

Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

July 2024

Summer pasta • Healing from injury
Sun & heat safety • Cooling drinks

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

A Letter From Us

A little bit of summer is what the whole year is all about.

-John Mayer, American musician

After a cool and damp beginning, summer is in full swing here at Marlene's! Luscious melons, juicy stone fruits, and peak-season veggies are waiting to be transformed into refreshing salads, vibrant meals, and delightful desserts. How about celebrating this season's vibrant flavors with a perfect summer picnic at one of our beautiful area parks? If you're crunched for time, swing by our deli cold case to grab your favorites for the road.

Trying to extend the bounty in your own backyard? This month, Laura Matter of Garden Hotline is sharing tips to help maintain your garden in the rising temperatures. Learn how to adjust watering schedules, choose heat-resistant plants, and keep your harvest flourishing all summer long.

With the fun in the sun we look forward to all year, staying active and healthy is key. This July, we're focusing on injury prevention and recovery support. In our newsletter, dive deep into informative articles on preventing common summer injuries, from overuse strain to heatstroke. We'll also be welcoming special guest speakers who will share their expertise on natural remedies and strategies for a speedy recovery!

Get ready to make the most of this vibrant month!

Lisa

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A Tasty, Cool Dish for Hot Weather!

Savory Herb & Melon Pasta

When the last thing you want to do is turn on the oven, we have a delicious, nutritionally balanced, light meal option that comes together in less than 30 minutes! Our melon pasta recipe is **gluten free** and **high in protein** and **fiber**. Tasty, cooling and refreshing, it's a great match for succulent summer produce now available at Marlene's!

For the Pasta Salad

- 1 8 oz pkg **Chickapea®** Pasta Spirals
- 1 3 oz pkg **CORO Artisan Meats®** Uncured Salami (any flavor)
- 1 small cantaloupe, cut into cubes (or ½ cantaloupe and ½ honeydew)
- 1 cup cherry tomatoes, sliced in half
- ¼ cup green onions, thinly sliced
- ¼ cup feta, crumbled
- ¼ cup torn basil leaves
- ¼ cup fresh mint leaves, sliced into ribbons

For the Garlic Vinaigrette Dressing

- ¼ cup olive oil
- 3 Tbl **O Olive Oil & Vinegar®** Champagne Vinegar
- 3 garlic cloves, grated
- 1 tsp coconut sugar or maple syrup
- ½ tsp sea salt
- red pepper flakes to taste

In a small bowl, whisk together all the vinaigrette ingredients. Set aside.

Prepare the **Chickapea®** Pasta Spirals to package directions. Once the spirals are cooked, drain and rinse with cool water. Place in a colander and allow pasta to drain.

To assemble the salad, toss together the pasta spirals, salami, cantaloupe, cherry tomatoes, feta, green onions, and the garlic vinaigrette. Gently fold in basil and mint. Serve immediately or chilled.



STAYING HYDRATED & PREVENTING HEATSTROKE

Summer's warm sun and longer days are a welcome change, but they also bring the risk of heatstroke, a serious medical condition. By prioritizing hydration and taking steps to stay cool, you can enjoy the season safely.

HYDRATION IS KING

- **Drink Consistently:** Don't wait until you're thirsty. Thirst is a sign you're already dehydrated. Aim to drink fluids throughout the day, even if you're not actively sweating.
- **Fluid is Good but Water is Best:** Water is the ideal drink for hydration. It's readily available, calorie-free, and replenishes fluids lost through sweat.
- **Electrolyte Boost:** Consider adding electrolytes to your fluids if you're sweating heavily during exercise or spending extended periods outdoors.
- **Know Your Needs:** Daily fluid intake varies depending on factors like age, activity level, and climate. As a general rule, aim for at least 8-10 glasses of water a day.
- **Food for Hydration:** Fruits and vegetables with high water content like watermelon, cucumber, and celery can contribute to your fluid intake.
- **Flavor Up:** Add slices of citrus, cucumber, or berries to your water for a refreshing twist that will help motivate you to keep sipping.



OUTMANEUVER THE HEAT

- **Seek Shade:** Limit direct sunlight, especially during the hottest part of the day (typically 10 am to 4 pm).
- **Dress for Conditions:** Wear loose-fitting, lightweight clothing made from breathable fabrics like cotton or linen. Light-colored clothing reflects heat, while dark colors absorb it.
- **Sunscreen Always:** Protect your skin with broad-spectrum sunscreen with SPF 30 or higher. Don't forget to reapply every



two hours, or after swimming or sweating.

- **Take Cool Showers:** A cool shower or bath is a great way to lower your body temperature quickly.
- **Cool Air is Your Friend:** If possible, spend time in air-conditioned spaces during peak heat hours.
- **Limit Strenuous Activity:** Avoid exercising or working outdoors during the hottest part of the day. If you must be active, take frequent breaks in the shade and stay hydrated.

LISTEN TO YOUR BODY

- **Recognize the Signs:** Be aware of early signs of heatstroke, which include headache, dizziness, nausea, vomiting, muscle cramps, and excessive sweating.
- **Cool Down Immediately:** If you experience these symptoms, move to a cool, shaded area, and remove excess clothing. Drink plenty of fluids and try to cool your body down with wet cloths or a cool shower.
- **Seek Medical Attention:** If symptoms worsen or don't improve, call emergency services immediately. Heatstroke is a medical emergency and requires prompt treatment.

STAY AWARE OF LOVED ONES

- **Keep Kids Sipping:** Children are especially susceptible to heatstroke. Ensure they drink plenty of fluids throughout the day, even if they don't ask.
- **Never Leave Pets in Cars:** Parked cars can become dangerously hot very quickly. Even with cracked windows, leaving pets unattended can be fatal.
- **Check on the Elderly:** Older adults are also at higher risk. Help them stay hydrated and cool and check in on them regularly during hot weather.

By following these tips, you can stay hydrated, avoid heatstroke, and enjoy a safe and healthy summer! Remember that even on mild summer days, staying hydrated and taking precautions are crucial for staying cool and feeling your best.

Injury Prevention and Recovery Tips for an Active Summer

Whether you're a weekend warrior, a seasoned athlete, or just planning on being more active, preventing injuries and recovering from them quickly is necessary to staying engaged and energetic in your sport or activity. Here are some valuable tips to help you optimize your performance:

Prevention is Ideal

- **Warm-up and Cool-down:** Dynamic stretches that mimic your sport's movements get your blood flowing and muscles loose, while static stretches after your workout improve flexibility and reduce muscle soreness. Never underestimate the power of a proper warm-up (5-10 minutes) and cool-down (10-15 minutes).
- **Strength and Conditioning:** A well-rounded fitness plan that includes strength training, cardiovascular exercise, and flexibility training creates a strong foundation for your body. Be sure to seek out a fitness plan tailored to your age and current level of ability. Strong muscles and good balance can go a long way toward preventing overuse injuries.
- **Listen to Your Body:** Pain is a warning sign. Pushing through pain can lead to more serious injuries. Take rest days, listen to your body's limits, and gradually increase intensity.
- **Proper Technique:** Many injuries occur due to improper technique. If you are committing to a new activity, consider

investing in some coaching sessions to learn the correct form for your sport. This can significantly reduce your risk of injury.

- **Hydration:** Staying hydrated is crucial for optimal performance and injury prevention. Drink plenty of water throughout the day and especially before, during, and after intense exercise. Consider supplementing with electrolytes from Marlene's.
- **Proper Equipment:** Worn-out shoes or ill-fitting gear can quickly lead to problems. Ensure your equipment is appropriate for your sport and fits you well. Replace shoes regularly, as they lose shock absorption over time.

Essentials for Recovery

- **Practice RICE:** When an injury does occur, it's time for RICE. RICE is an acronym for Rest, Ice, Compression, and Elevation. Following this protocol helps reduce inflammation and swelling in the acute phase.
- **Aftercare:** After the initial inflammation subsides, switch from ice to heat therapy. Gentle massage and mobility exercises can also aid recovery at this stage.
- **Seek Professional Help:** For any significant injury, consult your health care practitioner or a physical therapist. They can diagnose the injury, create a personalized rehabilitation plan, and ensure a safe return to your activities.

Important Tips

- **Gradual Progression:** Don't jump back into your sport at full intensity after an injury! Begin slowly, being sure to thoroughly feel how you your healed injury now performs. Gradually increase training volume and intensity to avoid setbacks.
- **Nutrition:** Eating a balanced diet rich in fruits, vegetables, and whole grains provides your body with the nutrients it needs to heal and repair tissues. Do research about foods and supplements that may help your recovery or performance. Visit Marlene's and talk to our staff about your dietary needs.
- **Sleep:** Getting enough sleep (7-8 hours per night) is essential for recovery. During sleep, your body repairs itself and rebuilds muscle tissue. You may need more rest when you are pushing yourself physically.
- **Mental Toughness:** Injuries can be frustrating. Seek out positive and supportive people, focus on your rehabilitation, and visualize your return to the activity.

By keeping these tips in mind, you can significantly reduce your risk of sports injuries or bounce back quickly if one does occur. Remember, prevention is always better than cure. So, prioritize proper training, listen to your body, and fuel it right to stay in the game and enjoy this season to the fullest!



THE IMPORTANCE OF GLUTATHIONE

and Lactobacillus fermentum ME-3: A Glutathione-Producing Probiotic Bacteria

by Ross Pelton, RPh, PhD, CCN, Scientific Director for Essential Formulas

Glutathione is a crucial molecule in the human body, yet it is often overlooked because it cannot be effectively taken orally as a supplement. Glutathione is produced in every cell and is known as the Master Antioxidant and Master Detox Agent. Its primary function is to protect cellular components from free radical damage. Remarkably, it safeguards more of the body than all other antioxidants combined. Additionally, glutathione regenerates other oxidized antioxidants like vitamin C, vitamin E, and coenzyme Q10, restoring them to their active forms.

Glutathione is vital for nearly all detoxification processes in the body. Over the past 50 years, exposure to environmental toxins has increased dramatically, depleting glutathione levels. This depletion leads to a higher body burden of toxins, increased free radical damage, and accelerated aging. Maintaining optimal glutathione levels is therefore essential for healthy aging. On average, after age 20, the body's ability to synthesize glutathione declines by about 1% per year, contributing to the acceleration of health problems with age.

Glutathione is a tripeptide composed of three amino acids: glutamate, cysteine, and glycine. However, it is ineffective when taken orally as it gets broken down before absorption.

Various common exposures deplete glutathione levels, including alcohol, artificial sweeteners, tobacco smoke, acetaminophen, toxic metals like mercury, artificial food dyes, agricultural pesticides and herbicides, and many household chemicals. Additionally, the nutritionally deficient diet of many Americans further contributes to low glutathione levels.

Every system in the body is influenced by glutathione levels, particularly the immune, nervous, gastrointestinal, respiratory, and hepatic systems. Some nutritional supplements, such as N-acetyl cysteine, selenium, and lipoic acid, as well as the herb milk thistle, can help boost glutathione levels. Some companies also market oral glutathione supplements in liposomal delivery forms,



which improve absorption but still result in rapid oxidation. Intravenous glutathione administration provides a short-term solution, but it is neither time-efficient nor cost-effective for most people.

Revolutionary Breakthrough: Lactobacillus fermentum ME-3

A unique strain of probiotic bacteria, Lactobacillus fermentum ME-3 (ME-3), has been found to synthesize glutathione. Discovered in the intestinal tract of a healthy one-year-old child in 1995, ME-3 exhibits high antioxidant activity. For nearly three decades, scientists

have studied ME-3 to understand its antioxidant effects.

A Complete Glutathione System

Scientists have identified that ME-3 boosts glutathione levels through three independent mechanisms: synthesizing glutathione, extracting it from the environment, and regenerating oxidized glutathione. ME-3 is the only known organism capable of boosting glutathione levels by all three mechanisms simultaneously, earning it the title of a Complete Glutathione System.

Human Clinical Trials

Human clinical trials with Lactobacillus fermentum ME-3 have shown promising results: a 16% reduction in LDL cholesterol, 20% reduction in 8-isoprostanes, 49% increase in reduced glutathione, 26% increase in total antioxidant activity

In addition to producing glutathione, ME-3 provides several other health benefits. It produces manganese superoxide dismutase (Mn-SOD), another critical antioxidant enzyme, offering substantial protection against free radical damage.

Boosting glutathione levels is one of the most important actions for promoting and maintaining good health. Previously, there was no effective method to achieve this. Now, products containing Lactobacillus fermentum ME-3 offer a significant increase in glutathione levels, resulting in improved detoxification, enhanced protection against free radicals, and healthier aging.



World Centric: Sustainability Champ



In the quest for a sustainable future, World Centric is leading the charge with its commitment to environmental stewardship and social responsibility. Embedded within the ethos of World Centric is the belief that a better world is not only desirable but achievable.

In a world grappling with the ramifications of plastic pollution, World Centric offers a sustainable alternative. Their certified compostable products are designed to break down and return to the soil, reducing the burden on landfills and mitigating environmental harm. Made from renewable resources like bamboo and sugarcane bagasse, these products embody the ethos of eco-consciousness, offering a viable solution to the plastic crisis.

Reduce, Reuse, Recycle, Compost

Central to World Centric's mission is the promotion of responsible consumption habits. By advocating for the principles of reduce, reuse, recycle, and compost, the company empowers consumers to make informed choices that minimize waste and maximize sustainability.

Making an Impact

Beyond manufacturing sustainable products, World Centric is dedicated to making a tangible difference in the world. Through their giving program, they support grassroots organizations addressing the intersecting challenges of poverty and climate change, catalyzing change at the grassroots level.

Driving Impact

Since its inception, World Centric has made significant strides in driving positive change. With over \$17 million donated since 2009, the company has supported a myriad of social and environmental programs aimed at alleviating poverty, fostering community development, and combating climate change.

Sustainable Business Certifications

World Centric's commitment to sustainability is further underscored by a myriad of certifications and memberships, affirming their dedication to social and environmental responsibility. From B Corp certification to membership in the 1% For the Planet network, World Centric's accolades speak volumes about their unwavering commitment to driving positive change.

Energy Efficiency

World Centric not only produces sustainable products but also operates with energy efficiency in mind. By utilizing renewable resources and minimizing energy consumption throughout the manufacturing process, the company reduces its carbon footprint and contributes to a cleaner, greener future.

Carbon Giving

Recognizing the urgency of climate change, World Centric takes proactive steps to mitigate its carbon emissions. Through carbon offset projects and strategic investments, the company strives to lower its environmental impact and support communities affected by climate change.

Customer Partnerships

Collaboration lies at the heart of World Centric's mission. By partnering with businesses and organizations committed to sustainability, they aim to amplify their impact and inspire others to join the movement towards a more just and sustainable world.

World Centric stands as a testament to the transformative power of conscious capitalism. Through their innovative products, philanthropic initiatives, and unwavering commitment to sustainability, they serve as a beacon of hope in an increasingly uncertain world. As we navigate the challenges of the 21st century, World Centric reminds us that a sustainable future is not just a possibility—it's a collective responsibility we must embrace.



WORLD CENTRIC Dinnerware, Cutlery, & Bags

Assorted sizes and varieties

Compostable
& Sustainable!

25 % off

In-store prices reflect discount. No additional discount at register. Valid July 1 - 31, 2024.

MARLENE'S SOUND OUTLOOK

When life gives you lemons, drink 'em!

Lemonata Invigorata!

Smoky Lime Cooler

6 oz **Santa Cruz Organic Limeade**
 2 oz Mezcal
 mint for muddling
 ice

Fill a glass with ice. Pour in Santa Cruz Limeade and Mezcal. Give a good stir and enjoy your sips!

Lemon Blueberry Margarita

2 oz Tequila Silver
 6 oz **Santa Cruz Organic Blueberry Lemonade**
 1/4 cup fresh blueberries
 ice

Lightly muddle blueberries into a shaker. Shake all ingredients together with ice and strain into glass over new ice. Garnish with lemon slice and blueberries.

Raspberry Lemon Sangria

2 cups **Santa Cruz Organic Raspberry Lemonade**
 1 1/2 cups rosé
 4 oz vodka
 Lemon slices for garnish
 Raspberries for garnish

Fill 3 glasses with ice cubes. In a pitcher, combine lemonade, rosé and vodka. Pour into glasses and garnish with lemon slices and raspberries.

Sparkling Strawberry Lemonade

2 cups **Santa Cruz Organic Strawberry Lemonade**
 2 cups sparkling water
 1/2 cup fresh strawberry slices
 1/2 cup fresh mashed strawberries
 mint

Stir together strawberry lemonade and mashed berries. Slowly pour in sparkling water and mix gently. Garnish with mint and strawberry slices.

Frozen Coconut Refresher

2 cups **Santa Cruz Organic Limeade**
 1 14 oz can full-fat coconut milk
 2 1/2 cups ice cubes

Add the limeade, coconut milk and ice to a blender. Divide between two chilled glasses or freeze in a popsicle mold for maximum summer refreshment!

Happy
 Summer from
 Marlene's!

SANTA CRUZ Organic Lemonade

32 oz. Assorted varieties
 Reg. \$4.45

2⁹⁹



In-store prices reflect discount. No additional discount at register. Valid July 1 - 31, 2024.



July Events & Education

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

Happy Independence Day

Both stores closed July 4.

SUPER SENIOR SUNDAY

Sunday, July 7

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

UNIFORM MONDAY

Monday, July 8

10% off all to all firefighters, police and military!

SUSTAINABLE PEST SOLUTIONS & WATER-WISE GARDEN MANAGEMENT



with Laura Matter, Garden Hotline Educator

Saturday, July 6 at 10 am ONLINE

Cultivate a thriving, eco-friendly haven! Learn to combat pests, diseases, and weeds effectively without harsh chemicals. Dive into water-wise practices, conserving this precious resource while safeguarding your garden oasis from harmful substances. You can unlock your garden's potential with our online class!

PACIFYING PITTA AND KEEPING OUR COOL IN THE SUMMER



with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor

Tuesday, July 16 at 5 pm HYBRID/TACOMA

Summer is the most aggravating season for the fiery Pitta. Learn how to detect heat and Pitta imbalances and what Ayurveda has to offer to bring back balance through diet, lifestyle and the use of herbalism.



POWER OF POSTURE



with Hansie Wong, MD, Integrative Health Coach

Saturday, July 13 at 12 pm FEDERAL WAY

Back pain, spinal dysfunction, joint degeneration,

tight muscles and poor circulation! These are all potential effects of poor posture. Join Hansie for a better understanding of posture and its affects our daily living. Attendees will begin with a posture self-assessment and learn specific exercises to improve posture from head to toe! This session will be interactive and involve movement so please wear comfortable clothing.



SPORTS NUTRITION: 4 STEPS TO FUELING BETTER



with Bryan Morin, NOW Sports Brand Manager

Wednesday, July 17 at 5 pm ONLINE

Training is the cornerstone of fitness and performance, but the job isn't finished at the gym.

How you fuel your body is a crucial component to success. NOW Sports Brand Manager, Bryan Morin, will unlock the findings of their recent athlete nutrition research and empower you with trusted supplements to take your fitness to the next level with proper hydration, recovery techniques and improved performance.

A FUNCTIONAL MEDICINE APPROACH TO HEALING FROM INJURY



with Audrey Falconi, DO, RMSK, and Ayla Hopkins, ND from Physician Coach

Thursday, July 25 at 5 pm FEDERAL WAY

Stuck in chronic pain from an injury? Don't want surgery but physical therapy hasn't brought full resolution? The doctors at Physician Coach offer a new and fresh perspective on injury care and sports medicine.



Dr. Falconi and Dr. Hopkins utilize a holistic, functional medicine approach of targeted supplementation and comprehensive blood work analysis, blended with ultrasound diagnostic imaging, regenerative injection treatments, and movement analysis to get to the root of your problem, leading to precise and effective treatment! A LIVE demonstration of Ultrasound Diagnostics and Treatment will be performed!



CRYO-SLIMMING: NON-INVASIVE, NATURAL HEALTH OPTION



with Nicole Wirth

Tuesday, July 30 at 5pm TACOMA

Join Nicole to learn about Cryo-Slimming, a non-invasive weight loss method using

cryolipolysis therapy (CT). Nicole will explain how freezing body fat can help you shed stubborn pounds naturally and safely. She'll also explore other outstanding benefits of CT, including enhanced athletic performance, improved skin tone, hair growth, strength training, skin tightening, and pain management. Discover why Cryo-Slimming is ideal for pre and post-surgery without concerns about BMI. Don't miss this opportunity to learn about a revolutionary approach to weight loss and overall wellness.



BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

Federal Way
1 pm - 3 pm

Friday, July 12
Friday, July 26

Tacoma
1 pm - 3 pm

Friday, July 19
Friday, August 2



MORGAN COSMETICS
Body Care & Hair Care
Assorted sizes and varieties

15% off

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



PRANAROM
Essential Oils & Aromatherapy
Assorted sizes and varieties

15% off

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



DERMA E
Mineral Sunscreen
Assorted sizes and varieties

30% off

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



ALL GOOD
Mineral Based Sun Care
Assorted sizes and varieties

15% off

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



HIPPEAS
Chickpea Puffs
Assorted sizes and varieties

25% off

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



KETTLE FOODS
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.



DR. BRONNER'S
**Organic Whole
Kernel Virgin
Coconut Oil**

Assorted sizes and varieties

25 % off

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



WATERLOO
Sparkling Water

Assorted varieties
8 pack Reg. \$6.39



4⁵⁹

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



UNCLE MATT'S
**Organic No Sugar
Added Lemonade**

Assorted sizes and varieties

25 % off

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



BACHAN'S
**Japanese
BBQ Sauce**

17 oz Assorted varieties
Reg. \$9.99

7²⁹

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



PRIMAL KITCHEN
**Condiments,
Dressings,
& Sauces**

Assorted sizes and varieties

20 % off

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



WOODSTOCK
**Organic Pickles
& Condiments**

Assorted sizes and varieties

30 % off

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



ITHACA HUMMUS
Hummus

Assorted sizes and varieties



25 % off

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



FOODIES
Artichoke Burgers

7.5 oz Assorted varieties
Reg. \$6.39



4⁵⁹

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



PNW Local!



ALDEN'S Organic Ice Cream

Assorted sizes and varieties

25 % off

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

Washington Local!



ACME VALLEY Full Strength Ice Cream

14 oz Assorted varieties
Reg. \$7.89

6²⁹

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



BIZZY COLD BREW Organic Cold Brew Coffee

48. oz Assorted varieties
Reg. \$9.39

4⁹⁹

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



DE LA CALLE! Organic Fermented Tapache

12 oz Assorted varieties

25 % off

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



SO GOOD SO YOU Organic Probiotic Wellness Shots

1.7 oz Assorted varieties

30 % off

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



OLIPOP Prebiotic Soda

Assorted sizes and varieties



25 % off

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



HEALTH-ADE Organic Kombucha

16 oz Assorted varieties

20 % off

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



IRWIN Supplements

Assorted sizes and varieties

20 % off

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



REMEDY ORGANICS
Organic Plant Based Protein Drinks

12 oz. Assorted varieties

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

30 % off



NATURAL FACTORS
Supplements

Assorted sizes and varieties

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

25 % off



DR. MERCOLA
Supplements

Assorted sizes and varieties

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

20 % off



GARDEN OF LIFE
Supplements

Assorted sizes and varieties

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

25 % off



BOIRON
Homeopathic Remedies

Assorted sizes and varieties

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

20 % off



BODY HEALTH
Supplements

Assorted sizes and varieties

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

20 % off

Discover the Dr. Ohhira Difference!™

While many digestive health formulas only contain probiotics, Dr. Ohhira's Probiotics® contains all the pieces you need for optimal health, digestion, and immune support: **PREBIOTICS**, **PROBIOTICS**, and **POSTBIOTICS**.* Dr. Ohhira's award-winning formula is fermented for three years which results in a truly unique probiotic supplement with three advanced components:

PREbiotics—fermented fruits & vegetables that cultivate the existing good bacteria in the gut*

PRObiotics—13 beneficial strains of living probiotics including Bifidobacteria and Lactobacilli that promote better digestion and support a healthy immune response*

POSTbiotics—amino acids, vitamins, minerals, and natural organic acids that are produced during the 3-year fermentation process and are essential for whole health*

DR. OHHIRA'S
Supplements

25%
Off in July!

Assorted sizes and varieties.

In-store prices reflect discount.
No additional discount at register.
Valid July 1 - 31, 2024.



ESSENTIAL FORMULAS®

For more information visit: www.essentialformulas.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Dr. Ohhira's Probiotics is a registered trademark of Essential Formulas Incorporated.

July Calendar of Events

Class registration at:
www.marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	HAPPY INDEPENDENCE DAY! Both Stores Closed	5	Sustainable Pest Solutions & Water-Wise Garden Management with Laura Matter, Garden Hotline Educator 10 am, Online
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above!	Uniform Monday 10% off to all firefighters, police and military!	9	10	11	Beer, Wine & Spirits Tasting Federal Way 1 pm - 3 pm	Power of Posture with Hansie Wong, MD, Integrative Health Coach 12 pm, Federal Way
7	8	15	16	17	19	20
14	15	Pacifying Pitta and Keeping Our Cool in the Summer with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor 5 pm, Hybrid Tacoma	Sports Nutrition: 4 Steps to Fueling Better with Bryan Morin, NOW Sports Brand Manager 5 pm, Online	18	Beer, Wine & Spirits Tasting Tacoma 1 pm - 3 pm	20
21	22	23	24	A Functional Medicine Approach to Healing from Injury with Audrey Falconi, DO, RMSK, and Ayla Hopkins, ND from Physician Coach 5 pm, Federal Way	26	27
28	29	Cryoslimming: Non-Invasive Natural health Option with Nicole Wirth 5 pm, Tacoma	31	AUG 1	Beer, Wine & Spirits Tasting Tacoma 1 pm - 3 pm	AUG 3
		30			AUG 2	

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots with Physician Coach (formerly Voda Health)
 Tuesday, 10 am - 2 pm
 401.217.9902

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

FEDERAL WAY

Vitamin B and glutathione shots with Physician Coach (formerly Voda Health)
 Wednesday, 11 am - 3 pm
 401.217.9902

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

Seated Massage with Erica Seter

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

Reservations may be required.



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



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July 2024

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Both stores will be closed on Thursday, July 4.
Stay safe and we will see you soon!

