



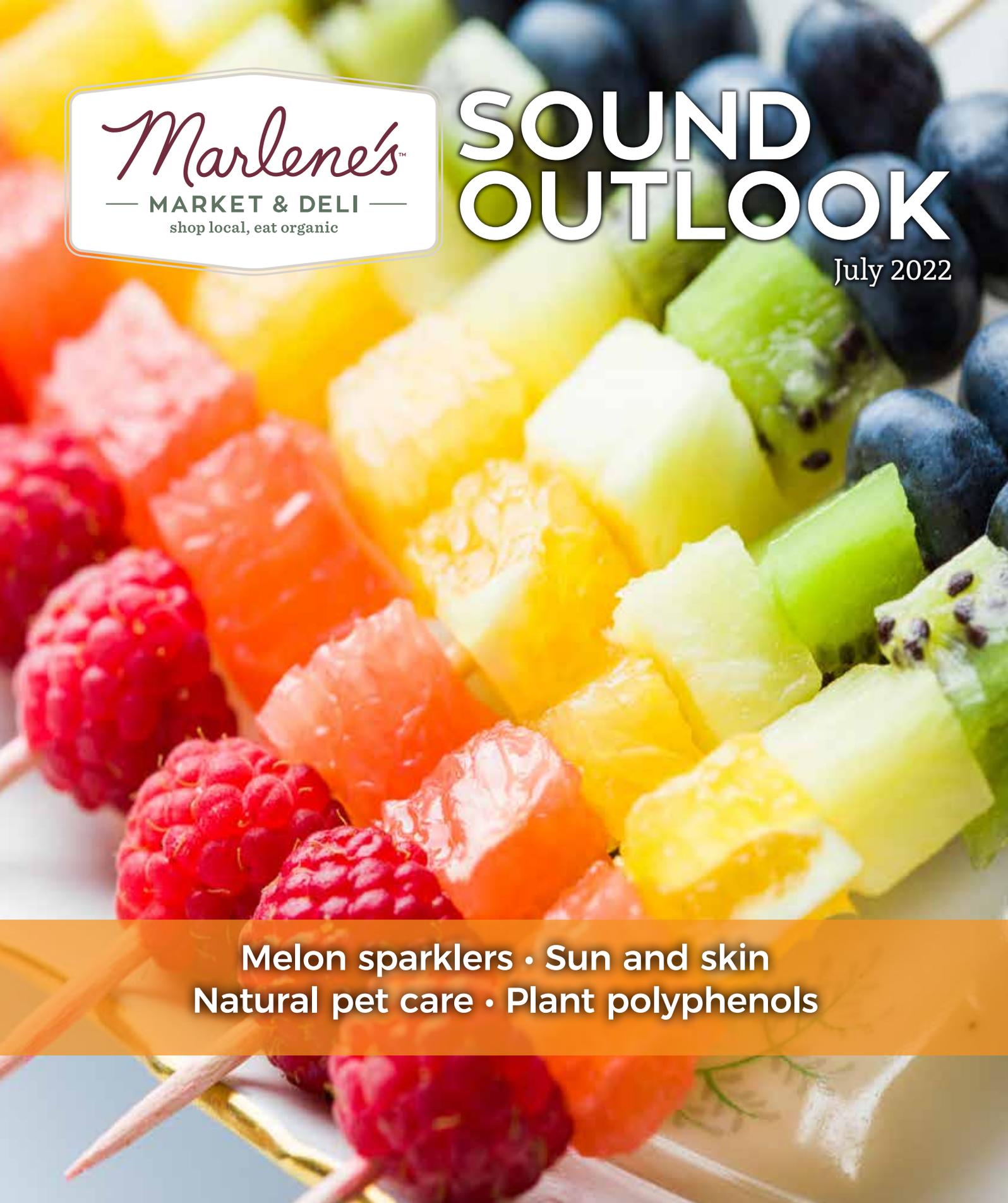
*Marlene's*<sup>™</sup>

— MARKET & DELI —

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# SOUND OUTLOOK

July 2022



Melon sparklers • Sun and skin  
Natural pet care • Plant polyphenols

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## A Letter From Us

Deep summer is when laziness finds respectability.  
- Sam Keen

We're deep into summer and hoping you are enjoying these long, sweet and warmer days. If you really want a taste of summer, come see our produce department for our famously delicious organic melons. We've been waiting for them all year!

We all like to spend as much time as possible outdoors in July, so we're spreading the word with an article from Dr. Kiera Barr about all the ways you can protect your skin. Much research is coming out these days about how important diet is for prevention of skin cancer. Makes sense, doesn't it? It's not just what you put on yourself, but what you put in yourself that can make all the difference. Don't miss her very interesting article on this subject on pages 12-13, and she will be hosting an online class, too! Please see page 10 for more information about Dr. Barr's class and the many other wonderful classes offered this month.

Come on in and take advantage of the terrific specials in July! Our buyers have been working hard to secure the very best products on sale for you. We look forward to seeing everyone and supporting your wellness journey any way we can. And don't forget to pick up some mineral-based sunscreen while you're here!

Be well and take care of each other,

*Lisa*



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# Grain-Free Tabouli with Almonds and Hempseeds

by Jeanne Logman, CNT

Every year when the summer warmth kicks in for two or three days in a row, I think to myself, “It’s finally tabouli time!” This lemony recipe, based on a parsley-heavy Lebanese-style tabouli, never fails to add brightness and energy to my day, whether featured as a side dish or as the main course. It pairs beautifully with grilled meats and vegetables, and you can incorporate many fresh, garden herbs and bits of other summer vegetables you may have on hand.

Awakened® Almonds are sprouted and dried almonds that you can find in the bulk department at Marlene’s. They have a light saltiness from their curing process and a naturally crisp texture that is irresistible in this recipe. If you substitute raw or toasted almonds, you may want to add a bit more salt on the final toss before serving.

- 1 medium lemon, zested and juiced
- ¼ cup olive oil
- ¼ tsp black pepper
- ½ tsp sea salt
- ½ cup Awakened® Almonds, coarsely chopped
- ¼ cup hemp seeds
- 1 large or 2 small bunches of flat leaf parsley, chopped
- 2 Roma tomatoes, diced, or ¾ cup cherry tomatoes, quartered
- 1 large cucumber, peeled and diced
- ¼ cup red onion or green onions, finely diced

In a small bowl, whisk together lemon juice, olive oil, sea salt and pepper.

Toss all other ingredients in a large bowl.

Drizzle lemony dressing over parsley mixture and toss until evenly coated.



# Refreshing Melon Sparklers

We look forward all year to melon season! Juicy, sweet melons are one of nature's best gifts during the warmest summer months. If you find yourself with an abundance of leftover watermelon from your barbecue or you just can't face another honeydew and cantaloupe fruit salad, try these wonderfully refreshing sparklers instead! Each recipe makes 4 servings.

## Cantaloupe Ginger & Lime Sparkler

2 cups	puréed cantaloupe
1 Tbl	fresh grated ginger
2 Tbl	fresh lime juice
1 Tbl	agave or maple syrup
16 oz	sparkling mineral water
4	glasses, 12 oz capacity or larger
ice cubes	

Fill 4 glasses about halfway with ice. Combine all other ingredients in a pitcher or large jar and stir thoroughly. Pour over ice and serve.

## Honeydew Lime & Mint Sparkler

2 cups	puréed honeydew
2 Tbl	fresh lime juice (rinds reserved)
20	fresh mint leaves
1 Tbl	agave or maple syrup
16 oz	sparkling mineral water
4	glasses, 12 oz capacity or larger
ice cubes	

Fill 4 glasses about halfway with ice. Place a few strips of lime rind in the bottom of a pitcher or large jar. Add mint leaves and a couple tablespoons of water. Muddle the mint and lime rinds with a wooden spoon. Add lime juice, agave and sparkling water and mix thoroughly. Strain into another container. Rinse mint leaves and lime rinds from pitcher and add honeydew puree. Pour sparkling water mixture back into pitcher and stir to combine. Pour over ice and serve.

## Watermelon Orange & Chipotle Sparkler

2 cups	puréed watermelon
½ cup	freshly squeezed orange juice
16 oz	sparkling mineral water
½ tsp	chipotle powder
4	glasses, 12 oz capacity or larger
ice cubes	

Fill 4 glasses about halfway with ice. Combine all other ingredients in a pitcher or large jar and stir thoroughly. Pour over ice and serve.



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# Healing the Planet and You with Nature's Remedies

By PATCH



As we adjust to our new definition of 'normality' in a pandemic world, it's fair to assume that it has encouraged many of us to evaluate our lifestyles and impact on the planet. While many positive stories have surfaced due to lessened travel and lockdowns, the sentiment

of 'Mother Earth is Breathing' might not be quite as true as once thought. Sure, reports of dolphins returning to Italy's tourist hot spots, penguins roaming the streets in Cape Town, and the number of leatherback sea turtle nests touching a 20-year-high in Thailand are all heart-warming stories. But as a consequence of our global medical emergency, the usage of PPE and single use plastics has had a devastating rise, with research published recently showing that nearly 1.56 billion face masks entered our oceans in 2020 alone. One disposable face mask can release up to 173,000 microfibers per day, with the ocean bearing the brunt of these metric tons of plastics ever year.

**So, what choices can we make to lessen this impact?**



We believe it starts with making sustainable choices by being conscious of the materials and components we prioritize - like investing in reusable face masks where possible, choosing stainless steel pegs over plastic ones, and choosing items like PATCH

bamboo bandages, made from sustainable and organic eco bamboo fiber over plastic alternatives.

**Why do we use bamboo?**

Traditional bandages and adhesives are commonly made from a cocktail of chemicals and plastics like PVC's, latex and acrylates which are also known as vinyl resins. Not only can these be irritating to all types of skin – due to the nature of their components they don't decompose and remain in the environment. From our estimates, the amount of waste

produced annually by bandages is enough to wrap around the world 51 times! Instead, at PATCH we use organic bamboo fiber that is 100% compostable, naturally anti-microbial and breathable, and suitable for even the most sensitive skin types.

Additionally, we infuse each of our strips with natural ingredients that can help assist the healing process and reduce the need for additional creams and balms. Activated Charcoal for instance works to help draw impurities from the skin, so is perfect for when you have an insect bite. Aloe Vera on the other hand is the natural solution for burns and blisters.

So next time you're looking to stock up your medicine cabinet, consider choices beyond the conventional – as they may just be the collective difference, we can make to help lessen our impact on this planet.

*PATCH is the first brand by Australian-based, Nutricare, which is dedicated to creating natural solutions to common health care items and empowering consumers to make healthier choices.*

**BECAUSE SCRATCHES ARE = NATURAL = (AND SO ARE PATCHES)**

**NATURAL**  
ITTS & SCRATCHES  
25 Soft Bamboo Bandages  
First Aid Bandage

**COCONUT OIL**  
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25 Purely Bamboo Bandages  
First Aid Bandage

**ALOE VERA**  
25 Soft Bamboo Bandages  
First Aid Bandage

**ACTIVATED CHARCOAL**  
BITES & SPLINTERS  
25 Pure Bamboo Bandages  
First Aid Bandage

**PATCH Bamboo Bandages**  
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# Summer of Floof!

Marlene's Pet Department  
stock your pet's pantry  
and mindfulness as



## TREATS

**Shameless Pets** is one of the first pet brands in The Upcycled Certified Program. They use wonky or surplus ingredients to create flavor forward pet treats with fantastic names. Clucken Carrot – Blueberry Treasure – how great is that?!

**Portland Pet** Brew Biscuits are made from repurposed spent brewery grains. There's no alcohol in these treats, but your pup feel as satisfied as a human having a micro-brew at a local brewery. Also available – an amazing selection of grain and gluten free treats – no paws left behind!

**Redbarn Pet Products** has over 25 years experience producing pet treats that meet the mark of quality and integrity. Check out their selection of good old-fashioned pack-pleasing bones, bully sticks and chews!



## SUPPLEMENTS

**ION\*** Gut Support For Pets is an all natural, soil derived supplement that helps defend your furry family members from environmental toxins and diversify their microbiome. This helps with the inflammatory response, promotes immune function and can alleviate environmental allergy sensitivities.

**Vital Planet** expertly crafted pet supplements help keep your pets feeling and looking amazing. They focus on healthy digestion, skin and coat wellness, and nutrition for vitality for dogs and cats.



ent is here to help you  
with as much love, care  
you stock your own!

## FOOD

**I and Love and You** celebrates the bond between human and pet with natural, healthy food that lets your pets feel supported inside and out! Find their canned and dry cat and dog food at Marlene's.

**Tender and True** pioneered the first and only certified humanely raised, organic from farm to bowl pet food. They make no compromises and with the certifications to prove it. Wet and dry, cat and dog foods available.

**Portland Pet** Meal Toppers add variety and flavor to your dog's diet with home style meals or meal toppers. Great for picky eaters and senior dogs! Sustainably packed in shelf stable, travel friendly pouches.

**Scratch and Peck** – For the chicken herders out there, S&P's new pellets and crumbles are nutritious, convenient and sustainable feeds that provide everything chickens and ducks need for strong muscles, healthy bones and fluffy feathers!



## CBD

**Lazaraus Naturals** thoughtfully formulated pet treats and tinctures contain high quality CBD and human-grade, functional ingredients that are proven to support digestion, joint health and an active lifestyle. Let your pets can live their best lives, too!

**Medterra** CBD chews and drops come in a variety of formulations perfect for joint health and calming anxious pets. Made with Medterra's premium CBD isolate extract and all-natural, organic ingredients – these formations are great for cats and dogs alike!



## CLEANERS

**ECOS** pet care products embrace clean living with cruelty-free, vegan formulas that let you freshen up those potentially smelly situations. Look for odor removing spray as well as hypoallergenic shampoo. Stay climate-pawsitive friends!

# POLYPHENOLS: Protect Your Health with The Next Big Thing in Nutrition

by Terry Lemerond

Have you heard all the recent buzz about polyphenols? Research shows a diet rich in these antioxidant-packed micronutrients can reduce the risk of many chronic diseases, including cardiovascular concerns, asthma, diabetes, and certain types of cancers. At the same time, polyphenols can improve many aspects of your health, like cognitive function, digestion, DNA protection, and skin appearance.

What are polyphenols? These powerful, multitasking compounds are protective nutrients found in plants, which also give fruits, vegetables, spices, and herbs their rich and alluring colors. Have you ever taken note of the vibrant green of Granny Smith apples, the bright golden hue of turmeric, or the deep, rich purple of grapes? These foods are vividly beautiful, and amazingly good for you, because of polyphenols.

Polyphenols protect plants from UV radiation, disease, bacteria, and insect attacks. Eating these plants, and the polyphenols they contain, can also protect you by safeguarding your cells and lowering your risk of developing chronic disease. In the human diet, polyphenols act as anti-inflammatories, immune-boosters, and DNA-protectors.

If you're eating a healthy diet, you're already getting some disease-fighting polyphenols each day. However, obtaining the proper levels of polyphenols to significantly impact your health can be difficult from just diet alone. Experts estimate that it's necessary to consume at least 1,000 milligrams of polyphenols each day to support optimal health. If you're interested in reaping the powerful health benefits of polyphenols, you'll want a comprehensive polyphenol supplement that supports cardiovascular function, blood sugar balance, and healthy aging. Look for a formula that provides a standardized source of polyphenols from sources like apple, bee propolis, curcumin, French grape seed, and green tea for best results.

*Terry Lemerond is a natural health expert with over 50 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. A much sought-after speaker and accomplished author, Terry shares his wealth of experience and knowledge in health and nutrition through his educational programs, including the Terry Talks Nutrition website, newsletters, podcasts, webinars, and personal speaking engagements. His books include Seven Keys to Vibrant Health and the sequel, Seven Keys to Unlimited Personal Achievement, and 50+ Natural Health Secrets Proven to Change Your Life. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.*



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# HEALTHY START FOR HEALTHY TEETH

by Carla Yamashiro, DDS, NMD, IDBM

Our culture often deems crooked and crowded teeth as simply a genetic issue, with the only obvious solution being braces or other orthodontic treatment. While genetics do play a part in the development of our teeth, our tongue and airway also have a great impact.

## Why Do People Get Braces?

Braces are a common tool that orthodontists use to correct a variety of dental issues. These issues include crowded and crooked teeth, cross-bites, overbites and gummy smiles.

Braces often come into play during adolescents or in adulthood to correct the appearance by straightening teeth. But what if there was a way to help mitigate these sorts of issues from an early age, and thus reduce the need for comprehensive orthodontic correction later?

## How We Develop

Proper tongue placement and jaw development are crucial to overall orofacial development. In the past, tougher diets led to proper development with the use of jaw muscles and the tongue, which widened the upper maxilla (upper jaw), and thus created more space for teeth to grow in straight. Nowadays, diet and lifestyle have led to a shift in how jaws develop and can lead to their underdevelopment. As a result, our jaws

have stayed smaller, our teeth have less space to grow unobstructed, and our teeth have had to adjust to the limited space by crowding together.

The dental issues that come from improper orofacial development do not just cause issues with jaw underdevelopment and teeth misalignment; they are also important for the development of the upper airway. A restricted upper airway can contribute to SDB (Sleep Disordered Breathing). This disordered breathing can interfere with sleep patterns; lowering concentration, increase irritability and so much more. On the other hand, a well-developed upper airway allows for correct breathing, healthier teeth and overall well-being.

## Growing Healthy Teeth

So, is it possible to aid orofacial development to help children develop healthy jaws and healthy teeth? The answer is Yes!

Healthy Start® and Vivos® are dental oral appliances used to help guide the jaw towards its natural potential which may lead to proper development. Healthy Start® and Vivos® are not a replacement for braces or conventional orthodontics in complex cases. The aim of these appliances is to promote proper



development which can potentially minimize the need for further correction later while promoting better aligned teeth, healthier breathing and increased overall well-being.

If you're interested in setting yourself or your child up for a future with healthy teeth, good breathing habits, and overall well-being, contact our team at Ecologic Dentistry today. We are located in Bonney Lake. Join us for our FREE online presentation: Grow, Breathe, Sleep, Thrive! Call us for your invitation at 253-863-7005 or request to be on our invitation list at [Grow@EcologicDentistry.com](mailto:Grow@EcologicDentistry.com). For other inquiries, please email us at [TheNaturalChoice@EcologicDentistry.com](mailto:TheNaturalChoice@EcologicDentistry.com).

*Dr. Yamashiro is a biological dentist practicing holistic dentistry at Ecologic Dentistry. To request an appointment or make an inquiry, please call 253.863.7005 or visit her website: [ecologicdentistry.com](http://ecologicdentistry.com).*



# July Events & Education

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

## ROOT CAUSES OF ALLERGIES AND ECZEMA



with Jennea Wood, ND  
**Tuesday, July 12 at 7 pm**

Allergies, asthma and eczema have shared root causes. Learn how the environment, digestion and the health of your immune system can impact these conditions. Dr. Wood will offer guidance on safely taking personalized steps toward better health with root cause-focused medicine.

## BETTER LIVING WITH BARLEAN'S OILS



with Julie Hawkes, Barlean's Educator  
**Thursday, July 14 at 2 pm**

Brain health is crucial for overall body wellness. The brain is the control center of the body, allows us to communicate, and when healthy, gives us the ability to live a productive life. It's imperative that we do everything we can to maintain its vitality and longevity. Join Julie online to learn about the right oils for maximizing your brain function and health!

## NATURAL PEST, WEED AND DISEASE CONTROL



with Laura Matter, Garden Hotline Educator  
**Thursday, July 14 at 5 pm**

Most typical garden problems can be managed successfully using only natural methods, and without any pesticides. This workshop will offer you an understanding of what "integrated pest management" means, techniques for successful prevention of pests in your garden and how to navigate the "organic" products on the market. It includes a PowerPoint presentation, visual display materials for all attendees. Suitable for any time of year, but especially in spring and summer when garden problems are most prevalent.

## CONNECTION & FLOW: YOUR LIFE'S POSITIVE MANIFESTATION



with Paula Vail, Reiki Master, Author, Radio Host  
**Saturday, July 16 at noon**

Paula's workshop is dedicated to activating and putting into motion our connection to positive manifestation energies. This includes happiness, abundance and more! Learn about frequency/vibration levels in our energy bodies and what you can do to affect them positively. Paula will also be offering her own guided meditation.

## HEALTH & FITNESS FOR BUSY MOMS



with Brianna Meridth, Health and Fitness Coach at Beometry  
**Tuesday, July 19 at 5 pm**

Drop body fat without struggling in the gym?! Sounds too good to be true, especially when we are aiming to have a healthy fitness, family and work life balance. But results are possible! Join Health and Fitness Coach, Briana, to learn how she lost 70 lbs and got off of high blood pressure medication – all while being a busy mom.

## NUTRITION FOR HEALTHY SKIN



with Cathy Hains, Registered Dietitian  
**Thursday, July 21 at 5 pm**

Healthy skin starts with a healthy gut. A healthy gut starts with a foundation of moderation, stress and irritant management, and perhaps most importantly, solid nutrition. Join Cathy for an insightful and instructional talk about how to heal your gut and nourish your body for healthy, amazing skin!

## HEALTH & WELLBEING BOOKMAKING WORKSHOP



with Dianne Aoki, Artist and Founder of Studio Aoki  
**Tuesday, July 26 at 5pm \$25**

Health enhancement and healing occur when we combine the creative process with intention and a positive perspective on manifesting goals. In this hour and a half workshop you'll learn the "diamond fold", which is a way to form pages in a personalized book that will hold collaged, printed, illustrated and written visualizations.

## THE ESSENTIALS OF BECOMING SUN SAVVY AND SKIN CANCER RESILIENT



with Keira Barr, Dermatologist  
**Thursday, July 28 at 5pm**

You're a rock star when it comes to protecting your skin from UV damage from the outside in: sunscreen, hat, sunglasses, shade check...but if you're questioning if there's more you can do, the answer is a resounding YES! Discover the key foundational strategies that you can start implementing today to improve your overall health and reduce your incidence of skin cancer.

## VEGAN CHEESECAKE



with Gina Erskine, owner of Stirring Vegan  
**Saturday, July 30 at noon \$25**

Celebrate National Cheesecake Day, vegan style! Join vegan chef, Gina Erskine, owner of Stirring Vegan as she shares tips and tricks for vegan cheesecake creations that taste delicious and are nutritious. Learn how this nationally cherished dessert can be made dairy-free and cruelty-free! This class will be held online. Please pre-register.

# Humble Apple Cider Vinegar Aids Total Body Health

by Addison Best for Enzymedica

*Apple cider vinegar (ACV) has been a homegrown remedy since people discovered medicinal uses of vinegar about 5,000 years ago. Recently, studies have been digging into exactly what makes it such a powerhouse. Vinegar, especially apple cider vinegar, can not only make food taste better, but interacts with the way our bodies digest and process food.*

Armed with this knowledge, health seekers are choosing to be more intentional with how they supplement with ACV. Let's explore the research to learn about how apple cider vinegar works for your health!

## Acid That Alkalizes Your Body?

ACV gets its world-renowned magic from the fermentation process. Similar to the process of making alcohol, fruit is introduced to yeast and the sugars break down into alcohol, then bacteria further convert them into acetic acid. Acetic acid is what gives ACV its signature tart taste, but also its alkaline properties. It seems counterintuitive, but an acid like apple cider vinegar can help you alkalize your body!

## Aiding Blood Sugar Metabolism

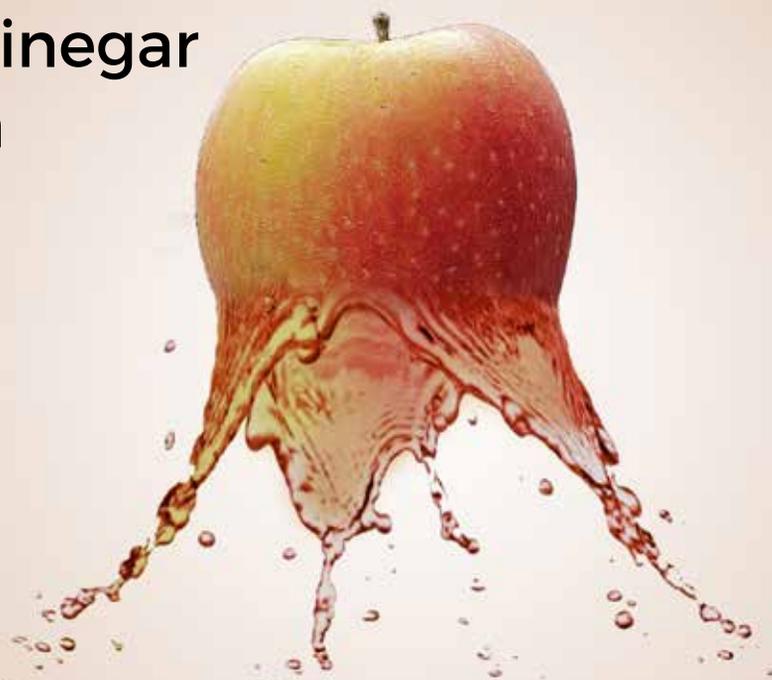
Since apple cider vinegar has such a dense concentration of acetic acid, it may help your health on the cellular level. Blood sugar spikes and the cravings and energy crashes associated with them may be particularly noticeable following a carb-heavy meal. With the flood of sugar entering your system, your digestive system goes into overload attempting to metabolize all that sugar. Studies have identified that acetic acid slows down the enzyme that breaks down sugar. By supplementing with apple cider vinegar, you can eat the foods you love in moderation and may be able to minimize impacts on your blood sugar. This is extremely helpful for those who are trying to control their sugar cravings as well.

## The Secret of 'the Mother'

If you have any experience with apple cider vinegar, then you've heard of 'the mother.' It is the brown strands of protein and probiotic bacteria that are believed to be where most of ACV's benefits lie. Not all apple cider vinegar on the market is the same! Many companies filter out this beneficial culture in order to have a clear liquid. Be sure your ACV is labeled with 'the mother' to ensure it is active.

## Benefits of ACV in a Capsule

Liquid apple cider vinegar has its limitations, though. The taste can be off-putting for some. Its acidity can potentially irritate the sensitive lining of your throat and GI tract and wear down tooth enamel.



Have you ever considered that drinking liquid vinegar isn't the only way to supplement with ACV? Many find that when taken as a capsule, apple cider vinegar is easier to fit into daily routines.

No matter what form you may choose to take apple cider vinegar, make sure that it is properly sourced and formulated to ensure you get all of its powerful benefits. Enzymedica's Apple Cider Vinegar Capsules<sup>4</sup> contain the mother, and each bottle is produced from 10-20 USA grown, organic apples. Two easy-to-take capsules are the equivalent of 1 ounce of liquid apple cider vinegar.

Only you can decide if apple cider vinegar is the right supplement for you, but it has a long history and a growing body of evidence supporting its health benefits. With Enzymedica's Apple Cider Vinegar Capsules, taking your ACV is and gaining all of its benefits is easier than ever before!

Enzymedica is a company on a mission to make great health easy for everyone. Their passion is to produce clean, sustainable and effective products that benefit people and our planet.





# PREVENTING SKIN CANCER

by Keira Barr, MD

You've probably heard of the countless studies highlighting that the major cause of skin cancer is ultraviolet (UV) rays from the sun or from tanning beds. This is why you have your dermatologist on speed dial for your yearly exam, wear your SPF 30 or higher sunscreen on the daily and have your wide-brimmed hat, sunglasses, protective clothing and spot in the shade dialed in. You're a rock star when it comes to protecting your skin from UV damage from the outside in, but I know what you're thinking...isn't there something more I can do? The answer is a resounding YES!

There are actually numerous things you can do which I cover in my book, *The Skin Whisperer*, and its associated programs. But first, let me emphasize that it's a combination of all of these strategies that provides the best outcomes, especially checking your own skin every month as well as an annual (at minimum) exam by a dermatologist. You need a layered approach to your sun protection because no singular strategy alone is enough to provide the comprehensive protection you need. That said, one of the key foundational strategies that you can start implementing today is also one of the greatest of daily pleasures: eating! Indulge your senses and save your skin simultaneously by consuming a colorful assortment of nutrient dense whole foods every single day.

Skin cancer is the most prevalent cancer in the United States. Non-melanoma skin cancers (NMSC), including basal cell and squamous cell carcinoma (BCC and SCC), are the most common cancers in our country. Over 5 million cases of NMSC are treated in more than 3 million people every year, costing over 8 billion dollars to treat, and those numbers continue to rise. In fact, 90 percent of non-melanoma skin cancers and 86 percent of melanomas are associated with solar UV, while indoor tanning is linked to more than 400,000 cases of skin cancer in the U.S. each year. Skin cancer is not just a personal health issue, it's a public health issue that is significantly impacting quality of life and draining our economy. However, recent research shows that

incorporating certain nutrients may be one way to bring those numbers down, and you can be the one to do it!

## SUN DAMAGE SAVIORS

Extensive and chronic UV exposure causes mayhem for the skin. It induces local as well as systemic suppression of your immune system, weakening your ability to deal with the solar assault, while simultaneously generating free radicals, which are unstable oxygen molecules disrupting cell function, producing inflammation and damaging your skin's DNA. UV packs a potent punch because it not only damages your skin's DNA directly and indirectly via UVB and UVA rays respectively, it also interferes with your skin's DNA repair mechanisms. Talk about a double whammy. Your body is equipped with a pretty sophisticated defense system which includes anti-oxidants to fend off the generation of free radicals and reactive oxygen species. However, your body's reserve of these substances is not unlimited, and at some point, your system gets depleted.

What does this mean? It means that if there is an imbalance between UV-induced DNA damage and your body's ability to repair it, changes can occur in your genes called mutations which lead to skin cancer.

The good news is that you can replenish your supply of antioxidants by eating nutrient dense whole foods rich in phytochemicals coupled with a curated selection of supplements. While this guide provides key evidence-based insights



regarding antioxidants and compounds shown to influence the treatment and prevention of melanoma and non-melanoma (basal cell and squamous cell carcinoma) skin cancers, their benefits for protection against other cancers and chronic diseases is also well known.

### FOODS THAT FIGHT SKIN CANCER

Polyphenols are an expansive family of naturally occurring plant compounds with anti-carcinogenic and anti-inflammatory potential which contain the most abundant antioxidants in the diet. Flavonols, stilbenes, anthocyanidins, lignans and phenolic acids are generated by the plant to protect it from the sun's rays, chemicals, pollutants, pathogens and are used to repair injury and damage. These compounds not only protect the plant for survival, but consuming foods rich in polyphenols can also protect you from skin cancer. Main dietary sources of these compounds are fruits, vegetables, nuts, seeds and plant-derived beverages such as fruit juices, tea, coffee, and red wine. If there were ever a reason to grab that cup of joe or raise a cheery glass of red wine, this is it!

Coffee is rich in the polyphenol caffeic acid. Caffeic acid suppresses UVB-induced inflammation and subsequent tumor formation. Studies reveal that higher consumption of caffeinated coffee was associated with lower risk for basal cell carcinoma, the most common type of skin cancer. Coffee may also lower the risk of melanoma as well. An increase in coffee consumption of one cup per day was associated with a 3% reduction in melanoma risk. The benefit is believed to be tied to the caffeine content, so don't switch to decaf yet!

For coffee drinkers out there, this is another reason to keep drinking. If you aren't a fan of coffee, no worries, you can still get the benefit by consuming mangoes, berries, apples, citrus fruits, plums, cherries, kiwis, onions, tea and red wine which contain caffeic acid, as well.

Red wine contains a type of polyphenol called resveratrol. Resveratrol is not only known to possess cardio-protective,

antioxidant, neuroprotective, anti-inflammatory and metabolism-regulating effects, it has anti-carcinogenic benefits as well. It has been shown to prevent melanoma cell growth, make melanoma more sensitive to treatment and inhibit the over-production of melanin. Found in peanuts, berries, chocolate, and in the skins of red grapes (such as those used in wine), cocoa powder, mulberries and blueberries, it packs a powerful punch.

### EAT TO PROTECT YOUR SKIN

Scores of studies have shown the efficacy of naturally occurring polyphenols against UV radiation-induced inflammation, immune suppression, oxidative stress and DNA damage. This is why polyphenols are considered among the most promising group of compounds to be researched and implemented as an ideal cancer prevention and treatment strategy.

How can plants prevent and treat skin cancer?

- Blocks penetration of UV rays into the skin

- Prevents UV-induced markers of inflammation associated with sunburn and tumor formation

- Scavenges free radicals, reduce oxidative stress and promotes repair of UV-induced DNA damage

- Protects skin integrity and prevents skin aging

- Assists in detoxification pathways and promotes homeostasis of healthy hormone function

- Regulates normal cell cycling and immune function

So, load up your shopping carts with a wide assortment of colorful fruits and vegetables (ideally organic) to not only decrease your incidence of skin cancer, but also to gain the cardio-protective, antioxidant, neuroprotective, anti-inflammatory and metabolism-regulating effects that these nutrient dense foods can offer.

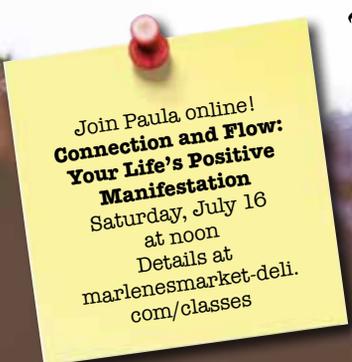


*Dr. Kiera Barr is a dual-board certified dermatologist, menopause specialist, clinical educator, author and international speaker. For inquiries or to make an appointment at her Gig Harbor practice, she can be reached by phone: 206.558.5368 or email: hello@drkeirabarr.com. For more information, please visit her website: drkeirabarr.com.*



# Illuminating the Path of Trust and Gratitude

by Paula Vail, Reiki Master and Author



Join Paula online!  
**Connection and Flow:  
Your Life's Positive  
Manifestation**  
Saturday, July 16  
at noon  
Details at  
marlenesmarket-deli.  
com/classes

## Finding the Path with Reiki

My interest in Reiki began with my desire to help a beloved pet. I became intrigued and fascinated that Reiki is both spiritually and scientifically based. Life force energy is what keeps us alive. Reiki is a spiritually guided life force energy that works on the whole person. This causes negative energy to break apart and fall away, and allows clearing and balancing, thus allowing the life force to flow in a healthy and natural way. The energetic healing method of Reiki is designed to trigger the body's relaxation response and reduce stress, which aids the immune system in fighting illness. Reiki helps us find happiness in multiple ways. Having increased physical and emotional health due to receiving Reiki makes us feel good. When we feel good, we are happier! Also, as a Reiki practitioner, the opportunity to offer this beautiful energy healing to others and animals brings great joy.

## Saying Yes and Trusting

We each have our own individual goals, wishes and desires. My realization and belief is that saying 'Yes' to a desired goal is not only allowing that manifestation to unfold, it is accepting it. The simple word 'Yes' not only gives us confidence, it gives us joy! Then, by adding the mindset of 'Trust', fear and doubts are removed that can ordinarily slow down or even block a desired goal. Also, 'Trust' opens the door to a beautiful flow of positive manifestation in our lives, possibly well beyond what we had envisioned. This is because the concept of trust says you know that what you desire will happen.

## Loss and Gratitude

Our true essence is joy. I made the choice to write the book, *Why am I So Happy*, to share insights and tools that every reader can use in their personal journey to find joy in their lives. With my own life's challenges, there have been many times that I have had to dig deep to find the essence of joy, even though it is the very core of our being. I discovered that every time I chose joy despite what I was enduring, I always came through in the end. This book is to help remind us all that we carry this joy within ourselves and it's always there for us.

I believe one of the biggest keys for me was committing to gratitude. For example, as a teenager I experienced the loss of a

dear loved one and nearly committed suicide due to my anger at the world. I had to make a choice: Live the rest of my life in anger and sadness or be grateful that I had experienced the gift of that person in my life. I realized what he meant to me and that I would carry the great joy and memories I experienced with that life connection. I also made the choice to be grateful for the people and blessings that were in my life at that moment. From the age of 17 and on, I realized that tomorrow is not guaranteed, and that I will cherish and take time to celebrate the happiness of today. That really was the beginning of how I am able to look at challenges in life as new pathways on my life's journey.

It's really important to look at the blessings hiding behind the challenges and focus on those. If you continue to focus on the fear, it will consume you. So really look for your blessings and find gratitude in them.

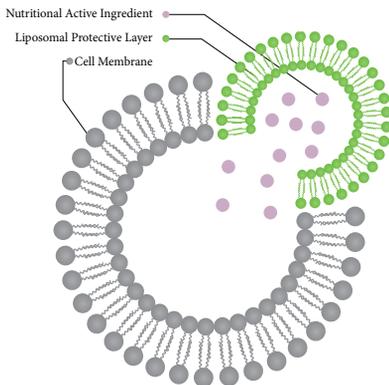
*Paula Vail received her Usui Master training in Machu Picchu, Peru and has been a Reiki Master practitioner for over 12 years. Her business Wellness Inspired, is focused on healing both humans and animals. She strives to teach the true essence of Reiki as she continues to grow her knowledge and expertise in the field.*

# THE MULTIVITAMIN REVOLUTION.



Bryce Canyon, Utah  
Shot on 16mm film

**M**ore than 70% of regular supplement users take a multivitamin.<sup>1</sup> But that doesn't mean it's always a pleasant practice: Consumers often voice concerns about absorption, or the body's ability to receive the supplement's nutrients, as well as stomach discomfort and even unpleasant odors. It's time for things to change, and Solaray is leading the shift. Solaray's new liposomal multivitamins are designed to improve overall user experience and elevate customer confidence—to revolutionize multivitamins for good.



**In order to appreciate the quantum leap forward that liposomal multivitamins represent, it's helpful to first understand what liposomes are and how they work.** Liposomes are small bubbles of phospholipids, the same fats that make up all of our cells. On one end, these fats are attracted to water, while on the

1. SPINS. Data from: Natural Products Enhanced 52WE. 2021. Deposited 10/03/2021.

2. Shade CW. Liposomes as advanced delivery systems for nutraceuticals. *Integrative Medicine: A Clinician's Journal*. 2016;15(1):33.

3. Kraft JC, Freeling JP, Wang Z, Ho RJ. Emerging research and clinical development trends of liposome and lipid nanoparticle drug delivery systems. *J Pharm Sci*. Jan 2014;103(1):29-52 doi:10.1002/jps.23773

\*Based on clinical studies on vitamin C and B12 by Cellg8® (a registered trademark of CELLg8®).



other, they're water-repellent. When layered, these opposing forces work together to create an envelope of sorts, which happens to be a highly effective vessel for vitamin and nutrient delivery.<sup>2</sup>

**Liposomal technology isn't new.** Pharmaceutical companies have been using this approach for years to deliver difficult-to-absorb therapeutic drugs to the body. In the supplements world, this system hasn't been as widespread, since it's very difficult to make true liposome agents properly.

**Immense technical capability** and specialized equipment are required to create liposomes that contain their desired ingredients and are the right size. Size is important, because liposomes that are too large are easily targeted and destroyed by the immune system before they can carry out their intended action.<sup>3</sup> What's more, until now, liposomal products have needed to be in a liquid format to maintain their stability, but Solaray's breakthrough liposomal process is turning this need on its head.

**Think of raisins versus grapes.** Traditional liposomes are like grapes, plump and full of water. Our novel liposomal encapsulation technology turns those grapes into raisins—in other words, it dehydrates the liposomes, and it does so without the use of heat or chemicals. Why does this matter? Dehydration protects the active ingredients in the liposomes (in this case, vitamins); makes them more stable; and enhances their absorption rates.<sup>3†</sup> And, it means we're able to offer liposomal multivitamins in convenient capsules. Once in the gut, the liposomes are then rehydrated and can deliver their nutrients to our cells.

**Solaray's new patent-pending liposomal multivitamins** are crafted to offer maximum absorption and enhanced bioavailability. They also address the other common concerns of conventional and even food-grown multivitamins. Our liposomes are odor-neutral, lab-verified, and gentle-to-digest.

**Look for our four new revolutionary formulas: Universal, Men's, Women's, and Women's 50+.**

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# Why Biology Matters When Selecting a Probiotic

by Genuine Health

Everyone lives with their own personal microbiome – a highly diverse ecosystem that we coexist with in and on our bodies! Best known is the intestinal flora, an “inner garden” of thousands of species of microorganisms so important to our health, that many scientists regard it as an organ unto itself!

## Introducing the Microgenderome\*

Our microbiome is so unique to us that it’s like our fingerprint and can be shaped by a variety of factors. Where we live, our age, how we were born, whether we were breast- or bottle-fed, medications that we take, our lifestyle and stress levels, our diet, and our biological gender are all factors that influence our personal microbiome.

Studies have found that the microbiome becomes distinctly different in opposite-sex twins after puberty, compared to same-sex twins where it remains similar.

This phenomenon is called the “microgenderome,” and it’s the interaction between microbiota, sex hormones and the immune system.

## Women’s Probiotics

If you are biologically female, you’ll want to seek out a balanced, multi-strain probiotic formula that supports women’s gut, skin and vaginal health. Here are some specific strains that you’ll want to ensure are present:

- L. fermentum for decreasing vaginal pH
- L. acidophilus for anti-microbial support against uropathogens
- L. gasseri for vaginal microbiome support
- Lactococcus lactis for healthy skin support

## Urinary Tract Infections: More Common in Women

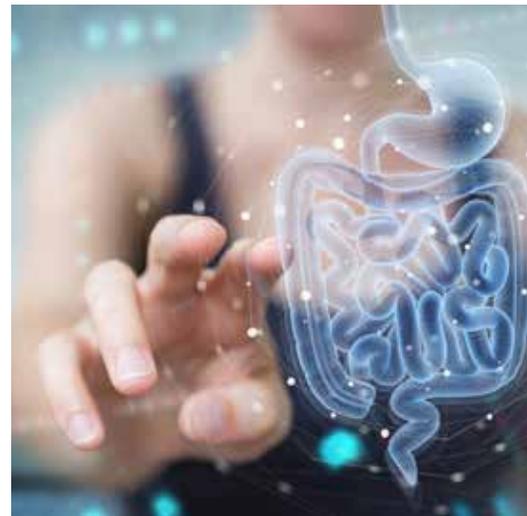
Urinary tract infections are common in women: Half of all women will experience a UTI by age 35, and 20% of women aged 18-24 experience a UTI each year. Antibiotic treatment of UTIs, while often necessary, can result in long-term alteration of the normal vaginal and gastrointestinal microbiome, and development of multidrug-resistant microorganisms. The good news is there are now probiotics on the market that target women’s urinary tract health. The following strains are important for helping to prevent UTIs:

- L. jensenii, the most abundant strain in a woman’s vaginal ecosystem
- L. fermentum for decreasing vaginal pH
- L. gasseri for decreasing vaginal pH
- L. rhamnosus for anti-microbial support against uropathogens
- Lactococcus lactis for healthy skin support

Additionally, to accelerate healing from a UTI and for preventing a UTI from occurring in the first place, be sure to find a probiotic that includes cranberry, preferably organically sourced in its whole food form. The nutrients found in whole cranberries work synergistically to provide urinary tract health benefits.

## Low Mood: Women Suffer More

Feeling “on edge,” work stress and insomnia are rampant in our modern



lives. And many studies have found that women are twice more likely to experience these symptoms than men. These important probiotic strains help to support emotional health and mental outlook:

- L. gasseri for reducing anxiety, depressive mood and improving sleep quality
- L. salivarius for improved reaction to stressful stimuli

Genuine Health’s Advanced Gut Health Probiotics are the only probiotics crafted with 15 balanced strains chosen to mimic healthy human gut flora. The strains are encapsulated in a unique delayed-release capsule that can deliver up to 10x the bacteria to the gut. Plus, advanced gut health probiotics are shelf-stable, and potency is guaranteed right up to the expiration date to help your personal microbiome flourish.

*\*Genuine Health recognizes and supports that gender identity is not limited to the man/woman binary: in this particular instance, we are presenting the information on the “microgenderome” in reference to specific research presenting the microbiome differences examined among a group of cisgendered individuals assigned with the gender male or female at birth. For this particular piece, all references to “men” and “women” are in reference to cisgendered individuals based on the scope of anatomical research we reference, and for ease of reading, not with the intention of being exclusionary.*



# July

## Calendar of Events

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 3	<b>Independence Day</b> Both locations closed 4	5	6	7	8	9
10	<b>Uniform Monday!</b> 10% off to all firefighters, police, and military! 11	<b>Root Causes of Allergies and Eczema</b> with Jennea Wood, ND 7 pm, Online 12	<b>Full Moon</b> 13	<b>Better Living with Barlean's Oils</b> with Julie Hawkes, Barlean's Educator 2 pm, Online <b>Natural Pest, Weed and Disease Control</b> with Laura Matter, Garden Hotline Educator 5 pm, Online 14	15	<b>Connection and Flow: Your Life's Positive Manifestation</b> with Paula Vail, Reiki Master, Author, Radio Host Noon, Online 16
17	18	<b>Health and Fitness for Busy Moms</b> with Brianna Meridith, Health and Fitness Coach at Beometry 5 pm, Online 19	20	<b>Nutrition for Healthy Skin</b> with Cathy Hains, Registered Dietitian 5 pm, Online 21	22	23
24		<b>Health &amp; Wellbeing Bookmaking Workshop</b> with Dianne Aoki, Artist and Founder of Studio Aoki 5pm, Online \$25 26	27	<b>The Essentials of Becoming Sun Savvy and Skin Cancer Resilient</b> with Keira Barr, Dermatologist 5 pm, Online 28	29	<b>Vegan Cheesecake</b> with Gina Erskine, owner of Stirring Vegan Noon, Online \$25 30
31	25					

### 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

Grab and go options available until closing.

### TACOMA

2951 S. 38th Street  
Tacoma 98409  
253.472.4080

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

#### Deli Hours

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

Grab and go options available until closing.

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

[feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com)



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JULY 2022

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