



Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

January 2022

Herbs & spices for wellness • Eco-friendly changes
CBD for pets • Winter detox support

- 2 A Letter from Us
- 3 Creamy Super Green Soup
- 4 The Healing Power of Color
- 5 Simple Changes to Support Our Environment
- 6-7 Common Herbs & Spices that Defend Against Pathogens
- 8 Gamma Cyclodextrin: The Next Wave in Nutrient Absorption?
- 9 Redefining Plant-Based Active Nutrition
- 10-11 Events & Education
- 12 Winter Cleansing and Detox Support: Start with Food
- 13 Bloom in the Gloom
- 14 Why Omega-3s?
- 15 Pets and CBD: What You Should Know
- 16-21 In-store Sales
- 22 Nutritional Yeast: A Vegan Snack Essential
- 23 January Calendar of Events

A Letter From Us

Welcome to 2022!

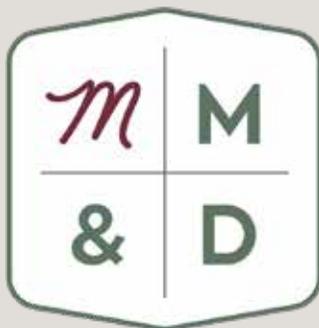
Here at Marlene's, we are looking forward to the new year and are excited to support your wellness goals along the way. This month's issue of our Sound Outlook will help put some momentum behind your resolutions.

January is all about cleaning up and hitting the restart button. All those little holiday indulgences sure add up, don't they? You are in luck! We have informative articles and classes to support your wellness journey. Have a look at our Events & Education pages, and register for these fun and convenient online classes!

Come in for lunch in our deli and check out the sales we have throughout the stores. If you prefer, take advantage of our Parking Lot Pickup service by emailing us at orders-federalway@marlenesmarket-deli.com or orders-tacoma@marlenesmarket-deli.com or by calling either store. Our staff is happy to put your order together with 24 hours notice.

Wishing you a happy, healthy, and peaceful 2022!

- Lisa



Sound Outlook Coordinator | Jeanne Logman | jeanne@marlenesmarket-deli.com
Design | Kobalt Design Group
Education Coordinator | Elizabeth Ashbrook | classhost@marlenesmarket-deli.com
 Questions or comments? Contact us at feedback@marlenesmarket-deli.com.

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CREAMY SUPER GREEN SOUP

by Jeanne Logman, CNT

Gluten free, vegan and surprisingly hearty, this soup provides a delicious punch of nutrition to start your year off with vibrant green energy! While greens provide an excellent source of vitamins, minerals and antioxidants, their flavors can be intense and overwhelming when consumed alone. Lemon does a brilliant job of brightening the flavor and neutralizing the bitterness that can occur in some green foods. Coconut milk adds a wonderful mellowing quality that ties all of the flavors together for a creamy, comforting bowl of goodness. I love to make this soup when I'm getting down to the odds and ends in my vegetable drawer—it's a very forgiving recipe, and it leaves room for your creative additions!



2 Tbl	olive oil
1 large	leek, sliced
1 small	yellow onion or 3 shallots, diced
3	garlic cloves, minced
5 cups	vegetable broth or water
4 cups	spinach, chopped
4 cups	kale, destemmed, chopped
2 cups	mixed greens (chard, spring mix, collards, carrot tops, celery tops, beet tops, etc.)
1 cup	parsley, chopped
1 cup	yellow or red potatoes or cauliflower florets, chopped
¼ cup	white wine (optional)
1	small lemon, juiced and zested (about 2 Tbl of juice and 1 tsp zest)
15 oz	coconut milk
¼ tsp	cayenne pepper
	sea salt to taste

In a large soup pot, heat olive oil on medium and sauté onion and leek until the mixture is golden brown and caramelized. Add garlic and sauté until fragrant, about 2-3 minutes more.

Pour in 1 cup of broth and stir to deglaze the pot. Add potato, cayenne and remaining broth. Cover and simmer until potato is soft, about 15 minutes.

Set aside 2 cups of spinach. (This will be blended in last to give soup a vibrant green color!)

Add wine, lemon zest, remaining spinach, kale, mixed greens and parsley, stirring until all greens wilt and are submerged in the liquid. Cover and simmer 15 minutes.

Remove soup from heat. Add sea salt to taste. Add lemon juice and coconut milk. Allow soup to cool about 15 minutes. Ladle about a cup of soup broth into a blender and add 2 cups of raw spinach, blending until smooth. Add mixture to soup pot. At this point, you can serve the soup as it is or blend it in batches to make a smooth soup. Enjoy!

THE HEALING POWER OF COLOR

by Deanna Minich, PhD

Through my clinical work and research, I have discovered a “color code” for nutrition and healing, which I discuss in my books *Whole Detox* and *The Rainbow Diet*. This color code is called the 7 Systems of Health, a summary of which can be downloaded at www.deannaminich.com. Eating the full spectrum of rainbow-colored foods allows our bodies to absorb nutrients from a variety of foods. Whole foods, such as fruits, vegetables, herbs, whole grains, legumes, and nuts, are composed of thousands of different phytonutrients that serve an array of functions in the human body. Striving for balance in food colors of plant-based, whole foods can help boost our overall health and well-being.*

RED

Red is connected to the ROOT System of Health and represents the immune system. Red foods tend to be high in vitamin C, supporting adrenal health, immunity and anti-inflammation. However, for some people, red foods like tomatoes and strawberries can trigger inflammation. Aside from food color, red can convey energy, vigor, confidence, arousal, and even negative emotions. The context of the situation will set the stage for how red is interpreted.

ORANGE

Orange represents the FLOW system, which aligns with reproductive health. Orange foods are abundant in carotenoids that can help lower the risk of reproductive issues and balance physical elimination processes. Orange colors can evoke feelings of warmth, relaxation and creativity to help you “go with the flow.”

YELLOW

Yellow is the FIRE system and characterizes digestion, energy, and balance. Eating brightly colored, warming, whole yellow foods, such as lemons, ginger and grapefruit, can fire up metabolism. However, eating too many yellow processed foods, including breads, pasta and baked goods, can impact blood sugar and increase risk of metabolic syndrome and Type 2 diabetes. The color yellow is associated with positive emotions, optimism, happiness and energy.

GREEN

Green embodies the LOVE system and connects to cardiovascular health. Healthy green foods, such as leafy greens and green vegetables, are rich in folate, vitamin K, chlorophyll and naturally-occurring nitrates that make them healing and expansive for the heart and blood vessels. Green colors remind us of nature, growth, life and healing.

BLUE-GREEN

Aquamarine is connected to the TRUTH system, aligning with thyroid health. Blue-green foods, like algae, sea plants, and spirulina, contain iodine, zinc and selenium minerals that support the function of the thyroid gland. A blue-green color prompts images of an ocean or lake, which can be calming and peaceful. This color is also associated with authenticity, authority and being true.

BLUE-PURPLE

Blue-purple represents the INSIGHT system, connecting to cognition and mood. Blue-purple foods, for instance blueberries and grape juices, have been shown to help with learning and memory brain functions and improve mood and calmness. This color is considered calming, relaxing and cool.

COLOR IN DAILY LIFE

The goal is striving for a balance of color in your daily life. Look around your kitchen – what food colors do you eat most often? Glance at your wardrobe. Is there a dominant color? Are some colors missing? Have fun with color, including introducing colorful foods into your eating plan and into your home and work environments. Be creative as you seek to balance the colors in your life! For a guidebook to help you explore how color is present in your life, as well as how to bring more vibrant color into your daily life, download my free e-booklet, *The Healing Power of Color*.

Deanna Minich, PhD, FACN, CNS, IFMCP, is a health educator, researcher, speaker, artist and author with more than twenty years of experience in nutrition, mind-body-spirit health and functional medicine. Her passion is bringing forth a colorful whole-self approach to nourishment and bridging the gaps between science, soul and art in medicine. She has published six books on health and wellness, and over forty scientific publications. For more information, visit her website: www.deannaminich.com.

*If you have food allergies or questions regarding introducing new foods into your eating plan, please talk with your doctor, nutritionist, or other healthcare practitioner when making changes to your diet.

Join Dr. Minich online!
**Fight Inflammation Through
Everyday Eating**
Saturday, January 22
at noon -
Register at:
[marlenesmarket-deli.com/
classes](http://marlenesmarket-deli.com/classes)

SIMPLE CHANGES TO SUPPORT OUR ENVIRONMENT

by Herb Pharm

As farmers and stewards of the environment, the folks at Herb Pharm believe in finding everyday ways to honor the Earth and protect the plants and animals that call it home. To celebrate our planet and the bounty we are given every single day, here are 8 meaningful yet simple ways to reduce your carbon footprint in 2022 and give the environment some love!

1. COMBAT FOOD WASTE.

In the United States, up to 40% of food goes uneaten, according to the Natural Resources Defense Council. While not all of that happens at home, we can still do our part in the kitchen. Planning meals and keeping track of what we have on hand are good places to start. You can also find creative ways to use food that might usually be tossed. Try turning radish greens into pesto or saving citrus peels to infuse vinegar for cleaning purposes.

2. WALK WHEN YOU CAN.

We know that, in plenty of places around the world, giving up on cars entirely isn't really practical. But whenever we are able, swapping four wheels for two feet (or two wheels) is a way to reduce reliance on fossil fuels and get some exercise. Where you live, that might be as simple as parking once then walking from store to store when you run errands.

3. COMPOST.

More than 28% of what we toss in the garbage is actually compostable, according to the U.S. Environmental Protection Agency. Instead of throwing away food scraps and yard waste, compost it — and turn “trash” into “treasure” for your garden or lawn.

4. CHOOSE LOCAL AND ORGANIC.

When you buy local, not only are you supporting a neighbor or friend, but you're also cutting down on the number of miles your goods have to travel to get to you. And, when you buy organic, you're supporting a form of agriculture designed to help offset climate change instead of contributing to it.

5. COMBINE YOUR TRIPS.

Instead of running out to pick up one item or driving back and forth across town, could you wait until you need a few items — or plot your route so you're not adding extra miles? This approach may also save you time and money.



6. MAKE SMALL CHANGES.

We don't have to spend a lot of money or devote our whole lives to conservation in order to help the planet. Focus on the small stuff:

B.Y.O. bags to the grocery store. (Paper bags can be composted or reused.)

Choose larger sizes to shop less often (and reduce packaging).

Turn lights off when you leave a room.

Unplug devices if you're not using them.

Opt for bulk items to reduce food waste and cut down on packaging.



8. BUY WHAT YOU NEED — AND REALLY LOVE.

We can get just about anything within a few days and a few clicks. And while that convenience is wonderful (especially when it comes to keeping your favorite herbal products on hand), it can also mean we buy things we don't end up using or don't really like.

Shift your mindset from “buy now” to “buy only what you love.” Sometimes waiting a day before you buy can also help prevent those impulse purchases you regret.

10. SUPPORT ENVIRONMENTAL ORGANIZATIONS.

Donate, volunteer and spread the word about groups that help protect the planet, like United Plant Savers. Your support helps them help Mother Nature.

Little everyday actions add up to protect the planet.

At Herb Pharm, our mission is to create the highest quality products possible. We're committed to educating people to practice safe, effective herbalism. We believe that our work can inspire more love for plants and respect for Nature and that it will improve the health, happiness and harmony of the Earth and all of its people.





COMMON HERBS & SPICES THAT

by Vibrant Health

Individuals whose diets are rife with processed foods and refined carbohydrates run a greater risk of infection. Intestinal linings in these individuals are likely to be held together with more fragile and porous connective tissues. The integrity and strength of the critical barriers that divide their insides from the potential invaders on the outside is compromised. Microscopic perforations or lesions may appear that could allow the passage of both allergens and harmful microbes from the gastrointestinal tract into the bloodstream.¹

The gastrointestinal tract contains more than half of all the immune cells in the human body, specifically for the purpose of removing dangerous microbes that may enter our digestive systems before they can get further in the body. Trillions of protective beneficial bacteria, as well as phagocytic cells of the immune system, provide the first line of defense. They are part of the human biome. They are the ‘good guys,’ who work on our behalf to maintain a healthful balance.¹

CINNAMON - Cinnamic acid is found in the essential oil of the bark of the cinnamon tree. Refined cinnamic acid famously serves as flavoring and fragrance ingredients in various foods, cosmetics, and skin care products.¹

However, cinnamic acid is also a significant player from the natural world. It offers antibacterial, antifungal, and antiparasitic protection. It also helps support the natural balance within the human biome. Laboratory tests and clinical trials show that bacteria, yeasts, molds, and fungi are all susceptible to cinnamic acid.^{7,8}



Biofilms are collections of a single type bacteria, yeast or fungus that group together and may adhere in colonies to a variety of surfaces. *Candida albicans* is one notorious form of biofilm in the intestinal tract. If allowed to flourish, the yeast’s ‘roots’ can perforate



the intestinal lining, creating leaky gut syndrome. This, in turn, commonly triggers dramatic allergic reactions, which may lead to confusion, fatigue, chronic inflammation, and pain. These are just a few of the many difficulties that can result from a leaky gut.¹ Cinnamic acid, in sufficient amount, can deform the cell membranes of *Candida albicans* yeast and fragment the biofilms. Subsequently, it can help manage the presence and danger of *Candida* yeast in the digestive tract.²

CLOVE - *Eugenia caryophyllata*, commonly known as ‘clove’, is one of the most heavily researched botanical sources of antimicrobials. Most studies look to the potently fragrant oil of clove to find the seat of its power. The biological activity of clove has been investigated on several microorganisms, parasites, pathogenic bacteria, and viruses such as Herpes simplex and hepatitis C. In addition to its antimicrobial, antioxidant, antifungal, and antiviral activity, clove essential oil possesses anti-inflammatory, insect-repellent, and anesthetic properties.¹⁰

Clove oil can be effective in controlling yeast, and it has proven lethal against Staph infections and Salmonella in laboratory tests. What may be even more promising about the use of this botanical lies in recent discoveries that some bacteria showing resistance to certain antibiotics are sensitive to extracts of clove.

T DEFEND AGAINST PATHOGENS



LEMON BALM - The beneficial health effects of extracts from many plants used as seasoning agents in foods and beverages have been claimed for centuries.²⁰ Lemon balm has long been

used in European traditional medicine for the treatment of several diseases. It is also widely used as a vegetable, tea and flavorful additive to food dishes.

Lemon balm is useful as a culinary herb like sage, basil, oregano, and rosemary. All of these herbs have significant antimicrobial activity. A good deal of the antimicrobial power of each these plants results from presence the polyphenol, rosmarinic acid. Lemon balm has a high amount of rosmarinic acid and shows significant antimicrobial activity against *Listeria*, *Staphylococcus*, and *Candida*.¹⁹

ROSEMARY & THYME - Both rosemary and thyme are members of the Lamiaceae family which includes lemon balm, oregano, sage and basil, among others. Frequently, both rosemary and thyme are tested alongside other members of their family and usually register the most powerful antimicrobial activity in the group.¹

It is often unclear which plant possesses the strongest antimicrobial activity. It is more accurate to say that each plant will have advantages over specific microbes that another plant may lack. In fact, a plant may lack efficacy against one microbe, but then show itself to be stunningly lethal against others. In other words, although some plants may have broad antimicrobial activity, it can be expected that there will be some microbes present that are not effectively inhibited. At the same time, extracts and oils of one

plant may have a narrow application, but they may prove very effective against some of the microbes left untouched by other plants.¹

Most of these studies effectively argue for the combination of multiple antimicrobial botanical extracts in a single product. Such a combination might provide protection against a broad field of recognized pathogens—if dosages were adequate. Smaller doses of a combination product taken on a regular basis could help to sustain a healthful, homeostatic balance between the beneficial and harmful microbes that inhabit the human body. The continual presence of small amounts of botanical antimicrobials in the digestive tract might sufficiently inhibit the infectious abilities of pathogens, keeping one free of disease for extended periods of time.¹

As the population of the planet continues to increase, it presents us with an ever-increasing number of disease vectors— persons who may unwittingly carry and spread pathogens. However, a daily supplement of botanical antimicrobials may help to balance and protect our personal biomes.¹

Vibrant Health is a company dedicated to crafting award-winning products with your optimum health in mind. They are proud to deliver nutrition you can trust, sourcing and managing every raw ingredient for maximum quality and potency.

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Gamma Cyclodextrin: The Next Wave in Nutrient Absorption?

by Terry Lemerond

I'm sure you've heard a lot about supplemental ingredients being difficult for the body to absorb, and therefore of little use. And while that's a common criticism of the natural health industry, it does contain a kernel of truth; nutrients have to be absorbed in order to be useful. One of the challenges that has occupied me over the years is how to make that happen.

Sometimes, nutrients that have already shown promise just need a little help to make them better and more effective. Curcumin from turmeric is a great example. It has been considered one of the plant's most valuable compounds, but to get much benefit from it, large doses (up to 12 grams in some cases) were previously recommended. That's why I prefer curcumin blended with turmeric essential oil for better absorption and bioavailability. Compared to standard extracts, this compound is 700 times better absorbed.

But what about nutrients that don't have a related, almost "built-in", aid to absorption? For example, how do you get fat-soluble ingredients to absorb into the bloodstream?

One answer is gamma cyclodextrin.

Gamma cyclodextrin is an oligosaccharide* that improves the absorption of fat-soluble nutrients by enveloping them in an open-ended microscopic structure, sometimes described as "bucket shaped" or as a "truncated cone." The exterior of this molecule is water soluble, which allows it to escort ingredients through intestinal walls for better absorption.

However you want to think about it, the important thing to remember is that gamma cyclodextrin makes nutrients that would otherwise be difficult to use into much more beneficial versions of themselves.

Berberine, a compound people rely on to regulate blood sugar, reduce triglycerides, and protect DNA, can really benefit from being paired with gamma cyclodextrin. Typically, large doses of berberine are the standard for many practitioners because the absorption rate is normally so low, but paired with gamma cyclodextrin, this absorption-resistant nutrient could do its good work much more efficiently.

Other nutrients that become even more useful when paired to gamma cyclodextrin include CoQ10, red ginseng, and quercetin.

In fact, the case for combining CoQ10 with gamma cyclodextrin is an especially strong one: it's been shown to boost absorption by as much as 800 percent.

Recent clinical work shows that the addition of gamma cyclodextrin to a proprietary red ginseng boosted the energy, stamina, and mental clarity effects of the botanical in individuals dealing with post viral fatigue. It appears that simply adding gamma cyclodextrin meant that people could experience the same benefits with just half the amount of red ginseng.

And quercetin, a natural ingredient that moderates allergic reactions and bolsters viral immunity, has

extremely variable bioavailability. Combining it with gamma cyclodextrin may help deliver consistent levels to the bloodstream and make it a more reliable option for immune defense and fighting allergies.

Aside from absorption enhancement, gamma cyclodextrin has health-promoting properties all on its own. For example, research shows that gamma cyclodextrin lowered postprandial glucose levels by 47 percent, so if you struggle with high blood sugar, it can help balance those highs and lows following a meal.

I'm a huge advocate of bioavailable and bioactive forms of botanicals, vitamins, minerals, and other nutrients. And I think that gamma cyclodextrin, an ingredient that enhances absorption, and potentially so much more, has an exciting future in natural health.

Terry Lemerond is a natural health expert with over 45 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. Terry shares his wealth of experience and knowledge in health and nutrition through his educational programs, including the Terry Talks Nutrition website, newsletters, podcasts, webinars, personal speaking engagements and several books. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.

* a plant-based ingredient





REDEFINING PLANT-BASED ACTIVE NUTRITION

Whether walking around the block or climbing Mt. Everest, focused nutritional products can fuel your body so you can accomplish your goals. To move in life, it helps to be moved—by the purpose behind the products that you incorporate into your supplement regimen.

Active nutrition is being redefined in the plant-based protein category by giving you an option that is animal-free, but with all the same benefits as animal-based protein. Get excited, because ZHOU® has a complete line of active nutrition that is clean and vegan to fit your values and your lifestyle.

THE SHIFT

The pursuit of healthy active living has shifted towards clean, plant-based products that contain fewer ingredients and are free of artificial colors, flavors, and sweeteners. People are realizing there are effective ways to meet their protein and nutritional needs with a plant-based approach, as seen in the best-selling documentary “The Game Changers” produced by James Wilkes.

OH Yeah! ZHOU’s complete active line of products is all that.

ZHOU® ACTIVE NUTRITION LINE IS FOR YOU IF YOU:

- Do yoga, tai chi, aerobics, swim, or jog
- Take your dog for a walk every day
- Have a busy day running errands, or simply need to ensure you are meeting your protein and electrolyte needs

- Choose to stack nutrients for body-building, support the pump and muscle protein synthesis for a demanding workout.

ZHOU® makes it easy to select the right products for your goals. Look for the number system on the label to help determine the products for your daily regimen.



1 - PRE-WORKOUT ENERGY

The ZHOU® Lite Up™ delicious formulas are made with Nitrosigine® and citrulline malate for supporting blood flow and nitric oxide production to help you get the most out of your movement and workouts. Lite Up™ comes in two options the Berry Lemonade non-stimulant formula, and the Cherry Limeade with 100 mg of caffeine from green tea extract.

2 - KEEP YOURSELF FUELED

The ZHOU® Hydro-Fuel™ helps replenish electrolytes with a coconut water concentrate and 72 trace minerals, along with fermented cordyceps mushrooms which may help support energy production.

The ZHOU® Muscle BCAA is intended to support lean muscle mass and recovery with a vegan branch chain amino acid formula in a 2:1:1 ratio of leucine, isoleucine, and valine, which provides a balance that may support muscle growth. The most abundant amino acid in the body, L-glutamine, is included in the formula along with a probiotic boost to assist with amino acid absorption.

3 - PROTEIN GAME CHANGER

The true game changer in redefining plant based sports nutrition, is the ZHOU® Plant

Complete protein. These smooth-textured, delicious vegan powders feature a pea and rice protein blend fermented with shiitake mushrooms for optimal digestibility and absorption. In the past, people have preferred animal-based products because they had a higher protein digestibility when measured using PDCAAS*. This is the method of evaluating the quality of a protein based on both the amino acid requirements of the human body and the ability to digest it. The highest PDCAAS* value that any protein can achieve is 1.0, indicating that the protein will provide 100% (or more) of all the amino acids required in the diet.

The ZHOU® Plant Complete protein has a PDCAAS* score of 1, which is the highest obtainable for a soy-free vegan protein powder. Perfect for using as a post-workout or replenishing snack, the complete amino acid profile in Plant Complete has 21 grams of plant-based protein per scoop. Choose from natural chocolate or vanilla flavors.

MAKE THE MOST OF THE DAY

Enjoy this first-in class innovative sports active line every day, whether you are strolling down Owen Beach, viewing the Seattle skyline while kayaking in Moss Bay, or hiking Mt. Rainier. ZHOU® has your active nutrition needs covered. So go ahead, live in motion.

**Protein Digestibility-Corrected Amino Acid Score*



January Events

All January classes will be held online. Register now!

JOURNALING FOR GOAL SETTING: WRITE YOUR BEST LIFE



**with Ashley Looker,
Empowerment Coach
Tuesday, January 4 at 2 pm**

Journaling has been scientifically proven to increase the probability goal achievement, yet not many people use this free tool. Learn how to set sustainable goals using powerful journaling techniques. Ashley will also be walking you through her signature process of 'setting goals with Soul' to help you attain your goals this year with ease!

HYPNOSIS AND THE MIND-BODY CONNECTION



**with Daniele Favaro,
Board Certified Hypnotist,
Transformational Life
Coach
Tuesday, January 4
at 5 pm**

Have you ever sensed a deeper reason and meaning behind your symptoms? Have you ever felt there is a deeper intelligence within your body? Explore your mind-body connection and learn how to reprogram yourself towards health and happiness with hypnosis and other easy to use techniques.

GETTING BACK ON TRACK FOR 2022



**with Hansie Wong, MD,
Health Coach
Thursday, January 6
at 5 pm**

You can do 2022! Whether you are making new resolutions or would like a little help making a plan, learn how direct your focus, set your intentions and create an effective plan of action. This talk will be excellent for those motivated to improve their lives but don't know how or where to start.

COMFORT FOODS THAT ARE ACTUALLY GOOD FOR YOU



**with Jeanne Logman, CNT
and Elizabeth Ashbrook,
CNT, CPT
Saturday, January 8
at noon - \$25**



Spruce up your winter meal rotation with deeply nourishing recipes focused on seasonal, plant-based ingredients and great, cozy feelings. Recipes written and prepared by Certified Nutritional Therapists. Get a spoonful of comfort foods...

that are actually good for you!

EVERYTHING YOU NEED TO KNOW ABOUT METABOLIC HEALTH



**with Glen Depke,
Traditional Naturopath, Dr.
Mercola Brand Educator
Thursday, January 13
at 5 pm**

Let's make 2022 the year that you finally reach your healthy weight, once and for all!

Often there are missing pieces of the puzzle regarding weight and metabolic health, and during this training, you will learn about the underlying triggers for weight gain and how to support your overall metabolic health.

Join Glen to brush up on the fundamentals of health, basics of fat burning and the supportive supplements needed to reach your goals!

WINTER YOGA SESSION



**with Dee Escobedo,
Registered Yoga Teacher
Saturday, January 15
at noon**

Based on the new Global Bowspring method, we will explore poses and movements in new ways to respect the curves of the spine. This entirely new focus on the spine will move your body in new ways. The class will be a basic practice introducing some of the benefits and introducing basic movements of Global Bowspring.

HIDDEN CAUSES OF THYROID DISORDER



**with Jennea Wood, ND
Tuesday, January 18
at 7 pm**

Thyroid disorders are common and can cause a variety of symptoms including fatigue, anxiety, depression, difficulty losing weight, hair loss, achy joints and digestive issues. Learn about root causes, testing and what treatments are available.

FITNESS RESOLUTIONS 101



**with Timothy Sobie, PT,
PhD
Thursday, January 20
at 7 pm**

Release stored tension and anxiety, dispel hidden stress and oust harmful defensive habits. Skip the fads and get tips and strategies to implement healthful routines that unite mind, body and spirit and make your fitness goals authentic, meaningful and sustainable for you!

FIGHT INFLAMMATION THROUGH EVERYDAY EATING



with **Deanna Minich, MS, PhD, FACN, CNS, IFMCP**
Saturday, January 22 at noon

Join Dr. Minich to understand the interrelationship between stress and inflammation, her “color code” to eating, and tools for a healthy, colorful approach to keep you cool through food choices and food preparation. Learn how to turn down the dial of inflammation through food and lifestyle!

PLANT-BASED ACTIVE NUTRITION FOR 2022



with **Jennifer Rasp-Bickerton, Nutraceuticals Educator**
Tuesday, January 25 at 5 pm

Support your exercise and health goals with Zhou plant-based Active Nutrition.

Learn why protein amino acid profiles matter, how they are evaluated, and how a 100% vegan fermented protein can mimic whey as a perfect, complete protein! This class will also cover how to design a regimen that suits your activity level.

RESOLUTIONS FOR REAL LIFE



with **Denise Frakes, Life and Home Coach, Facilitator for Puget Sound Asthma Coalition**
Thursday, January 27 at 5 pm

Turn your hopes and dreams into a real and lasting part of your life! On average, New Year’s Resolutions last three weeks before they fade into old patterns and habits. Learn how to set your intentions and apply consistent care to create new patterns and override existing habits.

DUMPLINGS!



with **Julia Bang, Founder of EAsT Kitchen**
Saturday, January 29 at noon - \$25

Imagine a sitting down to a steamy basket full of plump, tender, authentic Chinese-style handmade dumplings. This could be your reality in your own kitchen! Learn methods, ingredients and all the tricks and twists you need to keep your dumpling game authentic and fresh.

FERMENTED HOT SAUCES



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

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



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with Phillip Tran, King County Waste Management
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VITAMIN SUPPLEMENTS: WHEN DIET IS NOT ENOUGH

with Neil Levin, CCN, DANLA, Senior Educator for NOW Foods
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SCAN ME



Winter Cleansing and Detox Support: Start with Food

by Herbs Etc.

Instead of cleansing and then changing your diet, think about starting by eating foods that prime your body for your cleanse.

There's a lot of buzz about juicing, cleansing and detoxing, so it's really important that we do the right type of detox for our bodies — and for the season — in order to retain or restore health balance. One common mistake is doing the wrong type of detox for the season, particularly a detox that is cooling and depleting in the dead of winter's cold.

In traditional medical systems, such as Chinese and Ayurvedic medicine, paying attention to “food energetics” is an important part of restoring health. Various foods are recognized as having cooling or warming properties. In cold weather, it's considered important to consume more warm-natured foods to preserve the body's optimal metabolic state. Plan to purchase only organic foods for this re-boot — you don't want to add environmental chemicals while you are trying to remove them.

Eating a healthy balance of antioxidant-rich fruits, vegetables and clean proteins, can give your body a lot of the nutrients it needs. When cooking protein, consider using vegetable, chicken or beef broth instead of oils. You get a more flavorful meal with less fat.

Less fat is healthier for your body, and better for your liver. The main organ that helps in the detoxification process is the liver. Everything you breathe or swallow that is broken down and absorbed into the bloodstream passes through the liver, which is the largest internal organ in your body. In fact, the liver is about the size of a football, weighs about 3 pounds, and sits on the right side of the belly just above the gallbladder. The body depends on the liver to regulate, synthesize, store and secrete many important proteins and nutrients and also to purify, transform and clear toxic or unneeded substances.

Prebiotics and probiotics also play important roles in your body's health. Prebiotics literally feed probiotics, and both together help support a healthier gut,



which supports a healthier body. Consider incorporating both into your diet:

Prebiotics are plant fiber found in fruits and vegetables that are complex carbohydrates. You will find prebiotics in tomatoes, artichokes, bananas, asparagus, onions, garlic and oats. The prebiotic fiber isn't digestible, making it food for probiotics.

Probiotics contain live organisms, often bacteria strains, that add to the health of your gut. Probiotics are found in fermented foods, such as kefir, kimchi, kombucha, miso, live-cultured yogurt, tempeh and sauerkraut.

Drinking plenty of water is always recommended. Doing so keeps you hydrated and supports your body's natural elimination process.

Cleanses support the removal of wastes from our bodies. There are as many reasons to cleanse, as there are ways — including using herbal formulations, such as Essiac Tonic and Lymphatonic™ by Herbs Etc.

Herbs Etc. is a company on a mission to develop effective herbal medicines that contain only natural and beneficial ingredients. Herbs Etc. sources herbs that are grown on family-owned, certified organic farms and processes them in their certified organic manufacturing facility. These herbs are grown throughout the United States in the climate and ecosystems in which they thrive.



Bloom in the Gloom: Tips for Shining Through the Next Few Months of Darkness

by Jeanne Logman, CNT, Sound Outlook Coordinator – Marlene's Market & Deli



Greetings from the heart of the Pacific Northwest winter! At this time of year, many of us find ourselves hunkered down in our warmest layers, cranky, bleary-eyed and daydreaming of sun-filled skies in warmer climates. It's a common January mood for residents of this area, but not a particularly pleasant or productive one.

It is estimated that throughout the United States, 1 in 50 people suffer from Seasonal Affective Disorder (SAD). In our corner of the country, that estimate is as many as 1 in 7. It would make sense that so many of us under extended dark cloud cover would be feeling unmotivated and blue.

Drink water: Even though you may have seen plenty of water falling from the sky, you need it in your body. We are likely a little dehydrated in winter from colder temperatures and consuming caffeine-rich beverages. Water is an essential conductor of electricity throughout the body. The brain is entirely dependent on a hydrated system to store memory and communicate with the nervous system. Reaction times can slow and even mild depression-like symptoms can occur in states of chronic dehydration. Bottoms up!

Consider nutrition: Most of us have indulged in holiday delights and are now dealing with the results of consuming too much sugar and rich, fatty foods. Traditional holiday foods are often high in immediate joyful feelings, but low in nutrients. Even though we may be eating more in quantity, the quality is likely lacking.

Now is the time to consider incorporating a multi-vitamin in your regimen. If you've never tried a green drink before, you might consider visiting our deli for a fresh-pressed beverage and a booster of nutrient-dense Marlene's Greens. You might be surprised at what a difference it can make to your energy level.

Explore a new hobby: Whether you've been rolling over the idea of a yoga class, training for summiting Rainier, taking a class on drone photography or beginning crochet, engaging in something new can be stimulating and uplifting. It's important to be open to new experiences and understand that so much benefit can come from just attempting to build a new skill or hobby. There is social engagement as you learn alongside people who have similar interests. There is mental engagement through absorbing new information. And there is the physical aspect of training your body to accommodate the new activity. So put away your devices and turn off those screens, we're in real time now!

Practice gratitude: Think of 3 things you're grateful for and write them down. When we take just a moment to feel thankful, it opens the door for a beautiful perspective shift. Writing these things down allows us to put them in the present moment and gives us an opportunity to experience them repeatedly. Regular practice can have a cumulative and lasting effect.

Clear and enhance your living space: Who says festivity and comfort has to end with the holidays? Certainly not the residents of Denmark who routinely aim for a state of being during their long winters known as 'hygge' (HOO-gah). It roughly translates as a sense of coziness, simplicity, beauty, warmth and closeness. Declutter your living space and purge the things that aren't serving you. Take down Christmas lights and put out beeswax or soy candles. Use them! Go for wet, cold walks and come back to a hot bath or steamy shower. Have a tea and coffee date regularly planned with just a few people you feel close to. You might share a book, play a game or watch a program or film together and discuss the experience afterward. Meet regularly and commit to having an uplifting and unique experience every time.

Hang in there, friends. We're all in this together and Spring is just around the corner!



Why Omega-3s?

by Nordic Naturals

Did you know that the human body is made up of approximately 37 trillion cells? It's true! And each one of those cells contains important omega-3 fatty acids that the body needs to stay healthy and function normally.

Evidence from over 30,000 studies conducted on EPA and DHA indicate they play important roles as influential structural components of cell membranes throughout the body. However, the human body can't produce the essential fats needed to create these important omega-3 fatty acids on its own. This is why we must rely on outside sources like cold-water fish and flaxseed to get the EPA and DHA we need for optimal cellular health and functioning.

Who Needs Omega-3s?

The short answer is everyone can benefit. Throughout our lifecycle, omega 3s can play an important role in supporting everything from proper brain development to maintaining healthy cholesterol to supporting mood, memory, and beyond.* EPA and DHA are two of the main essential fatty acids that support our cells.

How Much Is Enough?

This is one of the first questions people interested in omega-3s usually ask. It is also one of the most difficult to answer. Because there isn't a universal consensus on EPA and DHA dosage, a recommended daily amount for omega-3s has not been established the way it has for nutrients like vitamin C or calcium. Health experts typically suggest daily intakes based on a person's stage

of life, health status, nutritional profile, and what the research shows. But one thing is true for everyone: omega-3s are foundational to cellular health, and thus fundamental to optimal health across the lifespan.*

Maintenance: Research suggests 500 mg EPA+DHA to reduce the risk of deficiency.

Proactive: A growing body of research suggests between 1000 and 1500 mg EPA+DHA daily for proactive support.

High Intensity: Research suggests more than 1500 mg EPA+DHA daily for high-intensity support.

Manufacturing Standards

Most of the concentrated fish oils on the market today are formulated for cost-savings rather than quality and efficacy. Their manufacturing process is cut short, resulting in omega-3s as ethyl ester

molecules—synthetic fats with only about 30 years of history in the human diet.

Not at Nordic Naturals. All of our omega-3 fish oil products are produced in the triglyceride form, which is the form naturally found in fish and the form the body most easily recognizes and absorbs.* Triglyceride-form fish oils require more manufacturing steps and take longer to produce, but for us, there's no other way. Our patented oxygen-free manufacturing process allows us to deliver industry-leading purity and freshness levels documented by third-party test results.

Consider supporting your cells by supplementing with the high-quality omega-3s found in Nordic Naturals Fish and Algae sourced products. Ask your friendly Marlene's team member where to find the one that's right for you!

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Pets and CBD: What You Should Know

by Lazarus Naturals

CBD can help pets much like it can help people. It can have a calming effect on mood, promote joint and tissue function, and support the immune system overall. This is especially significant because our pets can't tell us what they feel, so we have to interpret their behavior. Barking, chewing and mess-making are some of the pet behaviors we perceive as quirks or even naughtiness, but more often than not, something else is happening.



According to Dr. Keith Weingardt, DVM, CVA, it's usually related to physical or mental health that's out of balance. Weingardt has spent the past decade learning how CBD and other cannabinoids support wellness in pets and recommends the use of hemp-based extracts for his patients.

“When we feel our pet may have problems that are interfering with their quality of life, perhaps anxiety or inflammation that would be related to aging, it's a good time to explore the benefits of hemp and CBD,” says Dr. Weingardt, a holistic veterinarian and herbalist practicing in Portland, Oregon. “Scientific research into how CBD affects animals is just beginning and has yet to reach conclusions, but it is showing promise,” he says.

“Pets have senility just like humans and go through a similar neurodegeneration as we do,” he says. “It manifests itself in the same ways—grey hair, backs that are sore and weak, sore knees, getting up to go to the bathroom in the night. Anything we can do to support that is helpful,” he says.

CBD can improve mobility, appetite and mood

Weingardt says CBD is not a panacea, but a number of his patients have benefited from it. One patient with uncontrolled seizures, even on maximum doses of anti-seizure prescription medication, experienced a reduction in frequency and severity of seizures with the use of CBD. It can also help pets regain an appetite, which is so critical on the path to healing.

In other instances, Weingardt's patients who depended on an anti-inflammatory medication experienced improvement, which was observed as better mobility and increased energy.

Introducing your pet to CBD tinctures and treats

Start small. An important key to introducing CBD to an animal—human or four-legged—is to start with a serving size smaller than what may be recommended on the package. After several days, you can gradually increase the amount as needed.

Tips on using pet tinctures

A pet tincture can be easily mixed into your pet's food or applied to a treat. When a tincture is mixed with their food, it passes through the digestive system and the liver. It will take longer to see the effects (up to 1-2 hours), but they tend to last longer (typically 6-8 hours).

Treats are so easy

CBD dog treats are an easy way to introduce your dog to CBD. When your dog eats a treat, the CBD passes through the digestive system and liver. It may take 1-2 hours to see any effects but they tend to last longer (typically 6-8 hours). If you don't see the desired results, gradually increase the serving size. It can take up to a week to start seeing the benefits.

Lazarus Naturals CBD pet products are: free of toxins such as pesticides, herbicides or heavy metals, and unnatural additives; third party tested; made with American-grown hemp. Their pet tinctures and treats are formulated with functional ingredients to support cognition, mobility and vitality as well as having a calming effect on mood. Learn more at lazarusnaturals.com.



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



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Nutritional Yeast: A Vegan Snack Essential

by Frontier Co-op

“Nooch,” or nutritional yeast, is a kind of culinary yeast used in everything from popcorn seasonings to non-dairy cheese substitutes.

To get technical, it’s a strain of *Saccharomyces cerevisiae* that’s been deactivated so it can’t leaven dough.

While nooch won’t make your bread big and fluffy, it still has a few tricks up its sleeve — the process of deactivating the yeast breaks down proteins that release glutamic acid, a flavor-enhancing compound that gives nooch its power to season savory goods.

As its name suggests, nutritional yeast is chock full of beneficial vitamins, proteins and other nutrients. It’s also naturally gluten-free and contains no fat or cholesterol, making this magical seasoning a health-conscious treat you can feel good sprinkling on soups, salads and snacks.



FRONTIER CO-OP NUTRITIONAL YEAST IS KOSHER CERTIFIED AND IS NATURALLY:

Gluten free	Dairy free
Wheat free	Nut free
Sugar free	Corn free
Cholesterol free	Vegan friendly

Here are a couple of simple and scrumptious recipes to get you started. Let’s nooch it up!

Italian Herb Popcorn with Nutritional Yeast

¼ cup bulk Italian herb blend
¼ cup + 1 Tbl coconut oil, divided
½ cup popcorn kernels
1 tsp sea salt
¼ cup Frontier Co-op nutritional yeast powder



1. In a skillet over medium heat, heat 1/4 cup coconut oil for about 5 minutes. Once hot, turn off heat and add Italian herbs. Allow to infuse for at least 10 minutes.
2. In a small saucepan, heat remaining tablespoon coconut oil. Once hot, add popcorn kernels and cover with lid. Shake pot to coat kernels in oil. When kernels start to pop, shake continuously over heat until popping slows to about 3 seconds apart. Transfer to a large bowl.
3. While popcorn is still warm, drizzle herb infused oil over it and toss until well coated. Top with salt and nutritional yeast, then serve.

Vegan Spicy Nacho Cheese Sauce

Dairy-free and less indulgent than traditional nachos, this spicy vegan cheese sauce is just as creamy and addictive!

1 tsp non-dairy butter or coconut oil
1 tsp sweet rice flour or all-purpose flour
¼ cup Frontier Co-op nutritional yeast powder
¾ cup unsweetened, non-flavored almond milk
½ tsp garlic powder
½ tsp ground mustard seed
¼ tsp onion powder
¼ tsp black pepper
¼ tsp chili powder



1. In a saucepan, melt the butter over medium-low heat. Whisk in the rice flour and cook for 1 minute. Next, add in nutritional yeast and ¼ cup of the milk. Whisk until the mixture is smooth.
2. Pour in remaining ½ cup milk and add the spice. Continue to whisk and cook over medium-low heat until the cheese sauce has thickened, 4 to 5 minutes. Taste and adjust seasonings as desired.
3. To make nachos, drizzle over a bowl of tortilla chips and add your favorite toppings such as black beans, diced tomatoes, avocado, salsa, cilantro, bell pepper and onions.

January Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Year's Eve Open 8 am – 6 pm Both locations	New Year's Day (Both locations closed) 1
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 2		Journaling for Goal Setting with Ashley Looker, Empowerment Coach 2 pm, Online Hypnosis and the Mind-Body Connection with Daniele Favaro, Board Certified Hypnotist, 5 pm, Online 4		Getting Back on Track for 2022 with Hansie Wong, MD, Health Coach 5 pm, Online 6		Comfort Foods That Are Actually Good for You with Elizabeth Ashbrook, CNT, CPT and Jeanne Logman, CNT \$25 Noon, Online 8
	Uniform Monday! 10% off to all firefighters, police, and military! 9			Everything You Need to Know About Metabolic Health with Glen Depke, Traditional Naturopath, Dr. Mercola Brand Educator 5 pm, Online 13		Winter Yoga Session with Dee Escobedo, Registered Yoga Teacher Noon, Online 15
	Martin Luther King Jr. Day (Both locations open regular hours) Full Moon 16	Hidden Causes of Thyroid Disorder with Jennea Wood, ND 7 pm, Online 18		Fitness Resolutions 101 with Timothy Sobie, PT, PhD 7 pm, Online 20		Fight Inflammation Through Everyday Eating with Deanna Minich, MS, PhD, FACN, CNS, IFMCP Noon, Online 22
23	24	Plant-Based Active Nutrition for 2022 with Jennifer Rasp-Bickerton, Nutraceuticals Educator 5 pm, Online 25		Resolutions for Real Life with Denise Frakes, Life and Home Coach 5 pm, Online 27		Dumplings! with Julia Bang, Founder of EASt Kitchen \$25 Noon, Online 29
30	31					

BODYWORK SCHEDULE

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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.



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We value your suggestions and feedback! Write to us at:
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