

*Marlene's*<sup>™</sup>

— MARKET & DELI —

shop local, eat organic

# SOUND OUTLOOK

July 2023



Gifts from goats • Sun savvy skin care  
Sports recovery • Supporting eye health



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

## A Letter From Us

**Some of the best memories are made in flip flops.**  
- Kellie Elmore, American author

Welcome to the very warm months! We hope your summer is progressing beautifully and you can get out and play in the sun, water, and forests of this incredible place we call home.

Juicy melons and succulent stone fruits are making their long-awaited appearance in our produce departments. Time to find those cobbler, pie, crumble and fruit salad recipes that we keep all year just waiting for this season. Nothing says 'perfect summer' to me like grilled peaches! If you haven't tried this before, I really encourage you to give it a go: Heat your grill completely and place halved peaches cut side down until the peaches begin to caramelize and they have nice sear marks. A scoop of vanilla ice cream and a sprinkling of cinnamon elevates this treat to heavenly status.

If you have some free time, we have some excellent speakers in our class series for July. Remember that you can access most of our past classes on our YouTube channel, so you don't have to miss a thing: [youtube.com/MarlenesMarketDeliOnline](https://www.youtube.com/MarlenesMarketDeliOnline)

A quick reminder that both stores will be closed Tuesday, July 4th, to celebrate Independence Day. We hope you have a safe and wonderful holiday!

Be well and take care of each other,

*Lisa*

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# Grain-free Banana Flax Pancakes

by Jeanne Logman, CNT



These pancakes are soooooo delicious and easy to make! The addition of coconut gives them a nice, fluffy rise and a cakey-crumb texture. Flax meal adds a nutty taste, extra fiber, and some omega-3 nutrition. These pancakes are already high in protein, but you can boost them further by topping them with nut or seed butter before sprinkling with seasonal fruit and drizzling with syrup. Scrumptious!

1	ripe banana, mashed	In a medium-sized bowl, whisk mashed banana and eggs until well blended.
2	eggs	Add the coconut flour, flax meal, baking powder, cinnamon, sea salt and vanilla. Mix well.
2 Tbl	coconut flour	
2 Tbl	flax meal	Add milk and mix thoroughly. The batter will still be quite thick; it will be scoopable, not pourable.
1 tsp	baking powder	
½ tsp	cinnamon	Heat a large frying pan over medium-low heat. When the pan is hot, add half the oil and turn the heat to low.
¼ tsp	sea salt	
½ tsp	vanilla extract	Drop 2 tbsp of batter onto the pan and gently push it into a circular shape with the back of a spoon, making 3 pancakes at a time (about 3-inch diameter each). Allow pancakes to cook until golden brown, about 4 minutes per side. Add the remaining oil and batter and make another 3.
¼ cup	milk or milk alternative (more to thin the batter if necessary)	Serve with berries or banana slices, nut or seed butter, and maple syrup or honey. Makes six 3-inch pancakes.
1 Tbl	oil or butter	

# HEALING THE PLANET & You with Bamboo

by Patch

We believe that healing the planet starts with making sustainable choices. We can do this by being conscious of what goes into the items we purchase. For example, we can choose items like PATCH bamboo bandages, which are made from sustainable and organic bamboo fiber.

These small changes can make a big difference! By choosing sustainable materials, we can help to reduce our impact on the environment. We can also help to create a more sustainable future for generations to come.

## Why do we use bamboo?

Traditional bandages and adhesives are commonly made from a cocktail of chemicals and plastics like PVCs, latex and acrylates which are also known as vinyl resins. Not only can these be irritating to all types of skin, but due to the nature of their componentry, they do not decompose and so 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 100% compostable organic bamboo fiber that is naturally anti-microbial and breathable; 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. For instance, Patch bandages with activated charcoal draw impurities from the skin, so they are perfect when you have an insect bite while the natural solution for burns and blisters are Patch Aloe Vera bandages.

## A bit about microplastics

Another wonderful thing about the use of bamboo is the reduction of microplastics in our environment. A microplastic is plastic - polyethylene, nylon, or resin - measuring from 5mm in diameter (think eraser on your pencil tip) to 10 nanometers - smaller than human eyes can see! These tiny particles could be floating in the air, flowing through

your faucet, in bottled water, in the sea and soil, and even in your medicine cabinet.

While the health impacts of microplastics are still unclear, researchers already know they can damage human cells and airborne plastic pollution particles cause millions of early deaths each year, so the impact of plastics on humanity and wildlife is not good.

With the world producing about 300 million metric tons of plastic per year and with an estimated 80% of it ending up in landfill, oceans, tributaries, and other parts of our environment, it's a mammoth task eradicating plastic pollution. Fortunately, there is innovative work underway globally to replace plastics with biodegradable alternatives. Bamboo provides a simple, sustainable swap for us!

From your exfoliants to the bandages you grab for your kids when they scrape their knee or bump their head - there are many simple swaps you can make to eliminate microplastics from your life. PATCH Bamboo bandages are a completely natural and sustainable choice - being made from planet-friendly bamboo. Natural and non-toxic, bamboo doesn't need pesticides or herbicides, uses less water, and grows much faster than trees, producing up to 35% more oxygen - making it a much more sustainable resource.

Proud to be B Corp certified, our aim at PATCH is to create products that don't cost the earth but have a positive impact on it, focusing on utilizing only sustainable, environmentally friendly materials that won't leave their mark.

So next time you're looking to stock up your medicine cabinet, consider choices that help lessen our impact on our planet. Make a simple swap today!

*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.*



PATCH  
**Biodegradable  
Bamboo  
Bandages**

Assorted sizes and varieties

**30%  
off**

In-store prices reflect discount. No additional discount at register.

MARLENE'S SOUND OUTLOOK

4 JULY

# Left Foot Farm

## Happy Goats Make Great Milk!

by Ashley Parton, CM at Marlene's

Here at Marlene's, we pride ourselves on finding the freshest, cleanest dairy products available in Washington state. One of the many companies we are proud to support is a local dairy called Left Foot Farm, a licensed Grade A raw goat milk dairy. Nestled in the foothills of Mt. Rainier, this 5-acre farm is home to 50 goats, a few hundred chickens, six well-mannered security dogs and a handful of passionate humans. The goats are supplied with broad, open fields of grass. Their living quarters are complete with a carwash style scratching post, a barn full of delicious hay, plenty of rocks and plank bridges for the babies to explore and a lot of space for rough-housing.

Left Foot Farm specializes in raw goats' milk, meaning that it is never pasteurized. They are raising Nubian and Nigerian Dwarf Goats, which the farm owner, Jeremy, says is the best mix when it comes to raw goat milk. These goat breeds produce milk with excellent flavor and a high butterfat content. Left Foot breeds their goats year-round on a rotating basis, which gives them the opportunity to produce

milk for most of the year. Jeremy says they always strive to have the most humane practices and most sustainable organic practices possible to ensure the health and well-being of the goats.

Goat milk is naturally homogenized, which means the milk and cream are combined before being bottled. This leaves the milk creamy throughout, so you can be assured that each glass you pour is consistent and delicious.

Among many nutritional benefits, goat milk is known to be rich in calcium, iron, and magnesium. At around 170 calories per 8oz glass and 9 grams of protein, it is also easier for humans to digest, thanks to smaller fat particles and a lower lactose content. Goats naturally produce A2 beta casein (as do humans). Many shoppers at Marlene's seek out A2 milk and milk products because they find digesting this type of dairy to be a more comfortable process for them than other dairy.

Whether your family already drinks raw milk or you want to find a local, clean, and easy to digest alternative, Marlene's has a fine selection of raw milk to please just about everyone!



# Hey There, Bright Eyes!

## Supplements and Foods for Eye Health

by Jeanne Logman, CNT

Your eyes are one of your most essential organs, and it's important to take care of them. Fortunately, there are several natural supplements and foods that can help to support eye health.

**Here are some of the top supplements at Marlene's to consider for eye health:**

**Lutein and zeaxanthin** are two carotenoids that are found in the retina. They help to protect the eyes from damage caused by sunlight and other environmental factors. Lutein and zeaxanthin can be found in foods such as leafy green vegetables, eggs, and corn. They are also available as supplements.

- **Omega-3 fatty acids** are essential for eye health. They help to keep the retina healthy and protect against age-related macular degeneration (AMD). Omega-3 fatty acids can be found in fish oil, flaxseed oil, and walnuts.
- **Vitamin C** is a potent antioxidant that helps to protect the eyes from damage caused by free radicals, it can be found in many fruits and vegetables. Consider citrus fruits, broccoli, and strawberries.
- **Vitamin E** is another antioxidant that helps to protect the eyes from damage caused by free radicals. Vitamin E can be found in nuts, seeds, and leafy green vegetables.
- **Zinc** is a mineral that is essential for eye health, zinc helps to keep the retina

healthy and protect against age-related macular degeneration (AMD). Zinc can be found in meat, poultry, beans, and whole grains.



**Here are some of the foods available at Marlene's that are best for eye health:**

- **Leafy green vegetables** are a good source of lutein, zeaxanthin, and other nutrients that are important for eye health. Some good choices include spinach, kale, and collard greens.
- **Eggs** are a good source of lutein, zeaxanthin, and omega-3 fatty acids.
- **Fish** such as salmon, tuna, and mackerel, are a good source of omega-3 fatty acids.
- **Nuts and seeds** are a good source of zinc, vitamin E, and other nutrients that are important for eye health. Some good choices include almonds, walnuts, and sunflower seeds.

- **Whole grains** are a good source of zinc and other nutrients that are important for eye health. Some good choices include brown rice, quinoa, and oats.

In addition to taking supplements and eating nutrient-rich foods, there are other things you can do to support eye health:

- **Get regular eye exams.** It's important to get regular eye exams, even if you don't have any eye problems. This will help your doctor to detect any problems early on, when they are most treatable.
- **Wear sunglasses.** Sunglasses can help to protect your eyes from the harmful effects of UV rays in sunlight.
- **Avoid smoking.** Smoking can damage the eyes. Smoking constricts the tiny blood vessels in the eye which reduces circulation of oxygen and nutrients and increases the risk of developing eye diseases.
- **Eat a healthy diet.** A healthy diet that is rich in fruits, vegetables, and whole grains can help to support overall health and well-being, including eye health.
- **Get enough sleep.** Getting enough sleep is essential for overall health and well-being, including eye health.

By following these tips, you can help to keep your eyes healthy for a lifetime!



6 JULY



MARLENE'S SOUND OUTLOOK

# Natural Remedies & Foods for Sports Recovery

After a hard workout, it's important to give your body the nutrients it needs to recover. There are many natural remedies and foods that can help speed up the recovery process and reduce muscle soreness.

Here are some of the best natural remedies for sports recovery:

- **Magnesium** is essential for muscle function and repair, it can also help to reduce muscle soreness and inflammation. Magnesium can be taken as a supplement or found in foods such as almonds, spinach, and black beans.
- **Turmeric** contains a compound called curcumin, it has anti-inflammatory and antioxidant properties that can help to reduce muscle soreness and inflammation. Turmeric can be taken as a supplement or added to food.
- **Ginger** has anti-inflammatory and pain-relieving properties. It can help to reduce muscle soreness and inflammation. Ginger can be taken as a supplement or added raw to drinks and other foods.
- **Epsom salt baths** can help to relax muscles and reduce inflammation. Epsom salt is a type of salt that contains magnesium. Magnesium is a mineral that is essential for muscle function and repair.
- **Massage** can help to relax muscles and reduce inflammation. It can also help to improve circulation and remove waste products from the muscles.

Here are some excellent foods for sports recovery:

- **Protein** is essential for muscle repair and growth. It can help to reduce muscle soreness and inflammation. Rich sources of protein include meat, fish, eggs, dairy, beans, and lentils.

- **Carbohydrates** are the body's main source of energy. They can help to replenish glycogen stores in the muscles. Glycogen is a type of sugar that is stored in the muscles and liver and is used for energy during exercise. Carbohydrates can be found in foods such as bread, pasta, rice, potatoes, fruits and vegetables.
- **Fruits and vegetables** are a good source of vitamins, minerals, and antioxidants. These nutrients can even help to reduce muscle soreness and inflammation.
- **Stay hydrated!** Especially after exercise. Water helps to flush out toxins and keep the body functioning properly. Water can also be enhanced with electrolytes to replenish essential minerals during periods of exertion and warm weather.

In addition to natural remedies and foods, there are other things you can do to help speed up your recovery after a workout:

- **Get enough sleep.** Sleep is essential for muscle repair and growth. Aim for 7-8 hours of quality sleep each night.
- **Avoid alcohol.** Alcohol can dehydrate the body and make it harder to recover from exercise.
- **Listen to your body.** Try not to push yourself so hard that you're risking injury. If you're feeling pain, take a break!
- **Warm up** before you exercise, cool down afterwards, and stretch. Warming up helps to prepare the body for exercise and cooling down helps to prevent muscle soreness. Stretching maintains and improves flexibility which is essential for achieving and maintaining your best physical performance.

By following these tips, you can help your body recover from sports and exercise and make the most of your workouts for years to come!





# 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 Savors

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.

Join us online!

Learn all about sun and skin care with Dr. Barr.

Thursday, July 6  
at 5 pm, Online

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





## 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!

MARLENE'S SOUND OUTLOOK



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 eating 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 promote repair of UV-induced DNA damage
- Protects skin integrity and prevent skin aging
- Assists in detoxification pathways and promote 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](mailto:hello@drkeirabarr.com). For more information, please visit her website: [drkeirabarr.com](http://drkeirabarr.com).*



# July Events & Education

Online class registration available at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes).

## Super Senior Sunday

Sunday, July 2

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

## Happy Fourth of July!

Both stores closed.

### MOVE OVER SPF, MEET YOUR NEW SUN PROTECTIVE BFF



with Keira Barr, Dermatologist

**Thursday, July 6 at 5 pm**

Are you feeling like SPF isn't your BFF and your skin has lost its glow? Let Dr. Keira Barr reveal the real reasons your skin is struggling. Get the tools that the beauty industry doesn't want you to know about and that your dermatologist has likely never told you. Start building an authentic, radiant glow from the inside out!

## Uniform Monday

Monday, July 10

10% off to all firefighters, police and military!

### ELECTROLYTES AND MINERALS: THEIR ROLE IN HYDRATING AND RECOVERY IN THE BODY



with Darrin Starkey, ND, Vice President of Education and Training for Trace Minerals

**Tuesday, July 11 at 2 pm**

You've probably heard that electrolytes and trace minerals are important, but how do they work in the body? Are they essential for hydration? How do we use them? Join Dr. Starkey as he discusses why we may need to supplement our diets and how electrolytes and minerals play an

important role in our overall health.

## In Store Class

### PREVENT INJURY AND ACCELERATE RECOVERY



with Lawrence Hayes II, H.D., Ph.D.

**Thursday, July 13 at 5 pm – Tacoma IN-PERSON**

There are new adventures to explore every day in our world. Keeping the body moving and flexible is important for a long life of pain-free adventuring, so how do we prevent sports and exercise related injuries and recover quickly? Join Dr. Lawrence Hayes II, to understand how natural botanicals and enzymes from Europharma,

Enzymedica and Marlene's facilitate recovery and affect longevity.

### YOUR EYES: MADE FOR BEING & NOT JUST FOR SEEING



with Tim Sobie, PT, Ph.D.

**Tuesday, July 18 at 5 pm**

For many of us, our eyes play an enormous role in our experience in this world. But they may be doing more than you think! In this experiential retreat workshop, Dr. Sobie will peer deeper into how our eyes help to coordinate movement, balance, equilibrium and even emotional state. Learn how to better support your eyes for more effective thinking, perceiving and an enhanced quality of being.

### HIGH-PROTEIN VEGAN BREAKFAST AND SNACKS



with Chef Tyrone Brown, Owner of Soul Ty's Custom Catering

**Saturday, July 29 at noon, \$25**

Would you like to incorporate more plant-based foods, but find that you're worried about getting enough protein? You don't have to skimp on the most important meal of the day! Join Chef Ty for tips and recipes for satisfying, high protein, vegan breakfasts, and a bonus snack to keep you well-nourished and energized throughout the afternoon.

### SUMMER TASKS IN AN EDIBLE AND ORNAMENTAL GARDEN



with Laura Matter, Garden Hotline Educator

**Saturday, August 5 at 10 am**

Learn how best to harvest summer produce, how to keep the garden hydrated in hot and dry weather, and what last plantings you should be fitting in for fall or overwintering. Laura will also give tips about the next steps in seed saving and how you can harvest and store your own seed to save for next year.

### HEALTHY, YOUTHFUL, BEAUTIFUL SKIN



with Karen Masterson Koch, Clinical Nutritionist and Founder of Aloe Life

**Thursday, August 3 at 5 pm**

One in four adults has troubled skin – but relief is possible! Join the founder of Aloe Life to learn how to utilize an easy, five step process to master the basics of healthy skin using aloe. Karen will discuss how to naturally diminish scars, soothe irritation and support youthful skin in record time!

# Electrolyte Replenishment for Everyone

by Dr. Darrin Starkey

At the 2008 Superbowl, numerous well-conditioned athletes temporarily had to quit playing due to muscle cramping. Keep in mind, these athletes had plenty of access to electrolyte drinks both before and during the game and were playing indoors at a moderate temperature in the mid-70s. Yet these professional athletes struggled with electrolyte loss even under ideal competition conditions.

Well-conditioned athletes aren't the only ones who can suffer from electrolyte imbalance. Nighttime muscle cramps are a sign of electrolyte imbalance and can plague individuals who don't even exercise on a regular basis. But, why?

Dr. Chris Meletis tells us, "An increasingly large amount of disease today may be attributable to deficiencies in the supply of trace minerals in our diets... These deficiencies do not stem from a lack of quantity of food, rather they stem from the quality of food."\*

Soil erosion in the United States has increased significantly which has led to the depletion of trace minerals in our farmlands. Without enough minerals in our soil, plants can't provide the adequate amount of nutrients our bodies need to remain balanced.\* Our bodies can't manufacture electrolytes, so we must take charge of our health to ensure we are getting the electrolytes needed to sustain our active lifestyles.

An obvious sign of electrolyte imbalance is muscle cramping. However, cramps are

just one of the final signs that your body's electrolyte reservoirs have already been depleted. This imbalance can be caused by poor hydration, medication use, and/or stress.

Sports drinks are probably the most reached for solution for electrolyte replacement, but they often contain artificial colors, preservatives, sweeteners, and other harmful substances. In a world already inundated with so many artificial chemicals, it's important to understand there are other healthy, affordable alternatives available for electrolyte replacement.

Whether you are a serious athlete, a weekend warrior, or just one of the thousands who deal with muscle cramps, taking an electrolyte replacement regularly will help ensure your body gets the minerals required to help prevent muscle cramps.

Trace Minerals Power Paks help replenish the body with essential electrolytes and provide electrical conductivity and fluid balance for your cells to improve your performance or alleviate symptoms. With a full spectrum of ionic trace minerals that help with absorption and regulation of electrolytes, they come in single serving packets that are easy to use when you're on the go. Just add water and create your own sports drink! With just one gram of sugar and no artificial colors or flavors, Power Paks are an ideal way to counteract electrolyte deficiency.

In addition, to meet all consumers' needs, Trace Minerals also carries other electrolyte replacement options that come in tablet, tablet effervescent, gummy, and liquid form.

Most of our products are sugar free, which provides a great alternative to the sugary sports drinks available today. Best of all, every electrolyte replacement product comes with a "Feel the Difference or Your Money Back!" satisfaction guarantee.

\*Meletis, Dr. Chris D., N.D. "Trace Minerals and Migraines." Trace Minerals, <https://www.traceminerals.com/blogs/post/trace-minerals-and-migraines>, accessed 10 March 2023.

*Dr. Darrin Starkey is a board-certified naturopathic physician who has worked for Trace Minerals Research since 1991. Trace Minerals has been on the marketplace for 50 years and is widely known for its top-rated mineral and electrolyte products.*



**TRACE MINERALS  
Electrolyte  
Support**

Assorted sizes and varieties

**25%  
off**

In-store prices reflect discount. No additional discount at register.

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Join us online!

Explore the critical importance of electrolytes with Dr. Starkey!

Tuesday, July 11  
at 2 pm, Online

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

JULY 11



MORGAN COSMETICS  
Hair, Skin  
& Body Care  
with Argan Oil  
Assorted sizes and varieties

20% off

In-store prices reflect discount. No additional discount at register.



DERMA E & THINK  
Mineral Based  
Sun Care  
Assorted sizes and varieties

30% off

In-store prices reflect discount. No additional discount at register.



SCHÄR  
Artisan  
Gluten Free  
Bread

Assorted sizes and varieties

25% off



In-store prices reflect discount. No additional discount at register.



SPUDSY  
Sweet Potato Fries

4 oz. Assorted varieties  
Reg \$4.85



3.49

In-store prices reflect discount. No additional discount at register.



KETTLE  
Potato Chips

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



LATE JULY  
Tortilla Chips

Assorted sizes and varieties



25% off

In-store prices reflect discount. No additional discount at register.



SIETE  
Tortilla Chips  
& Potato Chips

Assorted sizes and varieties  
Reg \$9.95

Vegan!  
25% off

In-store prices reflect discount. No additional discount at register.



**PRIMAL KITCHEN  
Condiments**

Assorted sizes and varieties

*Keto!*

**20% off**

In-store prices reflect discount. No additional discount at register.



**NIXIE  
Organic Flavored  
Sparkling Water**

12 oz 8 pack Assorted varieties  
Reg. \$7.59

**5<sup>49</sup>**

In-store prices reflect discount. No additional discount at register.



**DE LA CALLE  
Organic  
Probiotic  
Tepache**

12 oz. Assorted varieties

**25% off**

In-store prices reflect discount. No additional discount at register.

**HAVE YOU  
TRIED TEPACHE?**

This traditional Mexican beverage is fermented from the peel and rind of pineapple, water, sugar and spices. The result is a lightly carbonated, tangy drink known for its refreshing taste!

**A PERFECT SUMMER TREAT!**



**ALDEN'S  
Organic Ice Cream**

Assorted sizes and varieties

*PNW Local!*

**25% off**



In-store prices reflect discount. No additional discount at register.



**FOODIES  
Artichoke Burgers**

12 oz. Assorted varieties  
Reg. \$6.35

*Vegan!*

**4<sup>49</sup>**

In-store prices reflect discount. No additional discount at register.

**NEXT LEVEL  
Immune Support**

*Superior Absorption for Superior Benefits*

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

In-store prices reflect discount. No additional discount at register.



**30% OFF!**



**SOURCE NATURALS  
Supplements**

Assorted sizes and varieties

**35% off**

In-store prices reflect discount. No additional discount at register.



**DR. MERCOLA  
Fermented  
Supplements**

Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**SOLARAY  
Supplements**

Assorted sizes and varieties

Also save on select:  
Zhou, Heritage Store,  
Kal and Lifeflo products!

**35% off**

In-store prices reflect discount. No additional discount at register.



**GARDEN OF LIFE  
Supplements**

Assorted sizes and varieties

**35% off**

In-store prices reflect discount. No additional discount at register.



**NORTH  
AMERICAN  
HERB & SPICE  
Supplements**

Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**IRWIN NATURALS  
Weight  
Management  
Supplements**

Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**NEW CHAPTER  
Fermented  
Supplements**

Assorted sizes and varieties

**35% off**

In-store prices reflect discount. No additional discount at register.



**WATERLOO  
Sparkling Water**

12 oz. 8-pack Assorted varieties  
Reg. \$5.99

**4<sup>49</sup>**

In-store prices reflect discount. No additional discount at register.



**RUNA  
Organic Clean Energy  
Drink**

16 oz. Assorted varieties  
Reg. \$2.99

**2<sup>29</sup>**

In-store prices reflect discount. No additional discount at register.



**HEALTH-ADE  
Organic  
Kombucha**

16 oz. Assorted varieties

**25%  
off**

In-store prices reflect discount. No additional discount at register.



*Enjoy a beautiful,  
seasonal bouquet  
from Marlene's!*



**ULTIMA  
Electrolyte  
Support**

Assorted sizes and varieties

**20%  
off**

In-store prices reflect discount. No additional discount at register.



**HERBS ETC.  
Herbal  
Supplements**

Assorted sizes and varieties

**25%  
off**

In-store prices reflect discount. No additional discount at register.

**BODYWORK SCHEDULE**

**TACOMA**

Vitamin B and glutathione shots  
with Voda Health

Tuesday, 10 am - 2 pm  
401.217.9902

Text "HERE" when you arrive.  
You will be notified when it is your turn.

**Iridology & Sclerology with Nancy Seals**

4th Sunday, 11 am - 4 pm  
360.556.3556

**FEDERAL WAY**

Vitamin B and glutathione shots  
with Voda Health

Wednesday, 11 am - 3 pm  
401.217.9902

Text "HERE" when you arrive.  
You will be notified when it is your turn.

**Seated Massage with Erica Seter**

Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm  
Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

Reservations may be required.

**BEER, WINE & SPIRITS  
TASTING SCHEDULE | 21+ WITH ID**

**Tacoma**

**2 pm - 4 pm**  
Friday, July 7  
Friday, June 21

**Federal Way**

**2 pm - 4 pm**  
Friday, July 14  
Friday, July 28



**FEDERAL WAY**

2565 S. Gateway Center Place  
253.839.0933

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

Deli Hours

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

Grab and go options available until closing.

**TACOMA**

2951 S. 38th Street  
253.472.4080

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

Deli Hours

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

Grab and go options available until closing.

We value your suggestions and feedback!  
Write to us at: [feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com)



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July 2023

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*Luscious lemonade with a refreshing twist!*



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at  
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