A top-down view of a variety of grilled vegetables on a dark surface. The vegetables include sliced mushrooms, corn cobs, zucchini slices, and red bell peppers, all showing char marks from grilling. Fresh green herbs are scattered throughout.

Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

June 2024

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Microbiome & mood • Drought gardens

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

A Letter From Us

"And so, with the sunshine and the great bursts of leaves growing on the trees, I had that familiar conviction that life was beginning over again with the summer."

- F. Scott Fitzgerald

At Marlene's, we're feeling energized and excited for sunshine and celebrations. June is full of themes and events! It's Pride Month, the Juneteenth holiday falls on a Wednesday this year, World Oceans Day is the 8th, and the summer solstice is on the 20th.

School's out, graduation bells have rung, and the air is buzzing with the joy of all the kids (and teachers) on summer break. Whether you're packing lunches for adventures, or planning festive gatherings, we've got everything you need to fuel those happy summer moments.

Speaking of gatherings, June also brings Father's Day! We'll be highlighting delicious marinades for grilling and plant-based options for all your celebrations. As June is also Men's Health Month, we'll be featuring excellent sales on many supplements that support men's overall well-being.

Don't forget, June is a prime time to get your garden flourishing and to prepare for the hotter months ahead. Have a look at Master Gardener Patricia Peterson's tips on converting some (or all) of your yard and garden space to a drought-tolerant garden on page 5.

We're here to help you make the most of this vibrant season, so come see us soon!

Lisa

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Great Grilling Marinades

Time to get your sizzle on!



Smoky goodness wafting around the neighborhood is one of the telltale signs that summer is in full swing. A good marinade is worth its weight in gold and complements the best cuts of meat or juicy, organic produce. Here are some suggestions for your next barbecue that are easy, versatile and simply bursting with flavor!

Asian Marinade

for beef, chicken, pork, tofu steaks or portobello caps

1 cup	tamari soy sauce
½ cup	vegetable broth
1 Tbl	toasted sesame oil
1 tsp	fresh orange zest
4	garlic cloves, minced
1 tsp	allspice, ground
1 tsp	cinnamon, ground
1 tsp	black pepper, ground

Whisk all ingredients together until thoroughly combined. Marinate meat, tofu or portobellos for 2 hours (or up to 12 hours), flipping over after about 1 hour. Cook on generously oiled grill.

Curry Spiced Yogurt Marinade

for chicken tenders or tofu steaks

1 ½ cups	yogurt, full fat or low fat
2 Tbl	olive oil
4	garlic cloves, minced
3 tsp	ginger, fresh grated
2 tsp	cumin, ground
1 tsp	turmeric, ground
1½ tsp	coriander, ground
1 ½ tsp	garam masala
½ tsp	cayenne powder
½ tsp	sea salt

Mediterranean Marinade

for chicken, pork, fish, tofu steaks or portobello caps

½ cup	balsamic vinegar
½ cup	vegetable broth
¼ cup	olive oil
4	garlic cloves, minced
1 tsp	fresh lemon zest
1 Tbl	Italian seasoning
1 Tbl	fresh basil, minced
2 tsp	oregano, dried
1 tsp	fresh rosemary, minced
½ tsp	sea salt

Whisk all ingredients together until thoroughly combined. Marinate pork, fish, tofu or portobellos for 2 hours (or up to 12 hours), flipping over after about 1 hour. Cook on generously oiled grill.



Whisk all ingredients together until thoroughly combined. Coat chicken tenders generously and chill for 1 hour or up to 4 hours (the yogurt will actually tenderize the meat too much if left beyond 4 hours). For tofu steaks, coat with yogurt mixture and chill 30 minutes. Cook on generously oiled grill.

"When I figured out how to work my grill, it was quite a moment. I discovered that summer is a completely different experience when you know how to grill."

- Taylor Swift

Maca:

A Magical Root

with Real-Life Benefits For Men*



More than 13,000 feet high, in the heavens of Peru, the Andes mountains soar. It's there, among the rocky terrain, blistering winds, and extreme temperatures that a small, but hearty and powerful root vegetable grows-- Maca Root, the world's highest-altitude crop. Also known as Peruvian ginseng or *Lepidium meyenii*, Maca is a member of the cruciferous family of vegetables like broccoli, cauliflower, and radishes. This Peruvian superfood is rich in life-giving nutrients, including essential fatty acids, fiber, amino acids, iron, calcium, and vitamin C.

Rooted in royalty

When Maca was originally discovered by the ancient Incans more than 2,000 years ago, it was considered more precious than gold and its use was reserved for royalty. This rare root became more widely cultivated and has since been enjoyed by the indigenous people of the Americas for its promise of more energy, vitality, drive and many more health benefits.*

A natural substance for stress

In scientific terms, Maca is an adaptogen, a natural substance that can help the body better adapt to stress. When it comes to men's health, research suggests that this powerful botanical can help balance hormones, aid healthy libido and boost mood and concentration levels. It also supports endurance and energy, helping you perform better in your day-to-day life. At its core, Maca is:*

- A botanical that's clinically studied¹
- Safe and effective at all stages of life*

•An important nutrient that can be taken daily to reduce stress.*

There are a growing number of men seeking the benefits of this Peruvian power root. So, what should you look for in a quality Maca supplement? For starters, make sure it's made from 100% Peruvian grown, organic and sustainably sourced ingredients in a gelatinized form. Gelatinization uses extreme pressure to remove all the starch content, which makes the resulting black maca the most effective by making it easier to digest so its nutrients are more bioavailable.*

Youtheory® Men's Maca

Supplements innovator Youtheory® has harnessed the power of organic Maca with Youtheory® Men's Maca. This potent formula is made with 100% Peruvian grown, organic and sustainably sourced Maca that's gelatinized for digestion and bioavailability. By removing starch our Maca provides more nutrients, gram for gram, than other maca packs. Our formula offers a powerful 1,000 mg of organic Maca root powder per serving.*

Inspired by nature, backed by science

Youtheory® sources the ingredients for its full line of health and wellness supplements by traveling the world to obtain the highest quality raw materials where they are cultivated best. From farm-to-bottle, the Youtheory® team is committed to best-in-

class manufacturing and science-backed, clinically supported, purity, potency and traceability of every product. In addition to an in-house quality control department, Youtheory® uses independent, certified laboratories to test its raw materials and finished products.

Learn more about Youtheory Men's Maca and our full line of supplements for health and well-being by visiting our friendly staff at Marlene's!

1. J. Agric. Food Chem. 2021, 69, 40, 11856–11866, Publication Date: September 30, 2021 <https://doi.org/10.1021/acs.jafc.1c03485>

*The statements in this blog article have not been evaluated by the Food and Drug Administration. Any product mentioned is not intended to diagnose, treat, cure or prevent any disease.



DROUGHT TOLERANT GARDENING

by Patricia Peterson, Master Gardener

Many folks wonder why we need to think about drought tolerant gardening in the “rainy” northwest. Interestingly, 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) and while the snowpack 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 many 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, including some that adjust for plant and soil types as well as exposure, are more affordable and manage watering for

effectiveness and efficiency while automating your watering. Watering deeply and less often is better for your plants, keeping them healthier and using 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 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,

reducing your watering chores and keeping your plants happy.

In the Northwest, we are fortunate that we have outstanding lovely natives that do well with rainy winters and dry summers since this is their native climate. There are so many 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 high maintenance lawn does not need to be quite so large!

Please visit these resources for more information:

<http://nativeplantspnw.com/>

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



HOW PROBIOTICS AND THE MICROBIOME INFLUENCE MENTAL WELLBEING



The human body is a complex ecosystem teeming with trillions of microbes. These microscopic residents, primarily bacteria, but also including viruses and fungi, make up the gut microbiome, a crucial player in both physical and mental health. Recent research explores the fascinating world of the gut-brain axis, revealing a two-way communication highway between the microbiome and the brain that can significantly impact our mental well-being.

The Microbiome and Its Influence

The gut microbiome is a diverse community, with hundreds of different bacterial strains working in harmony. These microbes perform essential functions, aiding digestion, nutrient absorption, and immune system regulation. A balanced microbiome promotes overall health, while an imbalance, known as dysbiosis, has been linked to various health issues, including mental health disorders like depression and anxiety^[1].

The Gut-Brain Axis in Action

The gut and the brain are in constant conversation, with a complex network of nerves, hormones, and immune messengers acting as communication channels. This bidirectional communication is known as the gut-brain axis. Here's how it works:

- **Microbial metabolites:** Gut bacteria produce short-chain fatty acids (SCFAs) as they break down dietary fiber. These SCFAs influence brain function by regulating neurotransmitters like serotonin, which plays a key role in mood regulation^[2].

- **The Vagus Nerve:** This nerve acts as a direct line between the gut and the brain. It carries signals from the gut microbiome, influencing stress response, mood, and emotional regulation^[3].
- **Inflammation:** An imbalanced microbiome can trigger low-grade inflammation, which can damage brain cells and contribute to symptoms of depression and anxiety^[4].

Probiotics and Mental Health



Probiotics are live bacteria that offer health benefits when consumed. They work by replenishing beneficial bacteria in the gut, potentially restoring balance to the microbiome. Research suggests that probiotics may play the following roles in improving mental health:

- **Mood regulation:** Studies have shown that probiotic supplementation can improve symptoms of depression and anxiety in some individuals^[5]. A 2022 study even found a reduction in depressive symptoms along with changes in gut bacteria composition in patients taking probiotics^[6].
- **Stress reduction:** Certain probiotic strains may help manage stress by influencing the production of stress hormones and promoting emotional resilience^[7].
- **Sleep improvement:** A healthy gut microbiome is associated with better sleep quality. Probiotics may improve sleep by regulating the production of melatonin, a sleep-inducing hormone^[8].

It's Important to Note

While research is promising, the field of psychobiotics (which explores the link between the gut microbiome and mental health) is still evolving.

- **Specific strains:** Different probiotic strains have different effects. Identifying the most effective strains for specific mental health conditions is ongoing and requires further research^[9].
- **Individual variability:** People respond differently to probiotics. What works for one person might not be as effective for another.
- **A partner, not a replacement, for traditional treatment:** Probiotics should be considered a complementary approach alongside established mental health treatments like therapy and medication^[10].



Optimizing Your Gut Health for Mental Well-being

Here are some strategies to promote a healthy gut microbiome and potentially improve mental health:

- **Diet:** Prioritize a fiber-rich diet with plenty of fruits, vegetables, and whole grains. Fiber feeds good gut bacteria. Even established colonies of positive bacteria need a constant supply of proper fuel to thrive.
- **Probiotic foods:** Incorporate fermented foods like yogurt, kefir, kimchi, and sauerkraut into your diet. These are natural sources of live bacteria growing in a medium of foods that will give them the best start in your digestive tract.
- **Prebiotics:** Prebiotics are non-digestible fibers that act as food for beneficial gut bacteria.

Consider prebiotic supplements or foods like onions, garlic, and chicory root.

- **Manage stress:** Chronic stress can disrupt the gut microbiome. Practice stress-reduction techniques like yoga, meditation, and deep breathing. When you manage stress well, your mind and body reap the benefits.

- **Sleep hygiene:** Getting enough quality sleep is crucial for overall health, including gut health. Aim for 7-8 hours of sleep per night.

The gut microbiome plays a significant role in not just physical health but also mental well-being. While research on probiotics and mental health is ongoing, the potential for these live bacteria to improve mood, reduce stress, and promote emotional health is promising.

By fostering a healthy gut environment through diet, lifestyle changes, and potentially probiotics, we can take a proactive approach to supporting both our physical and mental well-being.

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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.

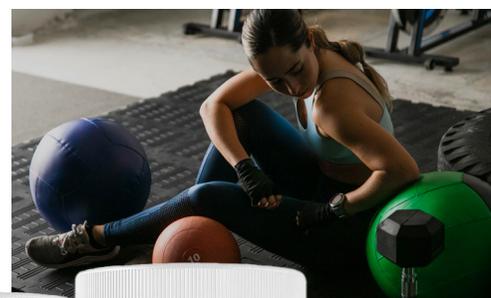
2 It's good for your skin. Your face is made of collagen. Your underarms are made of collagen. All the problematic swathes of skin liable to descend into wrinkly parchment are made of collagen. Collagen provides body and bounce. Increasing collagen consumption to maintain skin appearance may provide 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.





Diet & Supplements for Men's Health

by Neil Levin, CCN, DANLA, NOW Solutions Senior Nutrition Education Manager

Join us online!
NUTRIENTS FOR BRAIN & MEMORY HEALTH
with Neil Levin, CCN, DANLA
for NOW Foods
Thursday, June 20 at 5 pm

According to numerous diet and nutrition experts, men face several potential nutrient deficits. Abbott Nutrition lists “Five Nutrition Tips Every Man Needs.” First, they suggest that dietary protein is the most important factor in preventing and reversing the excessive loss of lean muscle mass as we age. Second, they suggest getting more vitamins C and E to help control oxidative stress and reduce wear-and-tear on coronary arteries. Third, they recommend enjoying healthy seafood because the American Heart Association recommends eating two to four fish-based meals per week, especially fish with deep-colored flesh, including salmon. Abbott’s fourth recommendation is to ease up on refined carbohydrates to help manage weight and cognitive health, relying more on whole grains as well as whole fruits and vegetables. Their fifth recommendation is to check vitamin D levels to aid in both muscle and bone health as we age.

There are a number of herbs and other botanicals that are typically used for men’s health. One of them is the herb Tribulus (*Tribulus terrestris*), which is reported to have effects on the sex drive, as well as the normal production of red blood cells that contributes to support of healthy blood circulation and oxygen transport. The botanical maca (*Lepidium meyenii*) has also been traditionally used for male fertility and libido.

Several forms of ginseng are typically used by men, as well. Asian Panax Ginseng is commonly used by elderly people in Eastern Asia to support mental and physical vitality. Its active ginsenoside components are thought to fight fatigue and stress by supporting the adrenal gland and the use of oxygen by muscles during activity.

Saw palmetto berries (*Serenoa repens*) contain a lipid that, when extracted, has been shown in numerous controlled clinical studies to provide safe and effective support of the prostate gland. Saw palmetto extracts have been approved in Europe for this use. The red pigment lycopene, typically found in tomatoes and other naturally

red foods, has also been shown to support prostate health. And plant sterols, known as phytosterols, are a source of beta-sitosterol that has also been used clinically in support of a healthy prostate gland.

Long Jack, also known as Tongkat Ali, is another commonly used botanical for men. It has been shown to support testosterone levels already within the normal range in healthy adult males. Other herbs that are typically found in men’s formulas due to their historic use as tonics for male energy and physical capabilities include horny goat weed and muira puama.

The combination of zinc, magnesium, and vitamin B-6 together help maximize absorption and promote recovery from exercise. Zinc is central in regulating cellular growth and tissue repair, plus the maintenance of a healthy immune system. Magnesium is essential for hundreds of biochemical reactions in the body, including maintenance of electrolyte balance, energy production, and normal neuromuscular function. In a double-blind, randomized study, researchers found that male athletes supplementing with these three nutrients during an 8-week period of intense training had increased levels of muscle-building hormones and increased leg strength, possibly due to maintaining levels of free and total testosterone within a healthy range, whereas men receiving placebo had decreased levels of testosterone.

Neil E. Levin, CCN, DANLA, is the Senior Nutrition Education Manager and a product formulator for NOW®. A former natural products retailer (31 years), Neil is a board-certified clinical nutritionist (1992 - present), a longtime Director and past President of the American Nutrition Association, and a Director of both the Mid-American Health Organization (MAHO) and the IAACN’s Clinical Nutrition Certification Board. He also serves on the Communications Committee of the American Herbal Products Association and was a Technical Advisor to The Non-GMO Project.

The Bite-Sized Goodness of SUMMER BERRIES

Summer is a prime time to indulge in a delicious and nutritious treat - berries! These vibrant fruits aren't just a burst of flavor, they're packed with health benefits that you can feel good about all season long.

One of the biggest advantages of summer berries is their abundance of antioxidants. These powerful compounds fight free radicals in your body, which can damage cells and contribute to chronic diseases. Berries boast a variety of antioxidants, including anthocyanins, known for giving them their rich colors.

Beyond antioxidants, summer berries are a treasure trove of essential vitamins and minerals. They're particularly rich in vitamin C, a key player in immune function, with strawberries leading the pack, providing over 150% of your daily recommended intake in just one cup! Berries are also a good source of fiber. And while they may taste sweet, their glycemic index is low enough that many diabetics can enjoy them in moderation and reap their nutritional benefits.

The beauty of berries is their versatility. Enjoy them fresh for a refreshing snack, blend them into a smoothie, or throw them into a salad for a burst of sweetness. They can even be baked into muffins, cobblers, crumbles, or pies for a delightful summer dessert. Or try pressing frozen berries into the tops of scones before baking (pictured below).

So next time you're at Marlene's, don't miss out on these seasonal gifts in our produce department! With their delightful taste and impressive health benefits, summer berries are a delicious way to invest in your well-being, celebrate the season, and savor the taste of summer.



Simple Berry Parfait

- 2 cups fresh berries
- 1½ cups granola, crushed cookies, or crushed graham crackers
- 1 cup vanilla yogurt
- 1 cup **So Delicious Cocowhip™**

In 4 glasses or mason jars (8-12 ounce capacity) place a layer of granola ½-1 inch thick.

Add a layer of berries in each glass on top of the granola and then a layer of yogurt. Add a layer of **Cocowhip™** over the yogurt. Top the **Cocowhip™** with another layer of berries. Repeat the layers and top finished parfaits with a dollop of **Cocowhip™** and a sprinkling of granola.

Serve immediately and enjoy!



June Events & Education

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

SUPER SENIOR SUNDAY

Sunday, June 2

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

MEN'S HEALTH AND VITALITY



with Cheryl Myers, RN, BA Chief of Scientific Affairs and Education

Tuesday, June 4 at 5 pm ONLINE

One cannot overemphasize the importance of hormonal balance to men's health and vitality. There are many scientifically validated natural options that can provide huge benefits for men's healthy energy, muscle function, sexual health, and more! Join health expert Cheryl Myers for a lively discussion of ways to achieve your own health goals.

KNOW YOUR STRESS TYPE AND HOW TO FIND BALANCE



with Dan Chapman, CEO & Founder of Redd Remedies

Thursday, June 6 at 5 pm ONLINE

Join Redd Remedies as he illustrates specific stress types and the diverse ways each of us experience health challenges. Discover your type and uncover valuable insights that can help you to counter stress. Learn practical solutions about how best to equip yourself so you can break through those barriers to feeling better!

UNIFORM MONDAY

Monday, June 10

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

REFLEXOLOGY FOR BRAIN HEALTH



with Linda Frank, RF, LMT, NBCR, NCREd

Tuesday, June 11 at 5 pm ONLINE

Explore reflexology's potential for improving brain health. Learn which reflex points correspond to various aspects of the brain and nervous system. From ADHD to depression to dementia, there are reflex techniques and points we can use to help promote balance and harmony within the brain, gut-brain and nervous system.

MARLENE'S SOUND OUTLOOK

BRAIN, COGNITION AND OVERALL HEALTH FOR MEN



with Glen Depke, Educator for Dr. Mercola

Thursday, June 13 at 5 pm ONLINE

Learn how to support brain and cognitive health and support the overall health for men as well.

Gain a deeper understanding of the lifestyle and supplement support needed to move toward your overall goals on these levels. Combining these lifestyle and supplement recommendations is the blueprint for success!

THE RESILIENT BRAIN: BUILDING MENTAL FITNESS AT ANY AGE



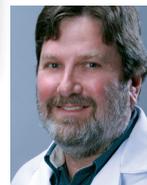
with Michelle Sandwisch, ARNP, FNP-C, owner and founder of Origin Medicine Practice

Tuesday, June 18 at 5 pm TACOMA and ONLINE



Take charge of your brain's future! Unlock the power to strengthen mental resilience through life-changing strategies. Build your cognitive defenses, boost your brain's flexibility, fuel your mind with the right foods, and engage in activities that sharpen both body and mind. Learn the importance of conquering stress and weaving a web of supportive social ties. Make the move for your mind—your future self will be grateful!

NUTRIENTS FOR BRAIN & MEMORY HEALTH



with Neil Levin, CCN, DANLA, Senior Nutrition Education Manager for NOW Foods

Thursday, June 20 at 5 pm ONLINE

The healthy brain must perform maintenance and repairs to support sensory perception, thinking, and memory. Insults to the brain from inflammation, oxidation, chemicals, or other damaging agents can provoke negative health effects. Our brains are under constant attack, requiring a continual infusion of supporting protective nutrients to maintain proper brain structures and their functionality. Join Neil as he explains which modern nutrients protect and maintain the brain to support our ability to maintain memory and think clearly as we age.

THE DR. OHHIRA DIFFERENCE!



with Ross Pelton, Scientific Director for Essential Formulas

Tuesday, June 25 at 5 pm FEDERAL WAY



Learn what makes Dr. Ohhira's Probiotic the premier product with Pre-, Pro-, and Postbiotics! Ross Pelton is a pharmacist, nutritionist, author and a health educator who is widely recognized as the world's leading authority on drug-induced nutrient depletions. He was named one of the top 50 most influential pharmacists in the United States by American Druggist magazine for his work in Natural Medicine.

EATING FOR MENTAL HEALTH

with Dr. Jennifer Champion, DCN, CNS, FMCHC, CN, HMCC, BCH, Functional Nutrition Practitioner, Author, Educator, Speaker, Hypnotherapist and Coach

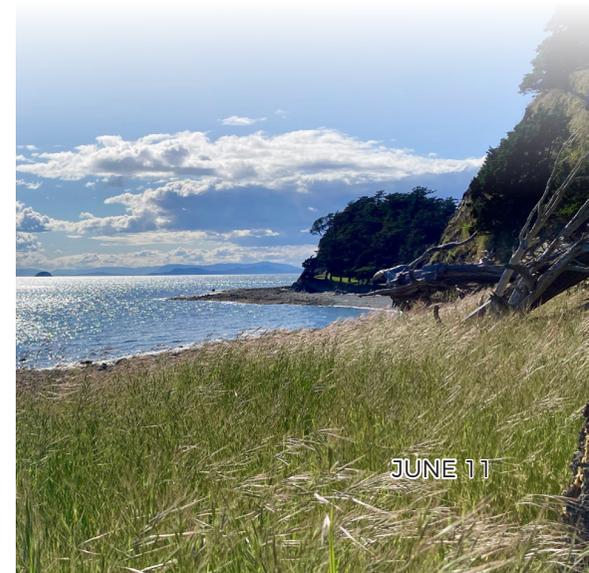


Thursday, June 27 at 5 pm TACOMA

Explore the connection between



mental health and nutrition with Dr. Champion! Understand how diet impacts mood, cognitive function, and overall well-being. Learn evidence-based strategies to optimize mental health through balanced nutrition, incorporating essential nutrients, and creating personalized dietary plans for improved emotional and psychological wellness.



JUNE 11

Healthy Aging for Men*

By Terry Lemerond, Founder and President of EuroPharma for the brand Terry Naturally.

Join us online!
MEN'S HEALTH AND VITALITY
with Cheryl Meyers, RN, BA
for Terry Naturally
Tuesday, June 4 at 5 pm



As men age, new health needs become top of mind. Many men are searching for ways to support overall healthy aging and longevity, with specific emphasis on things like maintaining muscle mass, weight, and a healthy sex drive.*††

Lifestyle plays a role in each of these factors, so it's always important to eat a healthy, balanced diet, get plenty of restorative sleep, and of course, stay physically active. In addition to prioritizing a healthy lifestyle, taking targeted supplements can give men the extra support they need to maintain robust, lifelong health. Two effective formulas that can work wonders for men as they age include Complete Testosterone Support and HRG80™ Red Ginseng Male Sexual Enhancement.*

Complete Testosterone Support*

When it comes to healthy aging, testosterone levels have a significant impact on a man's life. Testosterone is a major contributor to healthy circulation throughout the body, influencing both sexual function and overall desire. Complete Testosterone Support delivers the premium nutrients men need for optimal testosterone support and overall health.*

This unique formulation features vitamin B6, zinc, ashwagandha, DIM, DHEA, and boron. Each of these ingredients plays its own important role in supporting men's health. Vitamin B6 (in the bioactive form of P-5-P) supports daily energy, healthy carbohydrate metabolism, and testosterone synthesis. Boron helps maintain proper hormone balance and zinc supports healthy testosterone levels, recovery from workouts, and prostate function.*†

Complete Testosterone Support also features a clinically studied adaptogen, called Ashwagandha EP35™. This extract supports daily energy, endurance, lean muscle mass, exercise recovery and healthy testosterone. This formula also features DHEA, a key nutrient that supports healthy free testosterone levels†, or the active

testosterone that helps with workouts, weight gains††, stamina, and sexual function.*

The last ingredient in this powerful formula is BR-DIM. While DIM is well-known for supporting healthy estrogen and is often considered an important aspect of women's health, clinical studies have shown that men also benefit greatly from supplementing with DIM. Healthy estrogen levels help to ensure healthy testosterone levels, which in turn, protects cells from the risk of oxidative stress, supports a healthy sex drive, and helps maintain lean muscle mass.*†

HRG80™ Red Ginseng Male Sexual Enhancement*

It's quite common for men to be seeking ways to improve their sexual performance, especially as they age. HRG80 Red Ginseng Male Sexual Enhancement is a safe and effective way to do just that. This powerful formula features zinc for healthy testosterone and libido support, plus a proprietary botanical blend and HRG80 red ginseng to support overall sexual enhancement and vitality.*†

The unique HRG80 red ginseng in this formula supports libido and performance. It's hydroponically grown using a pesticide-free method that concentrates its most valuable compounds—rare, noble ginsenosides—to 7 times that of conventional ginseng. Some people are concerned about ginseng being susceptible to toxins or pesticides through its roots, but with HRG80's unique cultivation process, this ginseng remains free of pesticides.

Healthy circulation is also critical to sexual function, which is why this formula contains an award-winning botanical blend that supports nitric oxide (NO) production. Nitric oxide is a molecule produced by the body that helps blood vessels relax and expand, allowing a healthier level of blood flow. That support makes a difference, acting as an “on switch” for blood

flow throughout the body. In fact, in a clinical survey, the botanical blend in HRG80 Red Ginseng Male Sexual Enhancement showed significant improvement for 74 percent of men over age 45.*

The ingredients in HRG80 Red Ginseng Male Sexual Enhancement are a powerful combination that works best over time. Taken daily, this product enhances stamina and endurance, maintains healthy testosterone levels, and supports healthy libido and performance.† This formula works with your mind and body, rather than providing an “all at once” kind of feeling, so continued use yields the best results.*

While aging is inevitable, healthy aging is a choice. Both of these powerful formulas can have a positive impact on many aspects of men's health for years to come.*

Terry Lemerond, founder and president of EuroPharma, Inc.®, boasts 55+ years as a natural health expert. Pioneering the US dietary supplement landscape, he introduced glucosamine sulfate, IP-6, and more. As a sought-after speaker and media commentator who is dedicated to enhancing America's health, his impact is profound.

†Supports healthy levels already within normal range. ††In conjunction with a healthy diet and exercise regimen. *These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



MORINGA FOR HEALTHY LIVING

by Kuli Kuli Foods

You're probably familiar with kale, wheatgrass, and turmeric. Health enthusiasts hold these three foods in high esteem, given their obvious nutritional benefits, but moringa has recently entered the health arena and found its unique pedestal. As a "wonder tree," the various parts of moringa come with nutritional value that exceeds those found in foods that we consume daily.

For example, moringa contains twice as much protein as kale, almost a hundred times more B2, and supersedes kale's iron content four times. It beats wheatgrass in protein, calcium, and vitamin K content. Moringa also tops turmeric in anti-inflammatory properties.

Most of the plant's parts have nutritious value: its pods, flowers, leaves, bark, and nuts all have something to offer. And that's not all. The plant is armed with bioactive and antioxidant compounds fit for your physical and mental needs.

Moringa, also known scientifically as *Moringa oleifera*, is a "power tree" that has been used for centuries to cure headaches, improve immune system function, regulate weight and weight loss, and boost libido. Moringa belongs to the Moringaceae family and is common in Africa and Asia.

It's been studied and proven to have a beneficial effect on diabetes¹, high blood pressure², inflammation³, and non-alcoholic liver disease⁴. Moringa contains a significant amount of bioactive compounds. The extensive combination of vitamins, phenolic acids, and alkaloids are found primarily in the plant's leaves. Together, these compounds give moringa its pharmaceutical properties. In some instances, moringa leaves have been used to treat typhoid, malaria, diabetes, and hypertension in developing countries—mainly in Asia and Africa.

While working with women farmers in Niger, Kuli Kuli's founder Lisa Curtis was introduced to the energizing and healing powers of moringa. Out of that experience, Lisa dreamed of a business that would help Americans experience the power of superfoods like moringa while empowering female farmers around the world. Out of that dream, Kuli Kuli was born.

Our moringa leaves are sourced from small family farms that meet our high standards for quality and impactful sourcing. As a Certified B Corp, Kuli Kuli meets high standards of environmental performance and public transparency. The company's Pure Moringa Powder is created by harvesting, drying, and milling moringa leaves. As simple as that sounds, soil quality, harvesting practices, and processing procedures require a commitment to high levels of cleanliness and quality. Kuli Kuli sources only the highest-quality, sustainably-grown moringa leaves from our network of farmers across the globe.

¹ Effects of *Moringa oleifera* Leaf Extract on the Liver of Experimentally-Induced Diabetic Wistar Rats [Journal Unair]

² Moringa: Possible benefits, side effects, and risks Medical News Today (pubmed.ncbi.nlm.nih.gov/30668387)

³ Moringa: Possible benefits, side effects, and risks Medical News Today (pubmed.ncbi.nlm.nih.gov/30668387)

⁴ The Effects of Moringa Leaves on Hepatic Lipid Accumulation and Inflammation in a Guinea Pig Model of Hepatic Steatosis Digital Commons @ UConn - University of Connecticut



MARLENE'S SOUND OUTLOOK



BLU-NANA SMOOTHIE

- 1 banana
- ½ cup frozen blueberries
- 1 handful spinach
- 1 cup raw almond milk
- 2 tsp **Kuli Kuli Pure Moringa Powder**

Blend all the ingredients until smooth and enjoy!



Closing the Nutrition Gap with Trace Minerals

by Dr. Darrin Starkey



In a perfect world, we would get all our nutritional needs filled by the foods we eat. But the reality is that poor soil quality affects the very foods we rely on for optimal health. Even organic foods might not be providing all the nutrients we need. As a result, many are turning to supplements to ensure they're getting the daily nutrients they need.

The most common way to address a broad range of nutritional needs is with a multivitamin. Most of us have probably taken a multivitamin supplement at some point in our lives, and most people think their multi is covering all the nutritional gaps in their diets. But often, those multis lack essential minerals—especially trace minerals—as a part of their formulation, and this can leave us just as exposed to deficiency. In fact, all the vitamins in the world won't do us any good without minerals.

Like vitamins and other nutrients, minerals are vital in the regulation and building of cells which make up the body. Minerals work synergistically with one another to ensure that a proper pH balance occurs within the body. This collaborative relationship also guarantees that the proper absorption, regulation, and activation of other nutrients we consume happens. Remember, minerals are especially important in the conductivity of electrical messages within the body. Muscle contraction, such as the beating of the heart, and brain activity are positively influenced by properly balanced mineral levels.

Luckily, adding minerals into our diets is easy with Trace Minerals' ConcenTrace® Trace Mineral Drops. This all-natural mineral concentrate contains a full spectrum of naturally occurring ionic trace minerals. Additionally, it complements other supplements that you might be taking by helping with the activation and absorption of those nutrients.

The small size of the ionic minerals in ConcenTrace® allows them to pass through cell membranes, making them the easiest form for the body to assimilate. In fact, the plants we consume as food (fruits, vegetables, nuts, seeds, grains, legumes, etc.) also require minerals to be in their ionic form before they can use them.

Ionic minerals enter through the plant's root system from the surrounding soil. Soil is made up of water, air, pieces of rock, and humus, which is a mixture of decomposed plants and animals. The top layer of soil is called topsoil and is the most fertile because of the humus. It can take 850 years to form just 2 cm of this soil. Topsoil is the layer that we grow our plants in, and it has many properties, including its mineral composition.

However, when a mineral that is not in its ionic form tries to enter the root system of a plant, the plant puts that element through a process outside of the root that links it to a carbon molecule and then breaks it down into its smallest form: an ion. This process of breaking minerals

down into their ionic form must occur before minerals can pass through the plant's xylem.

ConcenTrace® Trace Mineral Drops are easy to use and are the #1 selling trace mineral supplement in the natural channel according to SPINS*. These mineral drops are one of the most powerful natural health mineral supplements in the world and have many uses and applications.

Whether you are a first time user or seasoned supplement taker, ConcenTrace® can easily be taken or added to whatever you are already doing to give you the mineral boost you need.

Darrin Starkey, ND is a board-certified naturopathic physician and manager of training and education at Trace Minerals with over 30 years experience in health education.



How Postbiotic Metabolites Shape Gut Health

by Ross Pelton, RPh, PhD, CCN Scientific Director, Essential Formulas | Dr. Ohhira's Probiotic Supplements

Until recently, most dietary advice from health and nutrition experts has been focused on meeting daily macronutrients (proteins, fats & carbohydrates) and micronutrients (vitamins, minerals, amino acids & essential fatty acids) needs.

The human gut microbiome is estimated to contain from 500 to 1,000 species of bacteria and a total population of approximately 100 trillion bacteria.

In addition to meeting our own nutritional needs, we must realize that every time we eat, we are feeding 100 trillion bacteria in our gastrointestinal tract. If you don't feed your probiotic bacteria well, they will not thrive and survive. The primary nutrients or foods that probiotic bacteria require are dietary fibers and polyphenols.

Humans do not possess the enzymes to digest dietary fibers. Polyphenols are a large group of compounds (over 8,000 have been identified) that occur in plants. Most polyphenols are also giant molecules that humans cannot digest very well. Hence, dietary fibers and most polyphenols pass through the digestive tract unchanged. However, when they reach the colon, they are the food for your probiotic bacteria.

Probiotic bacteria's primary 'job' is

metabolizing dietary fibers and polyphenols. Probiotic bacteria break these large compounds, which results in the production of more minor compounds that are referred to as postbiotic metabolites.

Postbiotic metabolites have a great deal of biological activity. In addition to regulating the microbiome ecosystem's health, many also get absorbed and influence other organ systems throughout the body. Hence, we have a gut-brain axis, a gut-heart axis, a gut-skin axis, a gut-liver axis, etc.

A healthy microbiome consists of approximately 85-90% good (probiotic) bacteria and only small numbers of harmful bacteria. Everyone has some bacteria that can potentially cause harm. However, problems generally do not occur when good bacteria vastly outnumber harmful

bacteria. However, when people develop a bacterial imbalance called dysbiosis, they frequently develop symptoms such as gas, bloating, diarrhea, constipation, pain, and inflammation. These symptoms are primarily the result of not having enough postbiotic metabolites produced.

Diet is the #1 factor that influences the microbiome. Plant-based foods are the best source of dietary fibers and polyphenols to support a healthy microbiome. Fruits and vegetables are the best sources, followed by whole grains, nuts, seeds, herbs, and spices. However, numerous studies reports that 90-95% of

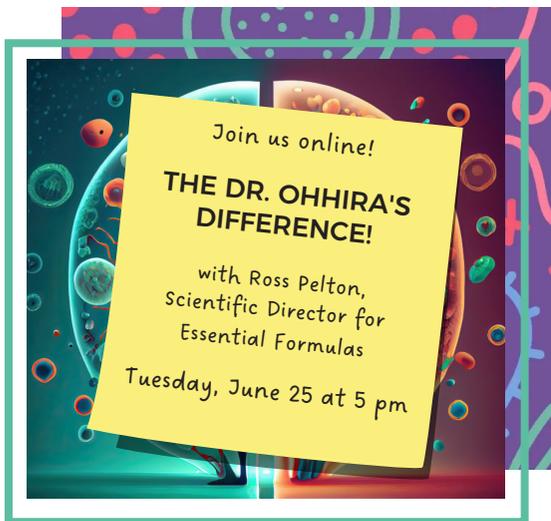
American children and adults DO NOT consume adequate amounts of plant-based foods. Thus, most people probably do not have an optimally healthy microbiome.

This means most people probably have digestive problems, which can cause or contribute to many other health problems.

Dr. Ohhira's Probiotics are a critical recommendation I make for maintaining a healthy microbiome. The gut microbiome is a critically

important regulator for many aspects of health, and I think people should take proactive steps to support a healthy microbiome. Remember, most gut problems are due to a lack of postbiotic metabolites. Dr. Ohhira's Probiotics is the BEST product to support a healthy microbiome because each dose contains over 500 postbiotic metabolites. This is the fastest and most efficient way to relieve symptoms and elicit beneficial changes in the gut microbiome.

Dr. Ohhira's Probiotics are produced in a multi-year fermentation process. A wide range of Japanese fruits, vegetables, mushrooms, and seaweeds are added to 80-gallon fermentation vats and 12 starter strains of probiotic bacteria. Bacteria break down the dietary fibers and polyphenols in the foods, producing the wide range of postbiotic metabolites that Dr. Ohhira's Probiotics contain. The fermentation process that Dr. Ohhira developed mimics the natural fermentation processes in the colon, producing postbiotic metabolites. Many people get fast relief from intestinal symptoms when they take Dr. Ohhira's Probiotics. This is what we call the Dr. Ohhira's Difference.





BADGER Sun Care
Assorted sizes and varieties
Certified Organic!

20 % off

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



ALAFFIA Body Care made with Shea Butter
Assorted sizes and varieties

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BULLDOG Men's Body Care
Assorted sizes and varieties
The best of Science and Nature!

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DR. BRONNER'S Bar, Sugar & Shaving Soap
Assorted sizes and varieties

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DR. GINGER'S Oral Care
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ALSO ON SALE IN JUNE!

- All Good Sun Care
- Pacha
- Humble Deodorants
- Acure
- Mad Hippie
- Tropiceel
- Every Man Jack
- Weleda
- Crystal Deodorants
- shikai



WAIAKEA Hawaiian Volcanic Water
22 oz Assorted varieties
Reg. \$3.49

2²⁹

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FLOW WATER Naturally Alkaline Spring Water
Assorted sizes and varieties

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NATURE'S PATH
Organic Cereal
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Mate Beverage**

16 oz Reg. \$3.59

2 for \$5

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LISANATTI
**Plant Based
Cheese**
Assorted sizes and varieties

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**STEAZ
Organic
Yerba Mate**
16 oz Reg. \$3.19

2²⁹

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



C2O
Coconut Water

17.5 oz Reg. \$3.19



2²⁹

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

ALSO ON SALE IN JUNE!

- Bobo's Oat Bars
- Cheddie's
- 12 Tides
- Santa Cruz
- Caboo

- Kuli Kuli
- Green Garden
- Leet's Do Organic
- Alec's Ice cream
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**Organic Acai
Bowls, Bites
& Cubes**
Assorted sizes and varieties

25 % off

Ethically
sourced
and hand-
harvested!

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**CRAIG'S VEGAN
Cashew Ice Cream**

16 oz Reg. \$8.99



5⁹⁹

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KETTLE FOODS
Potato Chips
Assorted sizes and varieties



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HUMMINGBIRD WHOLESALE
Bulk Organic Awakened Nuts, Seeds & Trail Mixes
Assorted varieties

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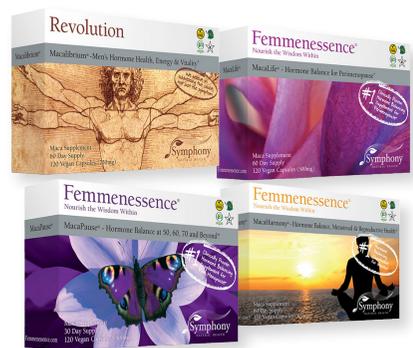
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Maca Supplements
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NORDIC NATURALS
Fish Oil Supplements
Assorted sizes and varieties

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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*

**30% OFF
IN JUNE!**

In-store prices reflect discount.
No additional discount at register.
Assorted sizes and varieties



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.

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**BOIRON
Homeopathic
Supplements**

Assorted sizes and varieties

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**COUNTRY LIFE
Supplements**

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**DR. MERCOLA
Supplements**

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**GARDEN OF LIFE
Supplements**

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help him feel
his best on
Father's Day,
and every day*

**25%
OFF**



Give dad the nutrients to help him be happy, healthy and strong. Create a care pack with our full line of Youtheory® Men's supplements to support strength, stamina, endurance, energy, vitality, sexual health, mobility and more.*

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MINERALS
Supplements

Assorted sizes and varieties

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FUDGY STOUT CAKE!

FATHER'S DAY
IS SUNDAY,
JUNE 16

Our **Fudgy Stout Cake** is made with rich, malty chocolate stout for a bold and unforgettable indulgence. Enjoy a slice or order a whole cake from our deli. Perfect for Father's Day!

*Please allow 72 hours notice, available while supplies last.

Foundational Favorites FOR MEN'S HEALTH

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ALSO ON SALE IN JUNE!

- | | |
|----------------|-----------------|
| Flora | Gardens |
| Himalaya | Ginseng Company |
| Irwin Naturals | Imperial Elixir |
| Navitas | New Chapter |
| Mickelberry | Primal Kitchen |

Irwin Naturals for Complete Men's Support

Marlene's cares about men's health, and we're big fans of Irwin Naturals and their extensive line of supplements specifically formulated to support men's nutritional needs.

Let's take a look at five of the most popular products we carry from the folks at Irwin Naturals:

Testosterone UP RED™ is a unique 2-in-1 formula for men of all ages designed to help enhance male vitality and performance. Testosterone UP RED™ works by boosting testosterone levels already within the normal range and supporting nitric oxide to enhance male physical activity. The key ingredients at the center of this amazing product are LJ100® Longjack and L-Citrulline. This product can be taken daily for ongoing maintenance of men's health and well-being.*



Steel-Libido RED™ is designed to support Nitric Oxide in the body. It features the Nitric Oxide “booster” L-Citrulline – an amino acid that supports blood circulation and enhances physical response during sexual activity. When it comes to sexual performance, Nitric Oxide is the key! Nitric Oxide is a naturally occurring compound in the body that plays a critical role in the male sexual response. Nitric Oxide is produced in the inner lining of the vascular system and helps to dilate blood vessels, allowing blood flow to vital organs. *



Maca Root MAX3™+ Ashwagandha is a specialized blend of ingredients to help boost feelings of sexual vitality. Central to this formula is Maca Root, an adaptogen commonly known as “Peruvian Ginseng” and revered for its harmonizing, nourishing, and strengthening effects. In this comprehensive combination, Maca Root is combined with botanicals including Ashwagandha, Damiana, Horny Goat Weed (Epimedium), and ginseng — all having long histories of traditional use in sexual-enhancement formulas.



Prosta-Strong Healthy Urinary Flow® focuses on three targeted areas and combines supportive herbs and nutrients for optimal prostate health. This advanced formula includes healthy levels of Omega-3 Fatty Acids from fish oil.



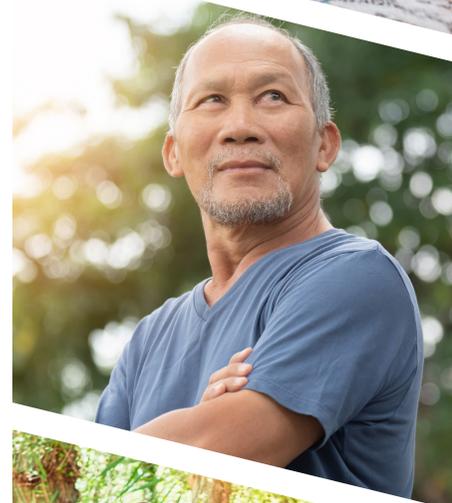
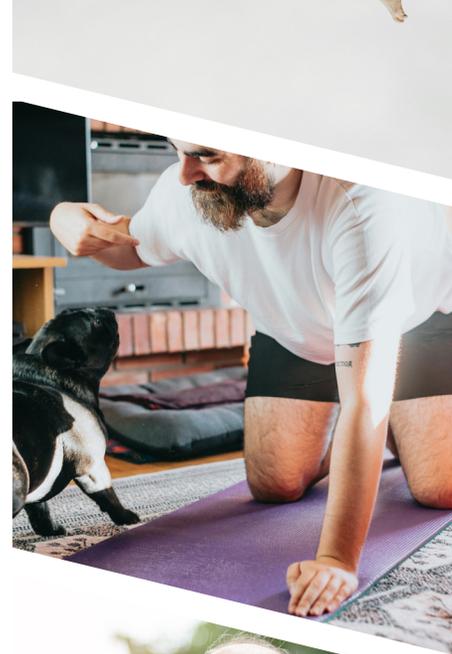
Healthy Prostate: Saw Palmetto extract supports optimal prostate health. Pumpkin seeds, Beta-sitosterols and fish oils supply natural fatty acids and plant sterols that supply valuable nutritional support for the prostate gland.

- Urinary Flow: Saw Palmetto extract also supports healthy urinary flow in men as they age. Traditionally, Pygeum and Graminex have been used as prostate-specific nutrients.
- Antioxidant Activity: Lycopene, a natural tomato extract, delivers beneficial nourishment for the prostate. Prosta-Strong also supplies quercetin, a flavonoid that exhibits antioxidant properties.*

Men's Living Green Liquid-Gel Multi™ sets a new standard in today's world of low nutrition and high stress. Combining powerful botanicals and over 70 essential nutrients, vitamins and minerals, this formula is targeted to benefit the unique nutrition profile of men. It is one of the world's only multivitamin formulas delivered in a Liquid Soft-Gel. Liquid Soft-Gels are easier to swallow, they release their nutrients quickly, and they are free of binders/fillers that are typically found in tablets – leaving more room for important oils, such as Omega-3 Essential Fatty Acids (EFAs). *



Stop by Marlene's and ask our supplements staff for these formulas by Irwin Naturals!



June Calendar of Events

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Happy Pride Month!

1						
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 2		Men's Health and Vitality with Cheryl Myers, Chief of Scientific Affairs and Europharma Educator 5 pm, Online 3 4			Unlocking Brilliance: Nourishing Your Mind with Redd Remedies with Dan Chapman, CEO & Founder of Redd Remedies 5 pm, Online 5 6	Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm 7 8
	Uniform Monday 10% off to all firefighters, police and military! 9 10	Reflexology for Brain Health with Linda Frank Tuesday, June 11 5 pm, Online 11		Brain Health and Men's Health with Glen Depke, Educator for Dr. Mercola 5 pm, Online 12 13	Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm 14	15
		The Resilient Brain: Building Mental Fitness at Any Age with Michelle Sandwisch, ARNP, FNP-C, founder of Origin Medicine Practice 5 pm, Tacoma and Online 16 17 18	Juneteenth Both stores open regular hours 19	Nutrients for Brain & Memory Health with Neil Levin, CCN, DANLA, Senior Nutrition Education Manager for NOW Foods 5 pm, Online 20		21 22
		The Dr. Ohhira Difference! with Ross Pelton, Scientific Director for Essential Formulas 5 pm, Online 23/30 24 25		Eating for Mental Health with Dr. Jennifer Champion, Functional Nutrition Practitioner 5 pm, Tacoma 26 27	Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm 28	29

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.

Iridology & Sclerology with Nancy Seals
 Call for an appointment:
 360.556.3556

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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June 2024

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



Pulsar dog foods offer the unbeatable combination of high quality nutrition, protein and carbohydrate variety, as well as affordability. Now at Marlene's!

- All life stage diets available in grain free and whole grain options
- Rotational diets to provide protein and carbohydrate variety with minimal risk of digestive upset
- Meat dense formulas balanced with raw, fresh fruits and vegetables
- Industry leading levels of prebiotics and probiotics to support gut health.
- Purposeful and highly digestible ingredients to maximize energy absorption and reduce waste.
- Non-GMO

