

Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

June 2021



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A Letter From Us

“Everything good, everything magical happens between the months of June and August.” -Jenny Han

Sunshine and warmth add the magic to the summer activities that we all enjoy. This summer we have the extra joy of being on the downhill slide to normalcy after the last 15 months of Covid! What a bonus!

I'm happy to report that the number of classes we are hosting is back to pre-pandemic times! Everything is available to you online, so please join the many fun and interesting classes this month.

For those of you with the green gardening thumbs, we have soil enhancers and fertilizers to keep your gardens thriving through the summer. (I did not inherit Marlene's amazing green thumb!) We will continue to stock plant starts and seeds as they are available. An extended growing season would be wonderful.

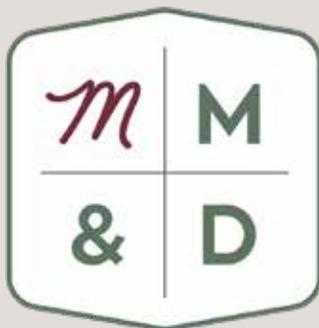
If you have limited outdoor growing space, consider doing some indoor jar sprouting to supplement your culinary pursuits. It's inexpensive, surprisingly quick, and an easy way to get a boost of nutrient-rich freshness into your meals. And please come visit the produce department! We are absolutely bursting with beautiful fruits and vegetables right now.

I want to add a quick note to remind everyone that both of our locations will be closed Sunday July 4th to observe Independence Day. We will resume regular hours Monday. Super Senior Sunday will be honored on July 11th.

Congratulations to new graduates! We need your energy, optimism and enthusiasm like never before and we wish you all the best.

Happy summer!

Lisa



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Rhubarb Compote Upside Down Cake

by Jeanne Logman, CNT

Among the many gifts that living in this region has to offer, an extended rhubarb season is a big one. Half of all the country's rhubarb crop is grown in Pierce County where there are typically two harvests, from April to May and from late June into July. Our cool, wet weather provides for a lengthy season and offers the ideal environment for this sour, prehistoric, medicinal vegetable—as cleansing and astringent as it is delicious. In relatively recent years, it's featured in uniquely tangy, nutrient-rich desserts. This one is my favorite, with just enough sugar to help the 'medicine' go down.

Rhubarb compote:

- 1/4 cup butter
- 1/2 cup packed brown sugar
- 2 Tbl fresh grated ginger or 1/4 cup finely diced crystallized ginger
- 3 cups rhubarb stalks, cut into 1-inch pieces
- 1 Tbl cornstarch + 1 Tbl cold water

Cake:

- 1/2 cup solid coconut oil or vegetable shortening
- 3/4 cup sugar
- 2 eggs
- 1-2 tsp fresh orange zest
- 1 3/4 cups flour
- 2 tsp baking powder
- 2 tsp cardamom powder
- 1 cup milk or plant-based milk



Preheat oven to 350°.

In a large cast iron skillet or frying pan over medium heat, add butter, brown sugar, ginger and rhubarb stalks. Stir until sugar has melted and rhubarb just begins to soften, about 7 minutes. Remove from heat and stir in cornstarch and water.

If using a cast iron pan, set pan aside to cool while you prepare the cake. If using a frying pan, transfer rhubarb mixture to a buttered 9-inch square cake pan. Spread rhubarb mixture evenly over the bottom in a single layer.

In a small bowl, combine flour, baking powder and cardamom.

In a medium bowl, cream coconut oil and sugar. Mix in orange zest and eggs, and beat until thoroughly combined.

Mix in milk, 1/4 cup at a time.

Fold in flour mixture until just combined. Smooth cake batter over rhubarb mixture, being careful to cover all pieces of rhubarb.

Bake 35-45 minutes, until center is set and toothpick comes out clean.

Allow cake to cool 5 minutes in pan before turning the cake out onto a serving dish. Scoop any left behind rhubarb bits onto the top of the cake and smooth evenly.

Amazing warm or cold! Pairs beautifully with vanilla ice cream or honey-sweetened whipped cream.

DROUGHT TOLERANT GARDENING

by Patricia Peterson, Master Gardener

Many folks wonder why we need to think about drought tolerant gardening in the rainy northwest. You may find it interesting that we receive only about 7 inches of our 40 inches total in the summer. In addition, more folks are moving here, straining our water resources for living while it is getting warmer (average temperature is up 1.5 degrees from 1920 to 2003!). Meanwhile, the snow pack that we rely on for summer water is decreasing. That lovely lawn needs 1 – 1 ½ inches per week while roses need about 2 inches per week. It doesn't add up!

There are a number of watering systems and approaches that can make each gallon go farther. Drip watering and soaker hoses provide water just to the plants and reduce evaporation. Weather reading irrigation controllers have come a long way. Many models adjust for plant and soil types as well as exposure. They are more affordable than they used to be and can now effectively and efficiently fully automate your watering needs.

Watering deeply and less often is better for your plants. You will keep them healthier and ultimately use less water. Besides reducing evaporation, mulch keeps plant roots cool and keeps weeds down. A double win! Rain gardens are also effective in reducing overall watering needs and rain barrels harvest rainwater.



Improving your soil with compost both provides nutrition and helps soil to retain moisture. Another double win! If you have areas where water runs off, using strategically placed rocks or boulders can slow it down and allow more of the water to be absorbed while providing a landscape feature. We have all heard that we need to plant the “right plant in the right place” and doing so will go a long way toward minimizing watering needs. Plants that need similar amounts of water can be grouped together. This reduces your watering chores and keeps your plants happy.

In the Northwest, we are fortunate that we have outstanding natives that do well with rainy winters and dry summers as this is their native climate. There are so many lovely options in addition to fir trees and rhododendrons. Once you start looking into our natives and the many drought tolerant plants that thrive in our nearly Mediterranean climate, you may decide that your high maintenance lawn does not need to be quite so large!

Some resources to learn more:

<http://nativeplantspnw.com/>

<https://extension.wsu.edu/raingarden/>

DON'T FORGET TO *Breathe*

by Hansie Wong, MD

If you know me, you know that I'm often reminding people to breathe.

**"How do you forget to breathe?" you ask?
Well, you'd be surprised.**

Granted, breathing is something our body does automatically without our awareness. It is part of the natural rhythm of life, expanding and contracting, ebbing and flowing. As long as we're alive, the breath is something we always have but may not always be aware of. Yet, it is also something we can control and regulate if we put our mind to it. Because of this, the breath becomes a natural object of meditation and serves as a medium through which we can connect our mind and body.

Many people tend to either hold their breath or use accessory muscles (neck, shoulder, and upper chest muscles) to take shallow breaths. Though this is a common reaction when we feel stressed or rushed, over time, it can create tightness and tension, often leading to headache, lightheadedness, and other symptoms of poor oxygenation. By paying attention and regulating your breath, you can change your level of consciousness, begin to relax, and improve your health.

Take a moment now to notice how you're breathing. Are you holding your breath? Are your breaths shallow? Do your shoulders and neck muscles tense up as you breathe? The very act of awareness might add more tension but just notice without judgment, not trying to change anything.

Now, adjust your posture so that you're sitting with your back straight and your feet are planted firmly on the ground. Place your hands on your belly and close your eyes. On your next breath in, expand your lungs by lowering your diaphragm (the main breathing muscle attached to your lower ribs) and pushing your belly and lower ribs



out. Notice if your shoulders elevate on the inhale. If so, consciously pull them down and focus on expanding from below and pushing your hands outward. On your exhale, contract your belly in and try to squeeze out all the air in your lungs in a slow, controlled fashion. By doing

so, you'll notice a fuller breath with better air exchange, improving and increasing the efficiency of oxygen delivery to all of your organ systems. Continue this for at least 8 breaths. Then open your eyes and breathe normally. Notice how you feel.

As you practice breathing fuller and deeper, enjoy the experience with curiosity. Ride the rise and fall, and explore the pause between the in-breath and out-breath. See if you can expand into that dimensionless space to deepen your level of consciousness. Many Buddhist and yogic traditions use this technique to reach enlightenment.

So when you find yourself caught up in the "busy-ness" of life, when you feel overwhelmed with too much to do, or when you feel pulled in multiple directions at once, just notice the tension in your body and don't forget to breathe. Time will miraculously start to slow down. You'll feel calmer, lighter, and better equipped to manage the issues at hand. Not to mention, your mind, body, and spirit will thank you for it!

Dr. Hansie Wong is an Integrative Health Coach who specializes in stress and lifestyle management. She received her medical degree from Georgetown University in Washington DC and is board certified in Family Medicine and Integrative Holistic Medicine. Find out more at: www.integrativehealthandwellness.net.

and breathe

Join Hansie online!
Breath, Body & Balance
Thursday, June 10 at 5pm -
Details at
[marlenesmarket-deli.com/
classes](http://marlenesmarket-deli.com/classes)

5 Reasons to Eat More Collagen

by Mark Sisson, founder of Primal Kitchen

For years, the bodybuilding, protein-gorging community has maligned collagen for its nonessential status and lack of input into the muscle-protein synthesis process. From their perspective, it makes sense. Why bother with “low quality” protein like gelatin/collagen when you can pound the whey, eat the meat, and focus on other sources of the essential amino acids directly involved in building muscle?

Except the research is showing that these “nonessential” proteins are actually pretty darn useful.

1) We don't make enough glycine to cover our body's needs

Most people view amino acids in one of two ways: either they're essential, meaning our bodies can't synthesize them, or they're inessential, meaning our bodies can. In actuality, there's a third category: amino acids can be conditionally essential. Glycine, the primary amino acid in collagen, is synthesized from the amino acid serine to the tune of 3 grams per day. That's not nearly enough. The human body requires at least 10 grams per day for basic metabolic processes, so we're looking at an average daily deficit of 7 grams that we need to make up for through diet. The body needs even more in disease states that disrupt glycine synthesis, like rheumatoid arthritis.

2) It's good for your skin

Your face is made of collagen. Your underarms are made of collagen. All the problematic swathes of skin liable to descend into wrinkly parchment are made of collagen. Collagen provides body and bounce. Increasing collagen consumption to maintain skin appearance may provide a lot more than just a cosmetic intervention.

3) It improves sleep quality

One of my go-to “sleep hacks” is a big mug of bone broth about an hour before bed. It always knocks me out (in a good, non-narcotic way). And according to research, I'm not making this up or experiencing the placebo effect. Human studies show that 3 grams of glycine taken before bed increases the quality of your sleep and

reduces daytime sleepiness following sleep restriction.

4) It's good for your joints

Remember that study showing how we need at least 10 grams of glycine each day for basic metabolic processes? One of those processes is the maintenance of the collagen levels in our body (the most abundant protein we carry, in fact). Collagen is everywhere through the human body, but it concentrates where joints meet and in the connective tissue binding us together. Those 10 grams of glycine is just for maintenance, not repair after catastrophic injury or recovery from intense loading. If you're a heavy exerciser or are recovering from joint damage, supplementary collagen/gelatin/glycine will improve your resilience. A 2008 human study also found that giving collagen hydrolysate supplements reduced pain in athletes complaining of joint pain.

5) We're wasting half the animal otherwise

The average cow is half muscle meat and half “other stuff.” Most people only eat the muscle meat and ignore everything else, which includes bones, connective tissue, cartilage, tendons, and other collagenous material. The other stuff ends up in pet food or used by other industries, but we could be eating it, getting healthier, and wasting less food in the process.

Mark Sisson is a NYT bestselling author and health expert and the founder of PRIMAL KITCHEN®, a company on a mission to create uncompromisingly delicious condiments, sauces, cooking oils, collagen protein and pantry staples that contain no dairy, gluten, grain, refined or added sugar or soy.



The #1 Way to Show Your Heart Some Love

by Terry Lemerond, Founder and Formulator for Europharma



Your cardiovascular system truly deserves your attention 365 days a year. In fact, the United States Centers for Disease Control recently reported that, after decades of decline, heart disease is once again on the rise.

It's true that some risk factors, like a family history of heart disease, are beyond your control. However, nature offers many safe and effective nutrients that can help you improve other risk factors and proactively maintain a healthy heart for many years to come.

To make sure your heart is in the best health possible, it's important to exercise daily, eat a low-carbohydrate diet (like ketogenic or Paleo), and take heart-healthy supplements backed by science. If you're not sure where to start with supplements, there is one powerful nutrient I recommend to everyone I know who is interested in supporting optimal heart health for a lifetime.

French Grape Seed Extract - Proven Protective Benefits

A powerful, clinically studied grape seed extract can make a monumental difference in your overall health, and especially your cardiovascular system. Grape seed extract addresses many of the concerns that lead to heart disease, including reducing high blood pressure, protecting the blood vessel walls from free radical damage, and preventing the dangerous oxidation of LDL (or "bad") cholesterol.

In one clinical study, people with either pre- or mild hypertension (high blood pressure) were split into three groups. Two of the groups received either a low or high dose of grape seed extract while the third group served as a control group, making simple changes to diet and exercise. At the end of the four-month trial, both grape seed extract groups saw an improvement in blood pressure. The group with the higher dosage of grape seed extract saw the most impressive results—normalized blood pressure numbers in 93 percent of the participants.

Another clinical study compared the results of individuals with mildly high cholesterol taking a grape seed extract versus a placebo for eight weeks. Lipid profiles and oxidized LDL cholesterol were improved in those taking grape seed extract. The researchers concluded that grape seed extract decreased the risk of blood clotting and other cardiovascular disorders.

Choose Grape Seed Extract Wisely

What makes grape seed extract so good for you? Its power lies in antioxidant compounds called oligomeric proanthocyanidins, or OPCs. To be beneficial, the OPCs in grape seed extract supplements need to be small in size, which makes them easily absorbable in the body. Small, tannin-free OPCs are what provide the protective value proven in the studies above.

Because researchers have been able to prove how effective grape seed extract is, the market is flooded with supplement options. Sadly, many of the grape seed extracts available today are adulterated with cheap ingredients. For optimal benefits, you should look for a clinically studied, standardized, tannin-free French grape seed extract. French grape seed extract that is verified and never adulterated can help you protect yourself from heart disease and support optimal cardiovascular wellness.

Terry Lemerond is a natural health advocate with over 45 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. His continual dedication, energy, and zeal are part of his on-going mission to improve the health of America.



Making Probiotics Personal

by Jennifer Rasp-Bickerton DC, MS
Director of Education for Nutraceutical

Ever wonder why probiotics are a key foundation to any dietary supplement regimen?

Probiotics can help support our body in innumerable ways. For most of us, we consume probiotics to replenish and support a healthy microbiome. But why? The microbiome is the collection of all living microorganisms in the body, so our goal with probiotics is to help maintain all the microorganisms that are healthy and life-supporting.

In 2007 scientists launched an effort to map the human microbiome in collaboration with the National Institutes of Health called the Human Microbiome Project.¹ Contributors to the project were from about 200 scientists across 80 institutions that took samples from healthy volunteers. Not only did they learn how many microbes we have and what they do, they discovered that our microbiome diversity has a profound influence on our health!²

There are many factors that affect our individual microbial ecology including, lifestyle factors, diet, exercise, where we live, and physiological states. But one of the most important things learned from the Human Microbiome Project is that the microbiome can eventually return to a state of equilibrium, especially if you support and nurture it.

So how do you support your microbiome? Here are 3 easy ways to consistently support a healthy microbiome:

Eat fermented foods such as kimchi, kefir, and kombucha. They naturally contain healthy microorganisms that are believed to benefit digestion.

Eat prebiotic fiber. These are found in foods such as chicory, onions, garlic, Jerusalem artichoke, and jicama. Prebiotic foods can help nourish your microbiome.

An efficient way to support your microbiome is to take an enteric probiotic supplement designed specifically for your health goals.



Did you know you can choose probiotic supplements tailored to your needs?

Determine what your primary goals are in regard to replenishing your gut with healthy probiotics. For example, are you wanting to support digestive function, fortify your gut, help promote hormone balance, support stress and mood, increase energy levels, or support aging well? Look for a probiotic that is formulated to help support what you are looking to achieve.

Lastly, remember to choose a probiotic that says it is “enteric.” This is a term that refers to the capsule opening and releasing its content after passing through the stomach acid into the alkaline environment of the small intestine. A variety of probiotic species may provide benefits in the small intestine to help absorb nutrients, metabolize vitamins, and help synthesize neurotransmitters³. So choose the one that will help you get the probiotics you need to support your personal health goals.

¹ Turnbaugh, P., Ley, R., Hamady, M. et al. The Human Microbiome Project. *Nature* 449, 804–810 (2007). <https://doi.org/10.1038/nature06244>

² Gerritsen, J., Smidt, H., Rijkers, G.T. et al. Intestinal microbiota in human health and disease: the impact of probiotics. *Genes Nutr* 6, 209–240 (2011). <https://doi.org/10.1007/s12263-011-0229-7>

³ S.M. O’Mahony, G. Clarke, Y.E. Borre, et al. Serotonin, tryptophan metabolism and the brain-gut-microbiome axis. *Behavioural Brain Research*, Volume 277, 32–48 (2015). ISSN 0166-4328, <https://doi.org/10.1016/j.bbr.2014.07.027>.

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Dr. Jennifer Rasp-Bickerton began developing proactive regimens for her patients in private practice after having altered her own life with dietary supplements. Today she enjoys sharing supplement-stacking approaches with others to help enhance the quality of their lives, addressing such topics as stress, energy, and sleep.



Products Use Eco-friendly, Agroforestry Rubber

WHERE DOES RUBBER COME FROM?

Latex is mainly harvested in Southeast Asia with Thailand being the biggest producing country. Malaysia and Indonesia also cultivate rubber on a large scale. What do these countries have in common? They're all situated around the Equator. And these regions are the biodiversity hot spots of our planet, meaning they have the highest density of plant and animal species in the world. The perennial warm, humid climate is favorable for all kinds of flora and fauna, including rubber trees.

DEFORESTATION

In the past 30 years, one-sixth of the jungles in Southeast Asia have been deforested. This is more than the landmass of Germany.

Why have they been cut and cleared?

80% of deforestation worldwide is to make room for agriculture. Forests have to give way to fields and plantations.

So what? Can't we just live with fewer forests around?

No! Forests provide habitats to many species of plants, animals, and microorganisms. Many of them are doing important jobs for our own survival. For instance, nearly 75% of our food crops depend on insect pollination. This accelerating loss of biodiversity is one of the leading environmental and social issues of the 21st century.

IMPORTANT BENEFITS OF AGROFORESTRY RUBBER:

1. ENHANCING BIODIVERSITY + REDUCING ATMOSPHERIC CO2
Enhancing biodiversity is taken into account in those agroforestry systems, without reducing latex yields. It is also scientifically proven that biodiversity lowers the CO2 in the atmosphere: Plants are capturing CO2 through photosynthesis so it can be stored in the soil.

2. NO NEED FOR ARTIFICIAL FERTILIZERS

Rubber forest gardens are a partly self-regulating ecosystem, which don't need artificial fertilizers, and thus have lower input costs. This is a system with natural decomposition. The leaves that have fallen from the various trees cover the soil, keep it from eroding, and hold in moisture. As they slowly decompose with the help of fungi, insects, worms, and microorganisms, nutrients are released back into the soil.

3. STABLE MICROCLIMATE

There's a more stable microclimate within a rubber agroforest. The agroforest mimicks a natural forest to some extent, so you find a shady cool place here. Planted ground and shady trees protect the soil from the direct input of sunlight and forests provide a moister climate. This way plants can survive dry seasons easier than trees grown in monocultures. Different roots stabilize the soil. In the case of heavy rain and floods they hold nutrients better and prevent landslides.

4. ECONOMICALLY SOUND IN THE LONG RUN

Agroforestry is more labor intensive, which costs money. A lot of planning goes into the forests in order to create the perfect conditions for each rubber tree and the other vegetation around. Plus, the various plants have to be cared for individually, which requires more people, time, and expertise. But the result is a healthier, partly self-regulating ecosystem that cuts costs and variable risks in the long run.

When you purchase XO! products, you support fair trade and agroforestry.

XO! 'Righteous Rubber' condoms are proudly made from plant-based Fair Agroforestry Latex from rubber trees, fairly and sustainably sourced from agroforesters. They are certified carbon neutral by ClimatePartner and are certified vegan & cruelty-free by PETA. They are 100% free of parabens, nitrosamines or glycerin. Triple tested electronically for safety and CO2-neutrally produced in a solar-powered factory. 5% of profits go to Orchid Project, an organization working to end female genital mutilation.

June Events & Education

Register at: marlenesmarketdeli.com/classes

STORIES OF US: CAMP SECOND CHANCE - A film and forum event for homelessness awareness



with **Melinda Raebyne, Director**
Saturday, June 5, Noon

In this powerful award-winning film, director Melinda Raebyne embeds herself in winter at one of Seattle's homeless camps,

Camp Second Chance, challenging public ignorance and humanizing a population that locals would rather neglect, sharing with you some of their personal stories and her actual experience of what it's like to be homeless. By putting faces to the statistics and a voice to their stories, she humanizes a population in ways that allow viewers to see themselves and better relate to a neglected and often "forgotten population."

Featuring:

Film: *Camp Second Chance*, 50 min

Discussion:

- Pierce County Housing Emergency: Gerrit Nyland, Coalition to End Homelessness
- Housing Policy: Beth Doglio, WA Low Income Housing Alliance
- Pierce County Councilmembers Derek Young, Ryan Mello and Jani Hitchen
- Response Groups: a chance to share your views in small groups

Learn more about Melinda Raebyne's films on Facebook or Youtube – visit marlenesmarket-deli.com/classes for links.

GUT HEALTH AND THE IMMUNE SYSTEM



with **Christina Stelling, ION* Educator**
Tuesday, June 8, 5 pm

Learn how our microbiome works in concert with our innate immune system to support health. Dive into what every day toxins and chemicals work against our

good bacteria and cause gut inflammation as well as some strategies to build a robust and diverse microbiome for lasting health against pathogens.

BREATH, BODY AND BALANCE



with **Hansie Wong, MD, Health Coach**
Thursday, June 10, 5 pm

Learn to use your breath in a simple practice to connect with your body and balance your mind and energy. You

will leave this workshop feeling both energized and relaxed! Please wear loose, comfortable clothing.

KIDS COOKING SERIES: RAINBOW BOWL SALADS



with **Abbie Cates, Owner of KnifeForkSpoon**
Saturday, June 12, Noon

Empower your children's natural kitchen ability. Join kids-in-the-kitchen champion, Abbie Cates

and her culinary protégé as they open a world of delicious possibilities for aspiring chefs. Watch their demonstration and make your own deliciously colorful and nutritious salads at home. Ideal for ages 7-15, the class is geared toward older kids. Younger kids may require more grown-up help!

FUN IN THE SUN



with **Brenna St. Pierre, Badger Education Coordinator**
Tuesday, June 15, 5 pm

Join us for an in-depth look at Badger Balm sunscreens! We'll discuss

reef-friendly certifications and our new products for Summer 2021. Explore all of Badger's options for safe, natural, and effective mineral sunscreens.

Reminder!

-July 11th is Super Senior Sunday
-Both stores will be closed for Independence Day

CHOOSING YOUR PROBIOTIC



with **Jennifer Rasp-Bickerton, DC, MS, for Solaray**
Thursday, June 17, 5 pm

How do you choose a probiotic that is right for you? Learn what probiotics do and how they can help

reach your health goals. Understand the difference between species, the importance of delivery form, when to take them, and what to eat to maintain your healthy microbiome.

YAKI UDON –Stir Fry Noodles Galore!



with **Julia Bang, Founder of EAst Kitchen**
\$15
Saturday, June 19, Noon

Yaki udon is a Japanese stir fry that's similar to the favorite yakisoba dish. With udon noodles, cabbage,

carrots, onions and choice protein, this savory soy seasoned dish is fast and easy. It's a versatile dish that is delicious both as a vegetarian option or with meat. We'll go through the traditional version and this easy, at home version that can be made at any time.

GENTLE CHAIR YOGA



with **Dee Escobedo, RYT 200, Bo Yoga Instructor**
\$12
Saturday, June 19, 3 pm

Learn how gentle movements can unite body and mind, encourage

concentration, and prepare you for meditation. Dee will guide students through warm ups with deep breathing and gentle stretches, move into a pose and hold for strengthening, sequence into balancing postures and end with a guided meditation. This class will utilize a chair to assist our bodies – especially with balance. In the event you need a slower-paced class and a more gentle version of yoga, please join in. No experience necessary. Please visit marlenesmarket-deli.com/classes for more details!

June Events & Education

Register at: marlenemarketdeli.com/classes

YOGA FOR HEALTHY AGING



with **Dee Escobedo, RYT200**
Yoga Alliance Registered Yoga Teacher
“Yoga for Healthy Aging” Teacher
\$12
Tuesday June 22, 2 pm

Yoga helps maintain a healthy skeleton (bone health), strengthens posture/core muscles, and improves balance. Yoga can also reduce joint pain, improve joint flexibility, and also strengthen the muscles around your joints. A regular yoga practice has been shown to improve circulation, lower blood pressure and reduce inflammation among other benefits. Join Dee to learn more!

THE POWER OF ALOE



with **Karen Masterson Koch, Aloe Life President**
Tuesday, June 22, 5 pm

Aloe Vera has been used by many cultures since ancient times for a wide variety of medicinal

purposes. Join Karen for an informative discussion about the topical and internal applications of Aloe Vera in modern times and what aloe can do for you!

BO YOGA



with **Dee Escobedo, RYT200**
Yoga Alliance Registered Yoga Teacher
Bo Yoga Licensed Instructor
\$12
Thursday, June 24, 2 pm

Bo Yoga blends the best benefits of yoga, qi gong and meditation using one unique prop - the Bo Yoga staff. Join Dee as we incorporate the use of the Balance Bar or Bo-Staff developed for Bo Yoga. Bo Yoga is an approach based on Qi Gong with energy work, Yoga with Asana/poses, and meditation. Bo Yoga provides

support and adaptability to accommodate a wide range of body types, conditions and challenges. With a continuous practice, you can build strength, flexibility and balance through the Bo Yoga approach. Please visit marlenemarket-deli.com/classes for more details!

HOW OUR THOUGHTS INFLUENCE OUR ABILITY TO HEAL



with **Jeff Thomas, ND at Northwest Wellness Center**
Thursday, June 24, 5 pm

Join Dr. Thomas as he delivers a fascinating presentation on the intricate web of

interactions between our thoughts, emotions, beliefs and resistance to illness. Dr. Thomas will demonstrate how chronic pain is associated with repressed anger and emotion, and how pain can sometimes serve as a distraction from what is really bothering us.

FOOD & MOOD



with **Deanna Minich, PhD, FACN, CNS, IFMCP – Nutritionist, Author, Researcher, and Educator.**
Saturday, June 26, Noon

Join Dr. Minich to learn about the interrelationship between food and mood. Learn about her food “color code”, and how to apply these findings to daily eating habits by adopting a healthy, colorful approach to eating, which can increase positive mood, along with other physical and mental health-related outcomes. www.deannaminich.com

BOWSPRING-INSPIRED YOGA



with **Dee Escobedo, RYT200**
Yoga Alliance Registered Yoga Teacher
\$12
Saturday, June 26, 3 pm

Based on the new Global Bowspring method, we

will explore poses and movements in new ways to respect the curves of the spine. This entirely new focus on the spine will move your body in new ways and encourages lightness and fluidity rather than rigidity in movement. The class will be a basic practice introducing some of the benefits and introducing basic movements of Global Bowspring. Please visit marlenemarket-deli.com/classes for more details!

Unlock the Wisdom of Herbs: Healthy Weight Support

by Himalaya

The "Sugar Destroyer"

Throughout history, the herb *Gymnema sylvestre* (whose ancient name *Gurmar* translates to "sugar destroyer") has been used by generations of people as part of a healthy diet to support blood sugar levels already within the normal range. *Gymnema* also reinforces the efforts of the pancreas to store sugar in the muscles for later use as energy. If you're dieting, or keeping an eye on your blood sugar levels, *Gymnema* might be a wise choice to add to your regimen to support pancreatic function and the way your body absorbs sugar.

Feel Full Faster

Another herb that helps dieters stay on track when healthy weight support is an objective is the well-researched herb *Garcinia cambogia*. *Garcinia* helps you feel satiated and full while you're dieting to help reduce your occasions of overeating. It includes a component called hydroxycitric acid (HCA), which supports normal carbohydrate metabolism and maintenance. *Garcinia* also helps support the conversion of stored fat into energy, and has been used to support healthy digestion and appetite levels for thousands of years.

Balancing Blood Sugar

Another of history's go-to plants for balancing blood sugar levels within normal range is Bitter Melon, or *Momordica charantia*. Bitter Melon has been enjoyed throughout history not only as an edible vegetable in curries and stir fry dishes, but also for glucose, metabolism and blood sugar support. It supports the normal health and lifespan of the hormone-producing beta cells in your pancreas. Bitter Melon supports your body's built-in response to sugar and how it's stored in your muscles and liver. Ancient physicians also used it to strengthen the digestive system when sweet foods were consumed.

A Clinically-Studied Combination

If blood sugar and diet support are among your goals, Himalaya Herbal Healthcare is pleased to offer herbs like Bitter Melon and *Gymnema*, along with the plant-based digestive support of *Triphala*, and other herbal wellness herbs like Holy Basil, Turmeric and *Shatavari* in a single formula called *GlucoCare*. Clinically studied to support blood sugar levels and to support pancreatic beta cells, *GlucoCare* is gluten free and vegan, with no wheat, corn, soy or dairy.

Ayurveda described blood sugar balance over 5,000 years ago, even associating it with digestion and the kidneys, mirroring

our modern understanding of glucose metabolism. This historical guidance was the basis for formulating *GlucoCare*. Whether you prefer a complete plant-based formula, or single organic herbs like Bitter Melon, *Garcinia* or *Gymnema*, take a look at how Himalaya can help you support your wellness. That's a sweet gift indeed!

Himalaya offers a full line of clinically-studied herbal formulations, certified USDA organic single herbs, and a full line of body care products. Integrating the principles of traditional medicine with modern science, Himalaya is a worldwide pioneer in the field of scientifically validated herbal healthcare.





We Have an Ice Cream for You!

by Heidi Burke, Perishable Department Head, Tacoma

Oh summer (sigh). For me personally, this means ice cream season. I realize most of us have a favorite when it comes to this frozen treat, but if you are up for a little adventure, come shop our selection! I had a taste test with some socially distanced co-workers, and we sampled some of the many choices in our ice cream freezer. Here's my take away:



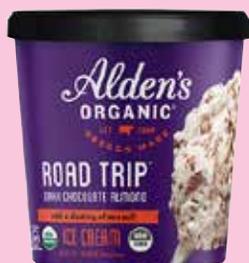
Newest to our stores is **Mammoth Creamery**. This husband-and-wife team started making a Keto approved, frozen custard sweetened with xylitol when husband, Tim was diagnosed with type 1 diabetes. We tried the vanilla, and it reminds us of the popular dessert called 'ice milk' that we could get a few years back. Ahem. Okay, maybe more than a few years back. And if you're wanting something extra to go with it, we have a stevia-sweetened Keto friendly chocolate syrup by **NuNaturals!**



I am sure many of you are probably familiar with **Coconut Bliss**; another Eugene based company. They are one of our coconut milk-based lines, and their desserts are sweetened with coconut syrup or coconut sugar, depending on the flavor. Their lineup of flavors and their new art deco packaging is equally awesome! Our best-selling frozen treat is the **Madagascar**

Vanilla Bean which we think is a great balance of the vanilla bean and coconut without being too much of either. We also tried the **Mint Chip Galactica**, and it is refreshing and decadently creamy. It reminded some of us of our favorite mint chip ice creams from childhood.

Another northwest-local creamery is **Alden's Ice Cream** out of Eugene, Oregon. They have been making organic ice cream since 2004 and have a fantastic line with pints, half gallons, bars, and sandwiches. And the flavors?! Moose Tracks with fudge and peanut butter, Road Trip vanilla ice cream with chocolate and sea salt covered almonds! My personal favorite is the Classic Fudge Bar, which takes me back to my ice cream truck-chasing days.



Love local? **Whidbey Island Ice Cream Company** is small batch creamery where they have been producing creative flavors like chocolate orange, triple berry and espresso since 2008. They're as popular today as they've ever been!



Do you want a little something extra for that bowl of ice cream? We have **Let's Do Organic sugar or cake cones** and gluten free sugar cones that are crisp and crunchy. To top it off right, we carry Seattle based **Hot Cakes vegan caramel or dark chocolate sauces** and **Let's Do Organic Sprinkelz**. And don't forget there are always delicious fresh bananas and berries in our produce department for an amazing banana split or sundae.



Now these are just a few of the companies we carry at both of our locations. There are even more options whether you prefer dairy, cashew milk, coconut milk, and even oat milk. We just couldn't sample them all, but you can trust that we're going to keep trying!



Treating Pediatric Sleep Apnea

by Dr. Carla Yamashiro

When people think of children's dentistry, they usually think of teeth, cavities, and a new toothbrush. Routine dental check-ups have become so mundane that it can be hard to know what we're checking-up for. Check-ups are usually preventive for things like cavities, cracked teeth, and other dental issues. And while these are all important things to look for, signs of pediatric sleep disordered breathing, like sleep apnea, are another thing we check for.

So what is sleep apnea, and how can you help your munchkin breathe easier at night?

Sleep Apnea and the Solution

According to the Mayo Clinic, sleep apnea is a breathing condition where breathing starts and stops multiple times during sleep. There are several types of sleep apnea, but the one that dentistry is concerned with is obstructive sleep apnea. With this type of sleep apnea, the tongue and throat muscles relax during sleep, leading to a narrowing of the airway.

The causes for pediatric sleep apnea are numerous. It is possible to inherit a narrow airway genetically, which can increase a child's likelihood for developing sleep apnea. Swollen tonsils or adenoids (tissues in the upper throat related to the lymphatic system) can also obstruct and narrow an airway. This obstruction to a child's already small airway can lead to breathing issues in sleep. Improper tongue placement can play a role as well, as it may lead to an underdeveloped jaw and teeth-crowding.

Symptoms of sleep disordered breathing and sleep apnea can include (but are not limited to): Snoring, bed-wetting, trouble in school, irritability, restless sleep, mouth breathing, getting a lot of cavities, and teeth grinding.



Join Dr. Yamashiro online!
Holistic Dentistry
Thursday, July 29 at 5 pm -
Details at
[marlenesmarket-deli.com/
classes](http://marlenesmarket-deli.com/classes)

So what can be done?

Children's Vivos oral appliances are worn during the night and a couple of hours during the day. They are designed to position the tongue properly, helping your child breathe and sleep well; all while guiding the growth of their jaw and airway to their genetic potential. Daytime use of the Vivos oral appliance helps to strengthen the musculature needed for proper development. Children's Vivos oral appliances may not only help with current issues, but also save your child's future dental issues as well.

Want to learn more about the Children's Vivos oral appliances? Join us for our free bi-monthly presentation: Grow, Breathe, Sleep, Thrive! Email us at GROW@ecologicdentistry.com for your invitation or by calling us at 253-863-7005. We are located at 8412 Myers Rd. E. Suite 301, Bonney Lake, WA 98391

Dr. Yamashiro is a biological dentist and naturopathic physician practicing holistic dentistry at Ecologic Dentistry. To request an appointment or make an inquiry, please call 253.863.7005 or visit us at ecologicdentistry.com.

Three Natural Ingredients for Teeth

by Sarah Adams



Taking charge of our own oral health has been an action step for many in recent months. Thankfully we have the help of natural ingredients from our earth. While there are a variety of choices, the following ingredients have a special place in an oral care routine.

Calcium & Salt

Calcium is the most abundant mineral found in tooth enamel. This ingredient massively benefits teeth because it can actually be taken up into enamel in a process known as remineralization. This works because calcium has an alkalizing pH, which is the opposite of an acidic pH. Acids erode enamel, whereas an alkalizing environment strengthens enamel.

Salt is a workhorse when paired with calcium! This ingredient makes us salivate, providing a mode of liquid transportation for calcium to bathe our teeth and do its work. Additionally, salt is known for its natural soothing and purifying properties.

The Smithsonian museum documents a rich history of tooth brushing products made with calcium and sometimes plant oils from the past couple of centuries.

Bentonite Clay

This ingredient is a well-known multi-purpose remedy that's been used for thousands of years, formed from aged volcanic ash. As a tooth brushing ingredient, it has a powerful scrubbing ability. At the same time, it

encourages tooth enamel remineralization by providing a rich and naturally occurring earth-derived spectrum of minerals. Bentonite clay has a high pH that alkalizes the mouth.

Bentonite clay has a negative charge, which helps it to adsorb, or "grab on," to positively charged particles, such as debris and toxins in the mouth. This means that if bentonite clay is an ingredient in your tooth brushing product, then debris and toxins are carried out with the clay when you spit!

Soap

Many people don't realize that there is a difference between commonly used synthetic detergent soaps, and a true natural soap. Evidence shows that natural soaps have been made and used since at least 2800 BC in ancient Babylon. Soap is made from a mixture of water, oil, and an alkaline substance such as ashes from the burning of plant matter.

Similar to bentonite clay, natural soaps grab on to debris and toxin particles and carries them out when the soap is rinsed off or spit out. It is also high in pH and alkalizing. Soap is unique as a brushing ingredient because it is completely smooth in texture. This is ideal for anyone who would like a completely non-abrasive cleansing brushing experience. One important characteristic to note however is that soap based brushing products may have a strong soapy taste!

Which ingredient is best?

These ingredients are equally helpful and interchangeable in a tooth brushing product. Calcium, salt, bentonite clay, and soap alkalize and neutralize enamel damaging acids. They all promote remineralization because an alkaline environment is ideal and necessary for the tooth enamel to take up minerals and improve hardness. Finally, all of these ingredients are purifying, through their unique cleaning abilities.

Ingredients in Three Fine Brushing Products from Uncle Harry's:

Calcium & Salt: Tooth Powder (very high percentage calcium) and Toothpastes

Bentonite Clay: Toothpastes (high percentage bentonite clay)

Soap: Tooth Suds (a soap based product with added minerals)



Sarah Adams is the Customer Care Supervisor at Uncle Harry's Natural Products. She is passionate about preventative health from a holistic standpoint that supports the mind, body, spirit, and earth.



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



All of our Daily Tooth Cleansers promote remineralization of tooth enamel alike, so deciding which one is best for you is a matter of preference.

You can also rest assured that all products are completely free of fluoride, carrageenan, triclosan, artificial sweeteners, and SLS.

Toothpaste – Remineralizing: Bentonite clay naturally contains many trace minerals and also pulls toxins from the mouth. Aiding oral care needs with colloidal silver water and a bouquet of essential oils. Alkalizes the mouth with sea salt, bentonite clay, and calcium carbonate.

Tooth Powder - Enamel polishing: Alkalizes the mouth with sea salt and calcium carbonate. The dry powder helps buff and polish enamel and remove stains. First Uncle Harry's product and base formula for Toothpaste.

Tooth Suds - Non-abrasive, foaming: Pure Castile soap is a soft, creamy mouth cleanser. Foam is reminiscent of conventional toothpaste without foaming agents. Equipped with ionic minerals for basic remineralization. Please note Tooth Suds are literally made with soap - it can take some time to get adjusted to the taste.



UNCLE HARRY'S Alkalizing Oral Care

Assorted sizes and varieties

20% off

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



**ALL GOOD
All Natural
Sun Care**

Assorted sizes
and varieties

20% off

Select items only. In-store prices reflect discount. No additional discount at register.



**DR. BRONNER'S
Shave or Sugar
Pump Soap**

Assorted sizes
and varieties

30% off

Select items only. In-store prices reflect discount. No additional discount at register.



**NATURULZ
Pain Cream**

Assorted sizes
and varieties

15% off

Select items only. In-store prices reflect discount. No additional discount at register.



**LIFE FLO
Magnesium
Body Care**

Assorted sizes
and varieties

30% off

Select items only. In-store prices reflect discount. No additional discount at register.

**REDWOOD HILL
FARM
Goat
Milk Kefir**

Assorted sizes
and varieties

25% off



**REDWOOD HILL
FARM
Goat Milk
Yogurt**

Assorted varieties
6 oz
Reg \$2.59

\$1.89

Select items only. In-store prices reflect discount. No additional discount at register.



**LIBERTÉ
Organic
Yogurt**

Assorted varieties
5.5 oz
Reg \$2.25

**2 \$3
for**



**ALDEN'S
Organic
Dairy Free
Ice Cream**

14 oz
Reg \$6.65

\$4.79



**SUJA
Organic Elevated
Nutrients Juice**

12 oz
Reg \$5.79

**2 \$8
for**



**QUE PASA
Organic Tortilla
Chips**

Assorted sizes
Reg. \$4.29

\$2.99



**LARABAR
Nutritional
& Energy Bars**

Assorted sizes
and varieties
Reg. \$1.99

10 for \$10



**LUNDBERG
Organic Rice,
Snacks, Sides
& Rice Syrup
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Assorted sizes
and varieties

20% off

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

Non-GMO Project Certified!



**NUTIVA
Organic
Plant Based
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Assorted sizes
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25% off

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**WORLD CENTRIC
Compostable
Dinnerware**

Assorted sizes
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30% off

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



**RAVEN'S BREW
Organic Coffee
Pre-packaged
& Bulk**

Assorted sizes
and varieties

20% off

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



**ENZYMEDICA
Enzyme
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and varieties

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**PRIMAL KITCHEN
Collagen
Supplements**

Assorted sizes
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ION*GUT HEALTH
**Mineral
Supplements**
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SOURCE NATURALS
**SourcePure™ CBD
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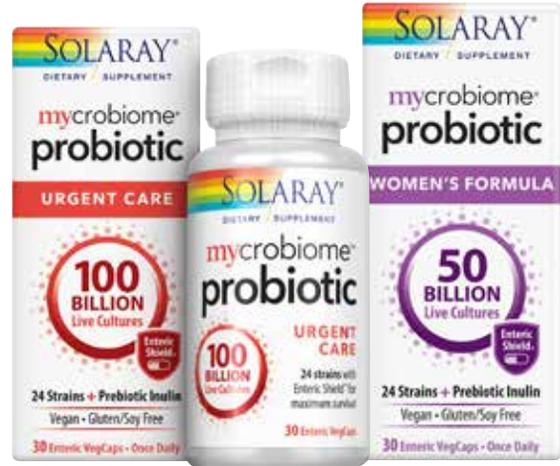
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†Scientific scrutiny revealed that Theracurmin was more bioavailable on a milligram-to-milligram basis than other leading enhanced and regular forms of curcumin. As measured by SPINS 2014 data.

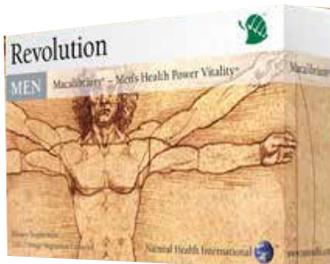
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SOLARAY
**Mycrobio™
Probiotics**
Assorted sizes
and varieties

**30%
off**

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SYMPHONY
NATURAL HEALTH
**Revolution
Macalibrium**
120 cap
Reg. \$37.99

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grass fed
COLLAGEN
**50%
OFF**



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GENUINE HEALTH
Advanced Gut Health Probiotic
Assorted sizes and varieties

25% off

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DR. MERCOLA
Liposomal Supplements
Assorted sizes and varieties

25% off

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



BIORON
Arnicare Cream or Gel

Assorted varieties
2.5 oz
Reg. \$14.89

\$9.99

Certified Sustainably Grown Bouquets

Share something beautiful from Marlene's!

Selection varies. Check stores for availability.



How to Eat Real Food on a Budget

by Primal Kitchen

What is considered real food?

Generally speaking, real food refers to food without artificial ingredients or chemical additives. Sometimes referred to as “whole foods”, these products and foods are simply made with minimally added ingredients. This might refer to Whole30, Primal, or paleo ways of eating, or just incorporating high-quality, real ingredients into meals.

Buy in Bulk – Buy your most-used items in bulk to stay stocked inexpensively. Go for items you can freeze, dehydrate, can, or pickle, or that don't have a quick expiration date.

For Fruits and Veggies, Cut and Freeze – Frozen will keep in the freezer until you're ready to use. Beware the pre-cut produce! Save your pennies by taking the time to chop and cut at home when buying fresh.

Skip Meat Once a Week (or More) – Meatless Monday can put money back in your pocket. Forgoing filets or skipping steak once or more a week is an easy way to save money. Try subbing in a Roasted Veggie Bowl or veggie pizza for a meatless meal.

Go Ground – Buy ground meat instead of prime cuts for a simple swap for folks who eat meat with most meals.

Recreate the Rotisserie or Be Your Own Deli – Save on cold cuts by buying the whole bird. Cook, slice, dice, and enjoy all from home.

Use Your Leftovers – Don't throw away or compost your veggie scraps and animal bones... until you've made your own broth! Save them in an airtight container or freezer bag until you have enough to make a batch of bone broth, then toss those scraps.



MARLENE'S SOUND OUTLOOK



Know Thy Shelf – Keep a log of your most-used items and be mindful of space while buying to reduce spoiling or food waste. Consider the visibility on your shelves and within your fridge: if items are pushed to the back or hard to see, you may end up buying more than you need or not eating what you're buying before it goes bad.

Make a Game Plan – Grocery stores can feel more like casinos: loud music, bright lights, and a plethora of tempting, splurge-worthy items placed in opportune areas. If you're shopping in person, go prepared with a list and stick to it. Steer clear of pre-packed produce, individually packaged snacks or trail mixes, and bottled juices and drinks. These items seem cost-effective in the store but are less enticing when you see them on your receipt.

Rethink Convenience Foods – Some items, like mayo, are worth the extra couple of bucks to buy a ready-made version made with high-quality ingredients. In some cases, you swap convenience for time; if you have the time to make your own mayo each week, go for it. If you don't, spend a little more to get a product you'll use and enjoy often and cut costs in other areas.

Meal Prep – Meal prep and pre-planning slims down your shopping list and can reduce food waste and over-buying. Who doesn't need extra time and money each week?

PRIMAL KITCHEN® is a company on a mission to create uncompromisingly delicious condiments, sauces, cooking oils, collagen protein and pantry staples that contain no dairy, gluten, grain, refined or added sugar or soy.

Ways to restore our earth

by EarthDay.org

Plant a tree or donate a tree through our Canopy Project.

Join a local park, river or beach clean-up.

Download the Earth Challenge 2020 app and collect environmental data near you!

Use environmentally-friendly, non-toxic cleaning products.

Replace inefficient incandescent light bulbs with efficient CFLs or LEDs. Reduce your carbon footprint by 450 pounds a year!

Carpool, ride your bike, use public transportation or drive an electric or hybrid car. Reduce your carbon footprint by one pound for every mile you do not drive!

Keep your tires properly inflated and get better gas mileage. Reduce your carbon footprint 20 pounds for each gallon of gas saved!

Change your car's air filter regularly.

Teleconference instead of traveling. If you fly five times per year, those trips are likely to account for 75% of your personal carbon footprint.

Stop using disposable plastics, especially single-use plastics like bottles, bags and straws.

Recycle paper, plastic and glass. Reduce your garbage by 10% and your carbon footprint by 1,200 pounds a year!

Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used items.

Use cloth towels instead of paper ones.

Change your paper bills to online billing. You'll be saving trees and the fuel it takes to deliver your bills by truck.

Read documents online instead of printing them.

When you need to use paper, make sure it's 100% post-consumer recycled paper.

Set your office printer to print two-sided.

Collect used printer, fax, and copier cartridges to recycle.

Convince your school district or office building to choose reusable utensils, trays, and dishes in the cafeteria.

Use reusable bottles for water, and reusable mugs for coffee.

Bring reusable bags when you shop.

Pack your lunch in a reusable bag.

Organize to have healthy, locally-sourced food served at in your school district.

Buy local food to reduce the distance from farm to fork.

Buy organic food to keep your body and the environment free of toxic pesticides. Support farmers and companies who use organic ingredients.

Grow your own organic garden, or join a community garden.

Reduce your meat consumption to curb carbon emissions from the livestock industry.

Compost kitchen scraps for use in your garden — turning waste into fertilizer.

Take a shorter shower and use a water-saving shower head.

Fix leaky faucets and shower heads.

Run your dishwasher only when it's full to save water and energy.

Conserve water outdoors by only watering your lawn in the early morning or late at night. Use drought-resistant plants in dry areas.

Use cold water to wash your clothes and line dry.

Form a "green team" at your office to find cost-effective ways to conserve resources and promote sustainability.

Volunteer for a local environmental group and/or make a donation.

Pull out invasive plants in your yard or garden and replace them with native ones.

Turn off and unplug electronics you're not using. This includes turning off your computer at night.

Turn off lights when you leave a room.

Install solar panels on your roof.

Take the stairs instead of the elevator to save energy.

Move your heater thermostat down two degrees in winter and up two degrees in the summer to reduce your carbon footprint by 2,000 pounds!

Lower the temperature on your water heater.

Contact your utility company and find out about renewable energy options.

Use energy-efficient appliances and electronics.

Recycle batteries from small appliances and your electronics. Use rechargeable batteries instead.

Calculate your carbon footprint.

Make your next meal plant-based.

June

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	Stories of Us: Camp Second Chance (Film Forum) with Melinda Raebyne, Director Noon, Online
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 6	7	Gut Health and the Immune System with Christina Stelling, ION*Health 5 pm, Online 8	9	Breath, Body and Balance with Hansie Wong, MD, Health Coach 5 pm, Online 10	11	Kids Cooking Series: Rainbow Bowl Salads with Abbie Cates, Owner of KnifeForkSpoon Noon, Online 12
13	Uniform Monday! 10% off to all firefighters, police, and military! 14	Fun in the Sun with Brenna St. Pierre, Badger Education Coordinator 5 pm, Online 15	16	Choosing Your Probiotic with Dr. Jennifer Rasp-Bickerton of Solaray 5 pm, Online 17	18	Yaki Udon: Stir Fry Noodles Galore! with Julia Bang \$15 Noon, Online Gentle Chair Yoga with Dee Escobedo, Bo Yoga Instructor \$12 3 pm, Online 19
Father's Day 20	21	Healthy Aging with Yoga with Dee Escobedo, Bo Yoga Instructor \$12 2 pm, Online The Power of Aloe with Karen Masterson Koch, Aloe Life President 5 pm, Online 22	23	Bo Yoga with Dee Escobedo, Bo Yoga Instructor \$12 2 pm, Online How Our Thoughts Influence Our Ability to Heal with Jeff Thomas, ND at Northwest Wellness Center 5 pm, Online 24	25	Food & Mood with Deanna Minich, PhD, FACN, CNS, IFMCP Noon, Online Bowspring Yoga with Dee Escobedo, Bo Yoga Instructor \$12 3 pm, Online 26
27	28	29	30	IN JULY -Both stores closed July 4th -Super Senior Sunday will be held on Sunday the 11th.		



Bodywork Schedule

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots
 with Voda Health
 Tuesday, 10 am - 2 pm
 Iridology & Sclerology
 with Nancy Seals
 4th Sunday, 11 am - 4 pm

FEDERAL WAY

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

Due to current mandates, bodywork practitioners may not be available at this time. 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

Juice, smoothie and espresso service
available until 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

Deli counter service available
until 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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made from 100% sustainable fiber with
vegetable based inks. Please recycle this
newsletter by giving it to a friend!

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JUNE 2021

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To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!



Introducing Marlene's Hemp CBD

Organic from the start

Our full spectrum hemp CBD is made with organically grown hemp that is flash frozen at peak potency.

Superior processing and results

Cutting edge low temperature extraction preserves a full cannabinoid and terpene profile with zero residuals.

Trusted purity

Third party testing ensures your CBD is free of toxins, pesticides, heavy metals, microbial contaminants and THC.

organic | full spectrum | tested

