

*Marlene's*<sup>™</sup>

— MARKET & DELI —

shop local, eat organic

# SOUND OUTLOOK

January 2023

Root nourishment • Efficient digestion  
Back on track in 2023 • CBD and exercise

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

## A Letter From Us

One kind word can warm 3 winter months.  
-Japanese proverb

Hello everyone!

In January, I'm usually trying to recover from over indulging during the recent holiday celebrations. What about you? In this dark, cold month, I bet many of us would like to hunker down in front of a fire with a warm blanket and a good book, and daydream of escaping to sunny skies in warmer climates.

We're made of tough stuff in Washington, though. Dark days and cold weather doesn't stop us from diving into making changes in our lives that allow us to move toward a more vital and fulfilling year ahead. When we know that people around us are committing to their next level of health and wellness, it can inspire us to make our own commitments. There is power in numbers!

We at Marlene's are excited for a fresh start this year, and we look forward to supporting you on your wellness journey. As usual, our buyers have been hard at work securing top of the line products to make your resolutions a reality. Take advantage of this month's sales, talk to our staff about their favorite products, and try something new and nourishing in our deli. We are here to celebrate with you every step of the way, so I'll begin by wishing you a peaceful and joyful New Year.

Here's to your health!

*Lisa*

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# Root Vegetable Chowder

This warming and nourishing plant-based chowder is like a hug for your insides! Tasty, comforting and sure to chase the chill away, our recipe is also quite versatile. A broad variety of root vegetables will work very well with this blend of spices.

2 Tbl	olive oil	1 cup	carrots, diced
1	yellow onion, diced	2 cups	mixed root vegetables, diced (beets, turnips, parsnips, celery root are great choices!)
5	cloves of garlic, diced	2 cups	red or green cabbage, shredded
2 tsp	sea salt	1 cup	greens, chopped (beet tops, carrot tops and leafy celery tops are great choices!)
1 tsp	celery seed or caraway seed	1	can (15 oz) diced tomatoes
1 tsp	coriander	4 cups	vegetable broth
½ tsp	allspice	2 Tbl	apple cider vinegar
½ tsp	black pepper	½ cup	fresh dill or parsley leaves, chopped
½ tsp	cayenne	2 cups	plain yogurt, divided
½ tsp	smoked paprika		
2	celery stalks, diced		

In a large, heavy-bottomed soup pot, heat olive oil over medium-high. Sauté onion about 5 minutes until caramelizing. Lower heat to medium, add garlic, sea salt and spices and sauté 3 minutes. Add celery, carrots, mixed root vegetables and cabbage and sauté about 5 minutes. Stir in greens, tomatoes and vegetable broth.

Bring to a simmer, turn to low and cover. Allow to simmer about 20-30 minutes, until all root vegetables are tender, but still holding their shape. Remove from heat and stir in dill and vinegar. Taste and adjust seasoning if necessary. Divide into 8 bowls and top each serving with about ¼ cup of yogurt.



# How Does CBD Affect Exercise?

by Jason Wilson, MS, for Green Earth Hemp



Cannabis and sports are becoming a somewhat unexpected partnership as cannabis gains more and more acceptance worldwide. Athletes around the world have begun partnering with cannabis companies to promote products that they claim help them with things like endurance, exercise recovery, pain relief, and more. But how does CBD fit into the picture?

## Inflammation Relief

Cannabinoids are well-documented for their inflammatory modulation effects. The United States government holds a patent on the antioxidant and neuroprotective effects related to these anti-inflammatory properties. Additionally, more and more research studies are coming out that show how CBD can modulate inflammation. (Gamelin, Cuvelier, Mendes, etc. 2020) Many of the therapeutic benefits that cannabinoids provide are often traced back to their anti-inflammatory effects. After all, inflammation is the underlying problem associated with many different debilitating diseases and conditions. Overexertion in athletics or exercise can certainly lead to inflamed joints and muscles, where anti-inflammatory agents, like cannabinoids, may be beneficial.

## Pain Relief

A common issue that athletes deal with on a regular basis is pain – often in the form of sore muscles or joint pain. This ties back into the issue of inflammation. As joints or muscles are repeatedly stressed, they become inflamed, and this inflammation can directly cause pain. By reducing inflammation, it is possible to reduce pain.

Another source of pain that athletes frequently deal with is nerve pain, or neurological pain, sometimes caused by repeated injuries that damage nerves in the body. CBD's pain-relieving qualities have been and are still being explored with promising results. CBD interacts with a number of chemical receptors that are involved in how the body senses pain, also known as nociception. (Costa, Trovato, Comelli, etc. 2007) Some of these receptors include serotonin receptors

and TRPV1 receptors. (Mallet, Daulhac, Bonnefont, etc. 2008) (Project CBD. 2020) CBD also modulates neurotransmitters in the brain responsible for pain signaling. So, from multiple angles, CBD may be able to change the way the body senses pain, and to modulate the “volume” of those pain signals in the brain. (Pretzsch, C.M., Freyberg, Voinescu, etc. 2019)

## Sleep and Wakefulness

Sleep may not be something that we pay much attention to when thinking about athletic performance, but it is highly relevant. Sleep impacts how our bodies function when we are awake. Additionally, someone's level of alertness or wakefulness can have direct impacts on their athletic performance in the moment. (Fullagar, Skorski, Duffield, etc. 2015) CBD exhibits unique effects on wakefulness depending on dose. Low doses tend to be more stimulating, and higher doses tend to be more sedating. However, there is no dose amount that has been clearly identified as the “tipping point” that differentiates these effects, and it can be a unique response from person to person.



In general, if an athlete needs to get good rest before an event, higher doses of CBD may possibly help that effort. If an athlete needs to be more alert and less anxious during an event, it may be that a low dose of CBD could help.

*Jason Wilson is a science educator and natural products researcher living in Southern Oregon. He is the author of Curious About Cannabis: A Scientific Introduction to a Controversial Plant and is the host of the Curious About Cannabis Podcast. Curious About Cannabis is a learning initiative by Natural Learning Enterprises, a mission-driven company dedicated to enhancing critical thinking skills and scientific literacy about the natural world.*

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# Ketogenic Burst Training

by Ancient Nutrition

Diet and lifestyle go hand-in-hand when supporting a healthy weight. When considering exercise strategies, burst training is one of our top picks for people on the ketogenic diet.

## What is burst training?

Burst training is a form of high-intensity interval training (HIIT), consisting of a series of “bursts” in your workout, followed by a period of rest. Bursts are when you are pushing your body to its maximum potential for 10 to 60 seconds. You will typically only need to do these exercises 3 or 4 times per week. To avoid injury risk, be sure to seek advice directly from your physician, especially if you have existing medical issues, before beginning any exercise or nutritional program. Additionally, stretch following exercise to avoid muscle and joint tightness.

## Why is burst training an ideal ketogenic diet workout?

### 1. It can make exercise easier.

Burst training eliminates long bouts of cardio and, instead, gives short “bursts” of high-intensity exercise followed by brief recovery periods.

### 2. It can make regular exercise more convenient.

Considering the fact that many people use “not having enough time” as a popular excuse to avoid regularly exercising, HIIT workouts are one of the best ways to overcome this obstacle and get great results fast.

### 3. It can promote faster fat loss.

Fat loss is often the number one goal for those on keto. Quite simply, HIIT-style workouts achieve greater fat loss than steady-state workouts. Although HIIT workouts burn fewer calories during the actual workout than steady-state cardio exercises (likely due to the shorter duration), the HIIT program produces more fat loss than steady-state exercise does overall.<sup>1</sup>

### 4. It can help to build muscle mass.

Paired with the ketogenic diet, burst training can help you build lean muscle. A recent study showed that HIIT was more effective at building muscle mass at the cellular level than strength training. Though this is just one study, these researchers concluded that HIIT improved the function of muscle mitochondria, which is necessary for muscle building.<sup>2</sup>

### The Importance of Daily Walking

In addition to burst training, we recommend walking for at least 20 minutes each day. Why? When combined with HIIT workouts, daily walking has shown to be more effective for fat loss than just HIIT or walking alone. When you’re in ketosis, your body is waiting for its next fat-burning adventure.

### Your Burst Training Workout

It’s important to remember that your level of high intensity is not necessarily everyone else’s level of high intensity. So, while you may not be able to go as fast or as hard as someone else, you can still get a fantastic workout that reaps some of the same great benefits.

To help you get started, here are two different burst training workouts, based on your current level of fitness. Regardless of whether you choose to start with the beginner level or the advanced level, make sure to always complete the warm up at the beginning of your workout to help you avoid injury.

### Warm Up

- Jog or march in place for 30 seconds.
- Stand and circle your arms backward, one after the other (as if you’re pretending to do the backstroke) for 30 seconds.
- Perform basic squats for 30 seconds.
- Perform calf raises for 30 seconds.
- Do 20 jumping jacks.

	Beginner Burst Training	Advanced Burst Training
Ratio of work to rest (W:R)	1:3	3:1
Duration	5 – 7 minutes	8 – 10 minutes
Directions	<ul style="list-style-type: none"><li>• Pedal or run as fast as you can for 10 seconds</li><li>• Switch to normal pace for 50 seconds</li><li>• Repeat for 5 – 7 sets</li></ul> If you find this too easy, increase your speed or decrease your resting time.	<ul style="list-style-type: none"><li>• Pedal or jog at moderate rate for 60 seconds</li><li>• Lower intensity for 20 seconds</li><li>• Pick up intensity for 40 seconds</li><li>• Rest for 30 seconds</li><li>• Repeat for 8 sets</li></ul>

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# WHAT CAUSES CRAVINGS FOR SUGAR and JUNK FOOD?

by Dr. David Minkoff

## “How do I get off sugar and junk food? It’s so hard!” Why is that?



For most people, suddenly cutting out sugar and dramatically lowering calories without addressing any other key factors makes it almost impossible to succeed long term. It’s also likely to be destructive to overall health.

It’s nearly impossible to instantly “quit sugar” if bacteria in your intestine demands it, if you are insulin resistant, or if there’s actually an addiction to sugar.

The type of bacteria in your lower intestine is based on what type of foods you’ve been eating. SIBO (Small Intestine Bacterial Overgrowth) is the result of destructive bacteria that has entered your intestine and taken root there and now demands foods that are high in sugar. While these bacteria may have gotten to your small intestine and taken root there because they weren’t killed in your stomach, they thrive and grow because you’re feeding them what they like.



Bacteria will communicate to your brain the same way your actual body cells do, telling the brain to create cravings for more sugar. The more you feed them sugar, the more bacteria grow and the more sugar they demand. If we stop eating sugar, then life becomes an emotional roller coaster due to the intensity of the cravings.

Intestinal bacteria, whether “good” or “bad” bacteria, absorb toxins that come through the intestine. These can be herbicides like glyphosate, plastics, metals, or any of the other thousands of chemicals now present in our water supplies.

Not only do these bacteria demand sugar and make you feel very bad if you don’t provide it, if you were to push through these demands to the point that they did die, then they would release the harmful toxins they’ve been holding onto.

This can then make you feel urges for sugar and also be quite sick until these toxins are cleared out of your system. This is part of the “Keto Flu” you may have heard of when people come off carbs. It’s real and not fun.

We also need to ensure your detox and digestion pathways are set up for success to quickly rid you of toxins while at the same time providing your body exactly what it needs to remove cravings fast.

The digestive tract truly is one of the most important parts of our body to keep functioning at optimum levels. It affects more areas of our body than almost any other.

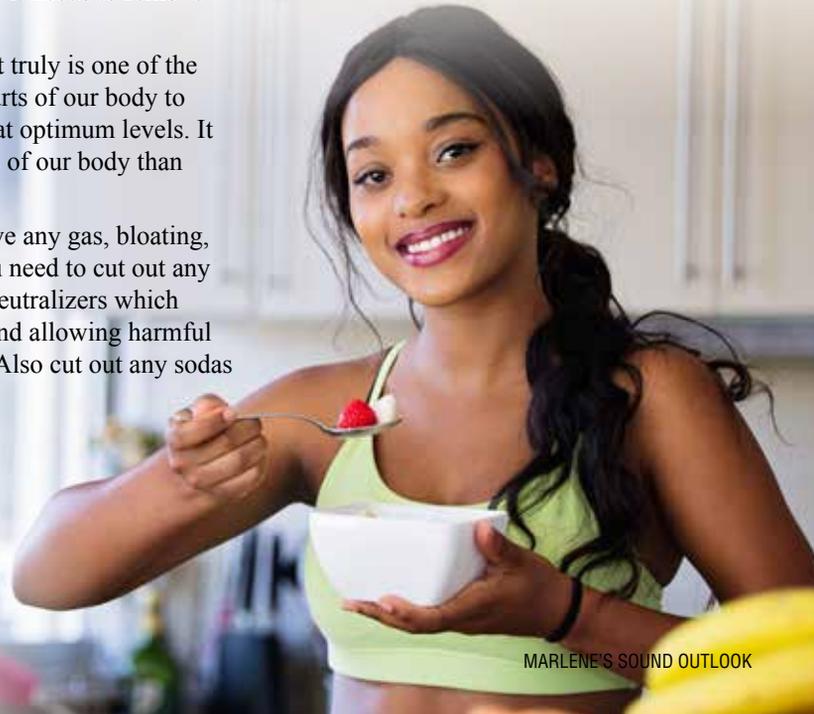
So first, if you have any gas, bloating, or acid reflux, you need to cut out any acid blockers or neutralizers which are creating this and allowing harmful bacteria through. Also cut out any sodas

or soda water, both due to the sugar in them, but also because soda water neutralizes stomach acid, which we don’t want.

Next, take digestive enzymes with food until your stomach is able to produce these in enough quantity again on its own. While this alone can make an immense difference, consider a daily probiotic to give positive intestinal bacteria an edge in your digestive system.

And lastly, ensure you’re taking **PerfectAmino Amino Acid Blend by Body Health** to give your body what it needs to build and repair gut cells so you have a functioning intestinal lining and can more easily build healthy tissues throughout the body. This blend is also excellent to help maintain energy and reduce cravings for sugar and junk foods while you incorporate more whole foods in their place.

It’s truly amazing how one can feel, both physically and mentally, once the body is functioning as it’s supposed to!





DŌMATCHA

AN ANCIENT JAPANESE GREEN TEA

## Start the New Year with the Vibrance of Matcha!

DōMatcha® is 100% authentic Japanese stone-ground green tea, directly from Kagoshima and Uji, Kyoto where Japanese matcha originated, and where most premium matcha is produced today. It is a delicious and nutrient dense tea and the ideal complement to a lifestyle that aims for health and vitality.

One of the most unexpected benefits of matcha tea, is that drinkers experience a boost of energy throughout the day. In one study, researchers had thought that this was from the caffeine in matcha, but they found that it was actually the combination of matcha's natural properties. Another recent study found that matcha even improved physical endurance by up to 24%. A study featured in the American Journal of Clinical Nutrition found that consuming matcha green tea can increase thermogenesis (the body's own rate of burning calories) from a normal 8%-10% of daily energy expenditure, to between 35% and 43% of daily energy expenditure.

### And that's not all:

- **Matcha powdered green tea has 137 times more antioxidants than regularly brewed green tea.**
- **One cup of matcha = 10 cups of regularly brewed green tea in terms of nutritional content.**
- **When you drink matcha you ingest the entire leaf and receive 100% of the nutrients of the leaf.**

## Goat Cheese Salad with Orange Slices & Matcha Dressing

*This mouth-watering matcha salad dressing has a clean, bright flavor, which won an About.com matcha recipe contest. It sure tastes like a winner to us!*

- 1 tsp DōMatcha®
- 1 tsp grapeseed or olive oil
- 2 tsp agave, honey or maple syrup
- 1 pinch of sea salt
- 1 tsp hot water
- 2 cups mixed greens
- 1 orange or 2 tangerines (half to be sliced for salad and other half for 1 tsp of juice)
- 2 Tbl goat cheese (vegan substitute::soy cheese or roasted cashews)

Add one teaspoon of DōMatcha® to a small bowl or cup and mix with one teaspoon of hot water to make a paste.

Mix in oil and agave. Slice the orange in half and squeeze a teaspoon of the juice into the matcha dressing. Add pinch of sea salt.

Stir matcha dressing to combine all flavors. Add mixed greens to a small bowl.

Peel the remaining half of the orange, cut into small slices and place over greens.

Break goat cheese into small dabs and place over greens.

Pour matcha dressing over greens, orange slices and goat cheese. Enjoy!



# The Benefits of Organ Meats

by Darrin Starkey, N.D.

When one thinks of “super foods,” rarely do we think of beef liver or other organ meats. But they are packed full of numerous vitamins and minerals and pound-for-pound are more nutritious than muscle meat.

Besides being an excellent source of protein, they are also high in Vitamin B12, which the body needs to convert food into energy. B12 is not found naturally in fruits and vegetables, including “super foods” like spinach and kale. However, one ounce of beef liver contains 20 mcg of B12, which is over 300% of the daily value for this important vitamin. This makes liver one of the richest sources of B12.

In addition to being a great source of B12 and other B-vitamins, organ meats are also particularly rich in important fat-soluble vitamins such as A, D, E, and K. These nutrient-dense organ meats that support our same organs are also a great source of many minerals like magnesium, zinc, selenium, copper, and a good usable form of iron, as well as all nine amino acids that our body needs to function properly.

While eating organ meats is common in many countries and at one time used to be a fairly common practice in the US, today you would be hard pressed to find it served

on many dinner tables. Its unique taste and texture often make it a hard sell compared to various cuts of beef that are available.

Additionally, concerns about these organs being “filters” that accumulate toxins in the body make them less desirable. But while many of these organs do play a valuable role in helping the body to deal with pollutants, keep in mind that their role is to assist in ridding the body of contaminants and not to make a habit of storing them any more than other parts of the body do. In fact, remember that the body has a waste system in place to excrete toxins through urine and feces, so they don’t remain in the body (or organs), and these organs’ job is to help ensure that happens.

In ancestral times, eating organ meats was considered a privilege and a way of honoring the animal. However, as our eating habits have changed over time, so too has our acceptance for those old customs. As we have eaten more muscle meat, the stronger taste of organ meat has become less desirable.

Now Trace Minerals has a solution to those usual objections and offers two new beef products as a part of their Ancestral Line: Beef Liver and Beef Organs.



Both products come from pasture raised New Zealand beef that are grass-fed and finished, and are hormone, pesticide, and GMO free. They are also 100% freeze dried and non-defatted. Trace Minerals’ **TM Ancestral** Line is a great way to put important nutrients from organ meats into your diet in a practical and convenient way.

*Dr. Darrin Starkey has been a board certified naturopathic physician since 2000 and is a member of the American Alternative Medical Association (AAMA). He has worked for Trace Minerals Research (TMR) since 1991. He is considered an expert in the field of mineral and trace mineral nutrition, balance, and deficiency and focuses his training and education on the building blocks of a healthy diet and the important role trace minerals play in health and nutrition.*



# What to Look for When Buying a Probiotic

by Andrea Sarjeant, CNP and Holistic Nutritionist for Genuine Health

Probiotics are HOT right now. A quality probiotic can help to seed your gut with healthy and hearty bacteria that benefit you in so many ways – from helping to balance your digestion to improving the function of your immune system.

But there are so many products out there (and so many confusing terms like *CFU*, *strains* and *delayed-release*). So how can you know what to look for? Here are 6 things to keep in mind when selecting a quality probiotic:

## #1 Multiple Strains

Different strains of bacteria provide different benefits to the body. Studies have shown that multi-strain probiotics are more effective than single-strain probiotics! While we're on the topic of strains, make sure that the strains are coded – this shows that the company is able to track the exact origin of the strains that they use.

## #2 Balanced Formula

Many formulas rely heavily on one or two strains of bacteria with a fairy dusting of other strains for label appeal. Instead, seek out a balanced, multi-strain formula. Look for one that includes lactobacillus, bifidobacterium and lactococcus strains, promoting diversity, repair and restoration of the gut microbiome. The goal is to target whole body health and this means finding the right strains in the right ratio.

## #3 Potency, CFU and Guarantee

CFU stands for colony forming units, and is the measure of how potent a probiotic is. You can find probiotics in CFUs ranging from 1 billion to 100 billion+. Look for a probiotic that guarantees CFU at expiry. This means that it will contain at least the amount of bacteria promised on the label. Also, many probiotics can contain the material on which the probiotics were cultured and unhealthy cells – choose a probiotic that has undergone a cleaning process to ensure that only the strongest and fittest cells remain.

## #4 Allergen-free

Many probiotics on the market can contain common allergens. If you have food allergies or sensitivities, or are simply looking for a cleaner product, select a probiotic that is labelled free from GMOs, gluten, dairy, soy, peanuts, tree nuts, shellfish, eggs and corn.

## #5 Capsules

Capsules are important, because they get the bacteria in your probiotic to where they need to go! Some probiotics on the market are housed in enteric-coated capsules, but these can contain plasticizers and phthalates. A better option would be a vegan delayed-release capsule – this ensures that the probiotics are getting released in the small intestine without the risk of questionable capsule ingredients.

## #6 Packaging and Shelf Stability

Many probiotics (even the shelf stable ones) are packaged in bottles. But every time the bottle is opened, the probiotics get exposed to humidity and ambient air, which can degrade them over time. An alternative and better option is a blister pack, which protects each capsule from damaging air and humidity.

So there you have it; 6 key factors to carefully consider when choosing your next probiotic. Armed with this information you can confidently select a probiotic that provides maximum benefit for whole body health!

*Andrea Sarjeant, CNP, Holistic Nutritionist, is Communications and Education Manager at Genuine Health Canada, where she regularly shares innovative recipes and creates programs that bridge the gap between kitchen alchemy and practicality with realistic ideas, compassion, and humor.*



# January Events & Education

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

## INTRODUCTION TO CLEANSING



with Jennea Wood, ND and Heidi Ochsner, RD at Tummy Temple  
**Tuesday, January 10 at 7 pm**

Join Dr. Jennea Wood and Heidi Ochsner for an evening of enlightenment, information and inspiration on proper cleansing protocols. Learn about: the organs of detoxification and elimination and how to support them, foods that support cleansing, at home self-care therapies, dietary and environmental sources of toxicity, therapies to support cleansing and supplement support for cleansing.



## OVERCOME FINANCIAL STRESS THIS YEAR TO IMPROVE YOUR OVERALL WELL-BEING



with Jodi Williams, Accredited Financial Counselor  
**Thursday, January 12 at 5 pm**

Join Jodi to learn how financial stress can impact your mental and physical health. Learn practical tips about how to take control of your finances so you can eliminate this common source of stress.

## COMFORT FOODS THAT ARE ACTUALLY GOOD FOR YOU



with Elizabeth Ashbrook CNT, CFT and Jeanne Logman, CNT  
**Saturday, January 14 at noon - \$25**

Spruce up your winter meal rotation with deeply nourishing recipes focused on seasonal, plant-based ingredients and great, cozy feelings. Get a spoonful of comfort foods... that are actually good for you! Indulge in foods like pumpkin breakfast cookies, butternut mac and cheese, kale pesto with white beans or pasta, golden milk cocoa and sweet potato or pumpkin fudge! Recipes written and prepared by Certified Nutritional Therapists.



## THE SOLUTION FOR NEW YEAR'S RESOLUTIONS



Lisa Shook, Certified Master Hypnotist and Founder of the StressLess Prosperity Institute  
**Tuesday, January 17 at 5 pm**

Every year people create New Year's Resolutions. They promise themselves they'll change but restart the painful cycle of guilt, disappointment and embarrassment the next year. Are you tired of this never-ending rollercoaster? I used to do this too, you are not alone. You don't have to do this anymore. I can teach you a better way of making positive changes so you can feel good, manage emotions and reach your goals. There is no magic pill, but what if you can start feeling better fast, lose weight, stop smoking, stop anxiety, gain confidence, gain motivation and enjoy life?

## GET BACK ON TRACK FOR THE NEW YEAR



with Hansie Wong, MD and Health Coach  
**Saturday, January 21 at noon**

Having trouble sticking to your New Year's resolution? Are your goals too broad or vague? Learn about the Circle of Life and which areas need work and attention in your life. This workshop will teach you how to set realistic New Year's Resolutions and intentions and help you outline your goals for the year. You will learn how to prioritize and break down your goal into attainable action steps and create an action plan to keep yourself on track.

## NATURAL STRATEGIES FOR EFFECTIVE DETOXIFICATION



with Dr. Lexi Loch, ND and Terry Naturally, Educator  
**Tuesday, January 24 at 5 pm**

Detoxification is a foundational piece of disease prevention and treatment. Supporting natural detoxification processes can decrease the impact that toxins, stress, medications, and infections have over time. Because we are exposed to more than 70,000 chemicals daily, detoxification should be an ongoing process and there are many tools to support the elimination of internal and external toxins. Join Naturopathic Physician, Dr. Lexi Loch, as she discusses natural detoxification strategies that include diet, lifestyle, and targeted supplementation.



## A MINDFUL NEW YEAR



with Dr. Elizabeth Beatt, ND  
**Thursday, January 26 at 5 pm**

Dr. Elizabeth Beatt is a naturopathic doctor at Federal Way Naturopathy with a passion for herbalism and mind-body medicine. She loves using these modalities to empower her patients to participate in their own healing. In her presentation, she will offer a guided meditation to set your personal boundaries and then introduce three herbs that can be used to support self-empowerment through their grounding, protective energies.

## NUTRITION MISCONCEPTIONS ABOUT WEIGHT LOSS AND WELLNESS



with Cathy Hains  
**Tuesday, January 31 at 5 pm**

Are you tired of setting weight loss resolutions for New Year's only to give up a few months, weeks or even days later? Registered Dietitian-Nutritionist and weight loss behavioral change specialist Cathy Hains, of Lighthouse Nutrition and Wellness, will discuss why fad diets are usually not helpful, and how to really succeed in the New Year!



**BEER, WINE OR SPIRITS TASTING**  
**FREE 21+ WITH ID**

<b>Tacoma Location</b> 2 pm - 4 pm Friday, January 6 Friday, January 20	<b>Federal Way Location</b> 2 pm - 4 pm Friday, January 13 Friday, January 27
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## Experience Marlene's CBD!



production. All of our hemp exclusively. You won't have to worry about ingesting unnecessary or potentially toxic chemicals or contributing to destructive commercial farming practices! We have done our homework.



MARLENE'S SOUND OUTLOOK

Marlene's is happy to be bringing you our own top-quality line of CBD! Available in liquid in a broad range of concentrations, we're confident we have an effective solution for your CBD needs.

The quality of our CBD begins with plants, soil and farming techniques involved in its

is sourced from organic farms with plants, soil and farming techniques involved in its production. All of our hemp exclusively. You won't have to worry about ingesting unnecessary or potentially toxic chemicals or contributing to destructive commercial farming practices! We have done our homework. Hemp flowers designated for our CBD products are picked at their peak state of ripeness and flash frozen within 2 hours of harvesting. The plants are then processed with a low temperature and low-pressure hydrocarbon extraction method that beautifully preserves the integrity of terpenes and cannabinoids and ensures that these beneficial components are present in our products in an easily absorbable form.

The resulting product is called LIVE OIL™, and it is the highest quality and most potent concentrate available.

Third-party tested LIVE OIL™ is made using only USDA Certified Organically grown hemp that has been extracted, manufactured and tested in the U.S. Every batch is stringently tested by an Oregon-licensed, third-party laboratory to ensure:

**Highest quality, potency and purity**

**No toxins**

**No pesticides**

**No heavy metals**

**No microbial contaminants**

We are so excited to be able to bring this fantastic product to you!

Call or stop by Marlene's today and experience the difference of top quality CBD.



# Healthy Digestion is the Foundation

by Lynn Mikel, ND

To a Naturopath, efficient digestion is the cornerstone of health. “You are what you eat” and “you are what you don’t eliminate.” Digestion, absorption, and elimination are what builds the body, what fuels the metabolism and metabolic processes, and what creates the immune system.

Optimal digestion depends on adequate enzyme production in the stomach and small intestines, a healthy mucosal cell lining in the G.I. tract, proper assimilation, and elimination.

What is not broken down and absorbed must be eliminated from the G.I. tract and what is not eliminated or absorbed efficiently becomes a source of toxic waste for the body to deal with. Food may sit in the digestive tract too long when enzyme production is inadequate, absorption is inadequate, and transit time is too slow. As a result, the rotting food gradually becomes a source of irritation to the cells lining the digestive system. Inflammation can begin weakening the intestinal lining that normally maintains a barrier to keep large molecules from entering the blood stream. The term that has been used to describe this is “leaky gut syndrome.” As large food molecules make their way into the blood stream it becomes a stress on the immune system to break them down. These food proteins can stimulate the production of antibodies. An overproduction of antibodies has been hypothesized as a possible contributor to food allergies and autoimmune diseases.

Poor digestive function and overwhelmed liver function cause a cascade of problems and stress to other organ systems and functions in the body such as stress to the adrenal and thyroid glands which regulate metabolism, stress hormones, and blood sugar. An overactive immune system and excess proteins in the blood stream can create acidity which causes inflammation and contributes to problems like arthritis and heart disease.

Conditions that indicate the digestive system is impaired include heartburn or reflux, ulcers, irritable bowel, constipation/diarrhea, but also can be associated with other problems like inflammatory joint disease and allergies. Working on improving digestion, healing and strengthening the mucosal cells lining the digestive tract, and eating a diet that promotes good digestion and metabolism are some of treatment goals for almost any digestive complaint or condition. Optimizing digestive function and health will also prevent the chronic progression of many other disease processes.

So what supplements might be considered to support digestion?

Digestive enzymes are a good place to begin improving digestive function and health. The stomach uses primarily hydrochloric acid to begin the breakdown of primarily protein. Making an acid in the body that tightly regulates pH requires a huge amount of energy and biomolecular resources.

People who are depleted, consistently eat a poor diet, and have other health stresses are often deficient in HCL (hydrochloric acid). Inadequate HCL will cause food to sit in the stomach too long where it ferments and causes irritation to the stomach lining. This is one of the most common reasons for heartburn.

Lower abdominal bloating, cramping, and mild nausea are often symptoms of insufficient pancreatic enzymes. The small intestines use alkaline enzymes from the pancreas which complete the digestion of proteins, carbohydrates, and fats. They are also natural anti-inflammatory support for the body.

If your digestive functions are compromised, consider this information with your healthcare practitioner. The sooner these issues are addressed, the sooner you can look forward to optimal digestion.

*Dr. Lynn Mikel is a recently retired Bastyr-educated Naturopath in the South Puget Sound area where experience and education have helped her formulate individualized treatment approaches for clients for over 20 years. She can be reached at [thermographysouthseattle.com](http://thermographysouthseattle.com) for those interested in state-of-the-art breast thermometry.*



# Dandelion 101

by Traditional Medicinals



For those who tend to wake up between 1am and 3 am, your liver may be the culprit. Drinking alcohol during or after dinner or eating rich foods can put the liver into overdrive, stimulating your body at a time when you need to be resting. The liver performs up to 500 different functions for the body while you sleep, including helping the body rid itself of toxins, metabolizing hormones, and breaking down fats, to name just a few. That's when hepatics, or liver-supporting herbs, can help. Dandelion and milk thistle are both hepatic in nature, while incorporating a digestive bitter herb like artichoke into your daily routine can also support liver function.

Dandelion's use in food and beverages has been recorded since antiquity. Like the famous chicory coffee of New Orleans, the roots of dandelion are roasted to make an excellent coffee addition or substitute, claimed by some to be almost indistinguishable from coffee. This tasty root rendition is what

inspired us to create our Roasted Dandelion Root tea. The roots have also made their way into many traditional root beer recipes, "beer" being the operative word, as they were fermented and slightly alcoholic. Dandelion root was often combined with nettle leaf and yellow dock root for a tasty brew.

Young dandelion leaves are a pleasantly bitter spring green packed with minerals, which can be harvested and added to salads and pesto, blanched with spinach, or added to soups from spring to early summer. The leaves can also be dried and steeped in hot water with other tender spring herbs like mint, lemon balm, and nettle. Dried dandelion leaf can be enjoyed in our EveryDay Detox Dandelion, and Dandelion Leaf & Root teas.

Everyone knows you can't judge a book by its cover, and you can't judge a plant by its appearance, either. You may think of dandelion as a pesky weed, but this humble little flowering herb may be the culinary surprise you've been missing. Let's take a moment to peek inside the tea bag and get to the root of what makes our Organic Roasted Dandelion Root tea so special.

Named from the French *dent-de-lion*, or "lion's tooth," for its jagged-edged leaves, the dandelion has found its way into cups and cuisines throughout the Northern Hemisphere for centuries. Dandelions came to the New World with early European settlers, who often pulled grasses out of their yards and replaced them with more "useful" herbs like dandelion that were transformed into culinary creations like flower fritters, syrups and wines. The roots were even roasted and brewed into a delicious coffee alternative.

We created our Organic Roasted Dandelion Root tea in homage to this traditional way of preparing the roots. Its rich dark color, warmly roasted and slightly bitter flavor reminds us of a gentle black coffee, which makes it particularly ideal first thing in the morning. Herbal purists may prefer it black, but we also encourage making it your own. Experiment with your favorite creamer or sweetener and whiz it with a blending wand for a perfect herbal latte. Of course, unlike coffee, our Roasted Dandelion Root tea is naturally caffeine-free, which makes it a perfect anytime drink or companion for a cozy evening of reading at home.

Who knew this common little backyard flower would be your new favorite herbal beverage. Now that you've had a peek inside, who's ready for a cup?



## Dandelion 101

· Dandelion (*Taraxacum officinale*) is a small perennial native to Europe and Western Asia, but it is now naturalized in many countries around the world.

· Its jagged leaves earned it the name, *dent de lion*, or "lion's tooth" in French and its round yellow flower has inspired others to call it "swine snout."

· From root to leaf and flower, every part of this plant is edible and has historical use for culinary creations.

# Adaptogen Support for Stress and Detox

by Navitas Organics

With the arrival of January and the start of a new calendar year, most of us feel obligated to better ourselves: ourselves with healthier eating habits, new workout regimes, and cleaner homes. But what we often fail to consider is making time for an emotional recovery from the roller coaster ride that *is* the holiday season. As we stumble from cocktail parties to raucous family gatherings, we may not even notice how stressed we are—and it's our health that bears the brunt of this state.

So this year, we're holding on the juice cleanse and focusing instead on resetting ourselves both physically and mentally. Instead of depleting ourselves with fasts or depriving ourselves of sleep to hit the treadmill, we're carving out more time to rest and recover.

One of our favorite ways to jumpstart a holistic system detox is through nutrition. A nutrient-dense diet filled with whole foods provides a wide spectrum of micronutrients that help our brains and bodies function at their best. And at the very top of our food list are adaptogens.

Adaptogens encompass a small number of plant-based foods that have been shown to support and balance the endocrine system—including the adrenal and thyroid glands. In times of stress and scarcity, the functions of these glands are often suppressed, resulting in symptoms like low energy, slowed metabolism, decreased vitality and a lackluster immune system. By including a daily adaptogen in your diet, you provide a little extra love to these glands, which in turn can help you better rebound from the effects of stress.

The best way to utilize adaptogens is to incorporate them daily; unlike stimulants (such as coffee) adaptogens work in our bodies over time. There are a variety to choose from and some people like to cycle them in three- or six-month periods. For personalized diet advice, we always recommend consulting with your nutritionist or other health professional.

Navitas Organics has been in the adaptogen game for nearly two decades! We started sourcing our flagship product, adaptogenic Maca Powder, from the Peruvian Andes in 2003. Then in 2020, we added our Superfood+ Adaptogen Blend. This powder combines three powerful adaptogens in one convenient bag: maca root powder, reishi mushroom powder and ashwagandha root powder. This trio works within the body to provide wide spectrum adaptogen support.

Including our Adaptogen Blend in your day doesn't have to be complicated (the last thing we want to do is add more stress!). With an earthy, malty flavor, it pairs well with creamy smoothies and bowls, oatmeal, energy bites, and warm drinks. To help you get started, we've included our favorite recipes below.



## Superfood Energy Smoothie Recipe

Malty and earthy tasting, organic Superfood+ Adaptogen Blend can be added to any smoothie for a supportive whole system boost. It pairs especially well with nut butters and cacao!

- 1 cup plant-based milk of choice
- 1 frozen banana
- 1 Tbsp almond butter
- ½ tsp cinnamon
- 1 tsp Navitas Organics Superfood+ Adaptogen Blend

Combine all ingredients in a blender and blend until desired texture is reached. Makes 1 serving. Enjoy!



# Cleansing Aromatherapy

by Uncle Harry's



to five drops per ½ cup water to revitalize your senses. For aches and topical use, mix up to twelve drops in two ounces of carrier oil. To use as a cleanser, dilute up to 20 drops in a mix of 25% vinegar and 75% water.\* To improve respiration, try steam inhalation.

These past months have been difficult to all of us in many different ways, causing more stress in daily life. So don't forget to take some time for yourself and relax! Disconnect from your electronics, light some candles, play some relaxing music and diffuse some oils to create a relaxing atmosphere.

**Relaxing Serenity** is a wonderful soothing blend of floral scents that can transform your space into pure bliss with a few drops. **Lavandin oil** is a sweet hybrid type of Lavender with balancing and calming properties, and a few drops can help relax the body and mind. To diffuse, add up to five drops per ½ cup of water. Don't have a diffuser?

Check out our **Lavender Aromatherapy Mist!**

*\*Disclaimer: Uncle Harry's Natural Products are created with high quality ingredients and good intentions. Each item is handcrafted in small batches by a conscientious staff in Redmond, WA. We do not represent medical doctors and cannot diagnose, treat, cure, or prevent any disease. If you have a concerning symptom please seek guidance from a licensed healthcare practitioner before using our products.*



## Four Bandits Anti-Germ

Legend goes that during the Black Plague in 17th century France, four bandits robbed sickly victims without getting infected. After their arrest, they were offered leniency by the magistrate if they would divulge their secret - which became known as Thieves Vinegar or Marseille

Vinegar throughout the ages. Our **Four Bandits Anti-Germ** was inspired by this tale. It is a combination of antiseptic oils - useful at creating a barricade between you and insects, germs, and more. This combination of 14 essential oils has a sweet herbal scent with a spicy kick thanks to the cinnamon leaf, and this blend is best used diffused or as a cleanser. To diffuse, add up to five drops per ½ cup water to airborne microbes - *we have this diffusing at all entry points to our factory.* To use as a cleanser, dilute up to 15 drops in a mix of 50% apple cider vinegar and 50% water. If you don't have a spray bottle

on hand, you can also add a few drops to a wet cloth and wipe down any surfaces.\*

## Breathing Mix

Clean oxygen, which is vital to living and protecting our respiratory systems, has been the talk of the pandemic... so ditch the so-called air fresheners and take advantage of purifying plant essences to help clear the nasal passages. **Breathing Mix** is a versatile synergy blend of 7 essential oils ideal for purifying the air. To diffuse,

add up to five drops per ½ cup water to purify the air. To use as a cleanser, dilute up to ten drops per ½ cup water in a spray bottle. If you're feeling a little stuffy, you can even put a few drops on a handkerchief or the collar of your shirt to breathe in frequently. For serious stuffiness, you can try steam inhalation. Don't have a diffuser? Check out our **Clean Air Blend Aromatherapy Mist!**



## Eucalyptus Oil

Not a fan of essential oil blends? Then **Eucalyptus** would be ideal for you! This is an essential oil superstar that has a long history of widespread application for medicinal, industrial, and perfumery purposes. This cineole-based oil is a colorless liquid with a pungent, camphoraceous scent and a woody-sweet undertone that is renowned for its cooling and stimulating properties. To diffuse, add up





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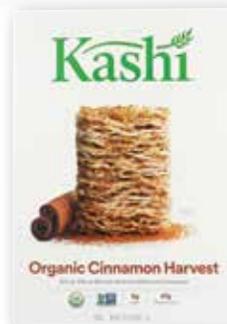
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# January

## Calendar of Events

Class Registration at  
[marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>New Year's Day</b> (Both locations closed)  1	  2	  3	  4	  5	<b>Beer &amp; Wine Tasting</b> Tacoma 2 pm - 4 pm  6	  7
<b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!  8	<b>Uniform Monday!</b> 10% off to all firefighters, police, and military!  9	<b>Introduction to Cleansing</b> with Jennea Wood, ND at Tummy Temple 7 pm, Online  10	  11	<b>Overcome Financial Stress This Year to Improve Your Overall Well-Being</b> with Jodi Williams, Accredited Financial Counselor 5 pm, Online  12	<b>Beer &amp; Wine Tasting</b> Federal Way 2 pm - 4 pm  13	<b>Comfort Foods That are Actually Good for You</b> with Elizabeth Ashbrook, CNT, CFT and Jeanne Logman, CNT \$25 Noon, Online  14
  15	  16	<b>The Solution for New Year's Resolutions</b> with Lisa Shook 5 pm, Online  17	  18	  19	<b>Beer &amp; Wine Tasting</b> Tacoma 2 pm - 4 pm  20	<b>Get Back on Track for the New Year</b> with Hansie Wong, MD and Health Coach Noon, Online  21
  22	  23	<b>Natural Strategies for Effective Detoxification</b> with Dr. Lexi Loch, ND and Terry Naturally Educator 5 pm, Online  24	  25	<b>A Mindful New Year</b> with Dr. Elizabeth Beatt, ND 5 pm, Online  26	<b>Beer &amp; Wine Tasting</b> Federal Way 2 pm - 4 pm  27	  28
  29	  30	<b>Nutrition Misconceptions About Weight Loss and Wellness</b> with Cathy Hains 5 pm, Online  31				

### BODYWORK SCHEDULE

#### TACOMA

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

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

#### FEDERAL WAY

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

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

Reservations may be required.





### FEDERAL WAY

2565 S. Gateway Center Place  
Federal Way 98003  
253.839.0933

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

#### Deli Hours

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

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### TACOMA

2951 S. 38th Street  
Tacoma 98409  
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

Grab and go options available until closing.

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

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