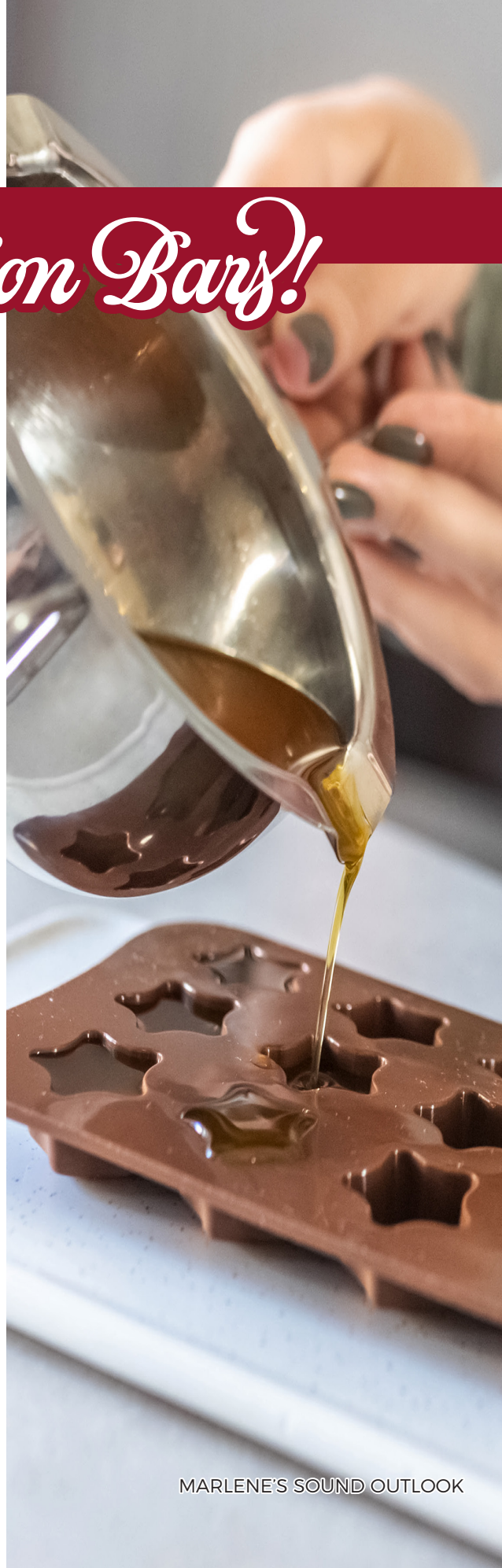
These lotion bars are deeply hydrating and long-lasting body moisturizers! Made with simple all-natural ingredients, you can have them ready to use or wrap for gifting in no time. A cheerful, citrusy essential oil combination gives these bars a mood-boosting burst of sunshine that we can all appreciate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

1 cup	coconut oil
1 cup	shea butter
1 cup	beeswax pellets
1 tsp	vitamin E oil (23,000 IU)
30-50 drops	Your choice of essential oils (We recommend these blends by **NOW: *Good Morning Sunshine!, Cheer Up Buttercup, Peace & Harmony,*** or ***Smiles for Miles)***

Combine everything EXCEPT essential oils in a glass bowl or glass jar. Make sure it's something you do not want to use for food in the future!

1. Place glass bowl over a small saucepan that has at least 1 inch of water in it. Melt the ingredients over medium heat, stirring constantly until they are completely melted.
2. Have essential oils ready to go as the mixture will harden quickly. Turn heat to the lowest possible setting. Add essential oils and stir.
3. Pour the mixture into the mold of your choice (silicone baking molds are a great option, or you can use cupcake liners in a regular cupcake tin as well).
4. Allow filled molds to cool and harden until they can be popped out of the mold.
5. Use as a moisturizer for the body. They also make a great gift!

Caution: Essential oils are highly concentrated and should be used with care. Dilute essential oils as directed, do not exceed dilutions recommended for this recipe. Pure essential oils can be irritating to the skin. If irritation occurs, discontinue use. For adult use only. Keep out of reach of children. Not for internal use. Avoid contact with eyes. Consult a healthcare practitioner before using if pregnant/nursing.



Fortifying Your Body During Cold and Flu Season

The chills and sniffles of cold and flu season can leave us feeling vulnerable and longing for a quick recovery. While we can't entirely prevent viral illnesses, we can arm ourselves with a powerful weapon: a healthy diet. Nourishing your body with the right nutrients plays a crucial role in supporting your immune system and fighting off unwelcome coughs and congestion.

Here are some dietary and supplemental pillars for immune health:

Vitamin Power

- **Vitamin C:** This antioxidant superstar is synonymous with immune support. Citrus fruits like oranges, grapefruits, and lemons are well-known sources, but don't forget bell peppers, kiwifruit, and broccoli!
- **Vitamin D:** This sunshine vitamin helps regulate immune function, but most of us living in this area need to supplement in the darker months. Fatty fish like salmon, mackerel, and sardines are excellent sources, as are fortified plant milk and eggs.
- **Vitamin E:** This antioxidant protects cells from damage and supports immune response. Almonds, sunflower seeds, and leafy green vegetables are rich in vitamin E.

Food for Your Microbes (the good ones)

- **Prebiotics:** These are non-digestible fibers that act as food for beneficial gut bacteria, which play a crucial role in immune function. Fermented foods like yogurt, kimchi, sauerkraut, and kombucha are excellent sources of prebiotics.
- **Probiotics:** These are the "good" bacteria that reside in your gut and contribute to overall health and immunity. Look for probiotic-rich foods like yogurt, kefir, and miso, or consider supplementing with a high-quality probiotic.

Inflammation Fighters

- **Omega-3 fatty acids:** Found in fatty fish like salmon, mackerel, and sardines, omega-3s help reduce inflammation, which can weaken the immune system. Plant-based sources include flaxseeds, walnuts, and chia seeds.
- **Antioxidants:** These compounds fight free radicals, which can damage cells and weaken the immune system. Berries, leafy green vegetables, colorful fruits, and dark chocolate are rich in antioxidants.
- **Spices and herbs:** Ginger, garlic, turmeric, and chili peppers are packed with antioxidants and anti-inflammatory properties, making them excellent additions to your diet during cold and flu season.

Hydration is Key

Water plays a crucial role in transporting nutrients and waste products throughout the body, including those involved in immune function. Aim to drink plenty of fluids throughout the day, especially water and herbal teas.

Beyond Food

Rest and relaxation: Adequate sleep is vital for a healthy immune system. Aim for 7-8 hours of sleep per night and practice relaxation techniques like deep breathing or meditation.

- **Exercise:** Regular physical activity can help boost immunity, but avoid overtraining, which can have the opposite effect.
- **Manage stress:** Chronic stress can weaken the immune system. Practice stress management techniques like yoga, meditation, or spending time in nature.

Specific Dietary Support During Illness

- **Focus on easy-to-digest foods:** When your body is fighting off an illness, it needs to conserve energy. Choose broths, soups, stews, and cooked fruits and vegetables.
- **Stay hydrated:** Continue to drink plenty of fluids to help flush out toxins and prevent dehydration.
- **Choose electrolyte-rich foods:** Electrolytes like sodium and potassium are essential for maintaining proper hydration and fluid balance. Choose foods like bananas, avocados, broths and coconut water.
- **Listen to your body:** Don't force yourself to eat if you're not feeling hungry. However, ensure you're getting enough nutrients to support your recovery.

Remember, while a healthy diet can play a significant role in supporting your immune system, it's not a guarantee against infection. Consult your healthcare practitioner for personalized advice and to rule out any underlying medical conditions.

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New Items!

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North American Herb & Spice is a pioneer, known for sourcing the finest wild ingredients and their groundbreaking formulations that use powerful P73 oregano oil!

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Wiley's Finest: The Finest In Omega-3 Nutrition

Everybody needs the omega-3s EPA and DHA. These powerhouse nutrients provide life-sustaining benefits for human health from conception through old age, and since we cannot make these essential fats in our bodies, we must consume them.

Here are just a few reasons why:

- Feeling moody? Good mental health depends on good nutrition, and quite often, people with low moods will also have a diet low in Omega-3. The American Psychiatric Association recommends those of us challenged with mood and anxiety stressors get 1,000 mg EPA and DHA or more, per day. Give it time, as it can take as long as eight weeks for changes in diet and supplemental nutrients to make a noticeable difference.
- Got a heart? It needs omega-3s for healthy circulation, smooth heart rate, and for support of healthy blood pressure levels. Omega-3s are also beneficial in helping to maintain healthy triglyceride and cholesterol levels. Consuming at least 500-1,000 mg per day is globally recommended for general heart health, especially if fish isn't on your regular menu.
- Want a healthy immune system? The way the body responds to immune challenges is directly influenced by its nutritional status. Getting enough Omega-3 every day can help it regulate and manage the processes that support healthy immune function. They act as building blocks for the body's immune fighters, and for supporting a healthy inflammatory process.

When choosing an Omega-3 supplement for your family, you can confidently rely on Wiley's Finest as a highly trusted, family-owned brand, made in the USA with both exceptional quality standards, and a long-term commitment to sustainability.

Wiley's Finest Wild Alaskan fish oil is sourced from sustainable, single species, wild caught Alaskan Pollock caught solely by U.S. crews on U.S. registered vessels in U.S./Alaskan waters. That is why you will see the blue Marine Stewardship Council (MSC) ecolabel on every one of our Wiley's Finest Wild Alaskan Fish Oil products.

Here's What MSC Certification Means:

- Fish are caught sustainably: the MSC designs an exacting and rigorous fishing practices standard that looks at harvesting practices, environmental impact, and healthy stock levels management.
- The entire supply chain, and any company who uses the MSC Ecolabel on their packaging must be regularly audited for MSC compliance and traceability.
- The MSC's chain of custody auditing and inspection program guarantees both the species of fish and the catch method used in harvesting.

Another thing that sets Wiley's Finest apart from our competitors is that our Wild Alaskan Pollock oil comes from fish that are caught first and foremost for human food. The oil that is rendered from the trimmings of the filleted Pollock for our Omega-3 supplements is literally an 'upcycled' byproduct of the fishing industry. In this way, virtually every piece and part of the fish is utilized, with very little to no waste, creating an even higher level of sustainable fishing.

Wiley's Finest is proud to offer the finest in Omega-3 supplements for the whole family!

Heart Health with Bluebonnet Nutrition

Heart disease remains the leading cause of death globally, claiming millions of lives each year. While genetics play a role, the good news is that much of the risk is modifiable through lifestyle choices. Diet, exercise, and specific supplements can significantly contribute to a healthy heart and prevent cardiovascular issues.

Dietary Strategies for Heart Health

A heart-healthy diet focuses on whole, unprocessed foods rich in nutrients that benefit cardiovascular health. Here are some key dietary components:

Fruits, vegetables, and whole grains: These are excellent sources of fiber, vitamins, minerals, and antioxidants, all essential for heart health.

Lean protein: Choose fish, poultry, beans, and lentils as protein sources to limit saturated fat intake.

Healthy fats: Opt for unsaturated fats like those found in fish, nuts, avocados, and olive oil.

Limited saturated and trans fats: These fats found in red meat, processed foods, and fried foods increase LDL cholesterol levels, contributing to heart disease.

Moderate sodium intake: High sodium intake increases blood pressure, a significant risk factor for heart disease.

Exercise: The Key to a Stronger Heart

Regular physical activity is crucial for maintaining a healthy cardiovascular system. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week. Activities like brisk walking, running, swimming, and cycling are excellent choices.

Supplements for Added Support

While diet and exercise form the foundation of heart health, certain supplements can offer additional benefits.

CoQ10: This naturally occurring antioxidant plays a vital role in energy production and may improve vascular performance in individuals with compromised heart function. Ubiquinol is the active antioxidant form of CoQ10. Ubiquinone, when combined with vitamin E offers excellent free radical protection.

Policosanol: This substance extracted from sugarcane wax supports healthy LDL cholesterol levels and may improve blood vessel function.

Plant sterols: These compounds found in plants like nuts, seeds, and legumes help lower LDL cholesterol levels by blocking its absorption in the intestine.

You can supplement with CoQ10, Policosanol and Plat Sterols with **Cholestorice by Bluebonnet Nutrition!** Find it in our supplements departments at both Marlene's locations!

Here are a couple more supplements to consider adding to your heart wellness routine.

Vitamins D3 and K2 Vitamin: D3 helps absorb calcium, while vitamin K2 directs calcium to bones, preventing it from building up in arteries and contributing to heart disease. Look for **Earth Sweet Chewables Vitamin D3 & K2 by Bluebonnet!**

Omega-3 fatty acids: These fats found in fatty fish like salmon and tuna, or as supplements, help lower triglycerides and reduce the risk of arrhythmias and blood clots. Look for **Omega-3 Fish Oil – Heart Health by Bluebonnet!**

Important Considerations

Before starting any new supplements, consult your healthcare practitioner, especially if you have any pre-existing medical conditions or are taking medications.

Be patient and consistent. It may take time to see the full benefits of your efforts.

By adopting a healthy lifestyle that includes a balanced diet, regular exercise, and carefully chosen supplements, you can significantly reduce your risk of heart disease and live a longer, healthier life. Remember, prevention is key, and taking proactive steps today can have a profound impact on your future well-being.

Bluebonnet is an award-winning supplement brand with a progressive mission such as sustaining our planet, supporting fair trade, promoting worldwide nutrition, and delivering real wholesome solutions.

February Calendar of Events

Class registration at:
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				How to Love Without Losing Yourself with Deanne Dietz, LMHC, NCC and Owner of Healing Heart Online 5 pm 1	**Beer, Wine & Spirits Tasting** Tacoma 2 pm - 4 pm 2	**Flower Remedies for Emotional Health** with Carl Anderson, BFRP, BFRAP Online 12 pm 3
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 4	5	**Herbs & Hearts: A Guided Journey To Cardiovascular Wellness** with Stacey Littlefield, Master Herbalist with Redd Remedies educator Online 5 pm 6	7	**Self Compassion** with Briana Pontious, LMFTA and Nicole Stack, LMFTA, MPA, MPH Online 5 pm 8	**Beer, Wine & Spirits Tasting** Federal Way 2 pm - 4 pm 9	**In-Store Event!** **Tapping Into The Power Of Grids And Intentions** with Francesca Siena, Reiki Master Teacher and Sound Practitioner Tacoma 10 am - 12 pm $20 10
11	**Uniform Monday** 10% off to all firefighters, police and military! 12	**Love What Hurts** with Lisha Song, LMHC and owner of Sacred Healing Space Online 5 pm 13	14	**Fuel for the Heart - Nutrition for Cardiovascular Health** with Shizue Haffeman-Udagawa, ND at Federal Way Naturopathy Online 5 pm 15	**Beer, Wine & Spirits Tasting** Tacoma 2 pm - 4 pm 16	17
18	19	**In-Store Event!** **Heart Helpers: Supporting Cardiovascular Health with Botanicals and Nutrients** with Lexi Loch, ND, Medical Educator for Europharma USA Tacoma 5 pm 20	21	**In-Store Event!** **Gut Check: Building A Better Foundation For Healthy Digestion** with Travis Lesperance, Educator for Vital Planet Federal Way 5 pm 22	**Beer, Wine & Spirits Tasting** Federal Way 2 pm - 4 pm 23	24
25	26	27	28	29		

BODYWORK SCHEDULE

TACOMA
Vitamin B and glutathione shots with Physician Coach (formerly Voda Health)
Tuesday, 10 am - 2 pm
401.217.9902
Text "HERE" when you arrive.
You will be notified when it is your turn.

Iridology & Sclerology with Nancy Seals
Call for an appointment:
360.556.3556

FEDERAL WAY
Vitamin B and glutathione shots with Physician Coach (formerly Voda Health)
Wednesday, 11 am - 3 pm
401.217.9902
Text "HERE" when you arrive.
You will be notified when it is your turn.

Seated Massage with Erica Seter
Tuesday, 11 am – 2 pm | Thursday, 2 pm – 6 pm
Friday, 1 pm – 6 pm | Saturday, 1 pm – 6 pm

Reservations may be required.

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253.839.0933
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Sunday 9 am – 7 pm

Deli Hours
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Sunday 9 am – 4 pm
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TACOMA
2951 S. 38th Street
253.472.4080
Monday – Saturday 8 am – 8 pm
Sunday 9 am – 7 pm

Deli Hours
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Sunday 9 am – 6 pm
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We value your suggestions and feedback!
Write to us at: feedback@marlenesmarket-deli.com

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& Allergen Friendly Month!

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