

Marlene's[™]
— NATURAL FOODS & DELI —

SOUND OUTLOOK

June 2025



Summer is sweet and fresh is in fashion!

Organic • Plant-Based • Gluten-Free • Non-GMO • Dairy-Free • Vegan • Locally Sourced
Sustainable • Fair Trade • Ethical Sourcing • Fresh • Eco-Friendly • Whole Ingredients

Mela & Matcha Refresher



1. Sift 1–2 tsp **Aiya** matcha into a bowl or cup.
2. Add 2 oz hot (not boiling) water.
3. Whisk, whisk, whisk briskly until smooth and frothy.
4. Fill a glass with ice and pour in **Mela Water** of your choice (on sale this month!).
5. Top with the matcha. Pro tip: blend for a frosty twist!

Events & Education

WHAT IS INFLAMMATION, REALLY?



with Dr. Jennea Wood, Tummy Temple

Thursday, June 5 at 7 pm PDT | 4 pm HST, Online

We hear a lot about inflammation, but what is it really? In this class, Dr. Jennea Wood explores what inflammation is, how it starts in the body, and when it becomes harmful. You'll learn how it relates to chronic conditions like heart disease, asthma, autoimmune issues, and more—plus practical strategies to calm it with diet, lifestyle, and herbs. Come with questions!

CLEAN BEAUTY & AROMATHERAPY WITH NOW®



with Neil Levin, Educator for NOW® Foods

Tuesday, June 17 at 6 pm PDT | 3 pm HST, Online

Discover the power of natural self-care with NOW® personal care and essential oils. Learn how to nourish your skin using clean, plant-based ingredients and explore the benefits of pure essential oils for relaxation, wellness, and daily rituals. We'll also cover tips for choosing the right carrier oils for blending. Refresh your routine—naturally!

SPECIAL EVENT!

Join Robert Scott Bell, host of The Robert Scott Bell Show, as he explores the powerful wellness benefits of silver and copper. Mark your calendar for July 17. Details to come!



REGISTER @ [MARLENES.COM/CLASSES!](https://marlenes.com/classes) →



Fudgy Stout Cake

Rich, moist, and deeply chocolatey, our fudgy stout cake is made for celebrating! Perfect for grads, dads, or any occasion worth raising a fork. Available in our deli!



The Beautiful Benefits of Black Seed Oil

by Zhou Nutrition



How much do you know about black seed oil?

Black seeds, which are also sometimes referred to as black cumin, are the seeds found in the spicy plant *Nigella sativa* that grows in southwest Asia, northern Africa, and the eastern Mediterranean.¹ This beautiful annual flowering plant produces black, flat, triangular seeds that have a pungent, bitter flavor and aroma.¹

The seeds contain a variety of phytochemicals and antioxidants.² One of the most active and abundant compounds found in black cumin is thymoquinone, which is believed to be why the plant has so many health-supporting benefits.³

Health Benefits of Black Seed Oil

The health benefits of *Nigella sativa* are many. Both historical use and modern science have shown that black seed oil, in certain doses, supports heart health, blood glucose, digestion, immunity, and joint health.²

A 2019 review of seven studies found that black seed oil helps support blood glucose levels and healthy glucose metabolism.⁴ From a heart health standpoint, research shows that black seed oil can help support healthy cholesterol levels.⁵ *Nigella sativa* has been shown to support the key organs of the digestive system including the stomach, pancreas, intestines, and liver.⁶

MARLENE'S SOUND OUTLOOK

Black seed oil has also been shown to benefit joint health as well.⁷ And it is considered a natural beauty care ingredient as it supports healthy hair and skin.⁸

Black seed oil is available as a liquid and capsule. To get the highest quality black seed oil, look for organic 100% pure virgin unrefined and cold pressed oil as that form has the antioxidants and other natural compounds needed to help support health in a variety of ways.

References

1. Singletary KW. Black seeds potential health benefits. *Nutrition Today*. 2022;57(6):348-366. https://journals.lww.com/nutritiontodayonline/fulltext/2022/11000/black_seeds_potential_health_benefits.9.aspx
2. Hannan A, Rahman A, Sohog A, et al. Black cumin (*Nigella sativa* L.): a comprehensive review on phytochemistry, health benefits, molecular pharmacology, and safety. *Nutrients*. 2021;13(6). <https://www.mdpi.com/2072-6643/13/6/1784>
3. Khader M, Eckl PM. Thymoquinone: an emerging natural drug with a wide range of medical applications. *Iran J Basic Med Sci*. 2014;17(12):950-957. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4387230/>
4. Hamdan Z, Idrus R, Mokhtar M. Effects of *Nigella Sativa* on type-2 diabetes mellitus: a systematic review. *Int J Environ Res Public Health*. 2019;16(24). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6950756/>
5. Thomas JV, Mohan ME, Prabhakaran P, et al. A phase 1 clinical trial to evaluate the safety of thymoquinone-rich black cumin oil (BlaQmax®) on health subjects: randomized, double-blinded, placebo-controlled prospective study. *Toxicology Reports*. 2022;9:999-1007. <https://www.sciencedirect.com/science/article/pii/S2214750022001019>
6. Jarmakiewicz-Czaja S, Zielinska M, Helma K, et al. Effect of *Nigella sativa* on selected gastrointestinal diseases. *Curr Issues Mol Biol*. 2023;45(4):3016-3034. <https://www.mdpi.com/1467-3045/45/4/198>
7. Tuna H, Babadag B, Ozkaraman A, Alparslan G. Investigation of the effect of black cumin oil on pain in osteoarthritis geriatric individuals. *Complementary Therapies in Clinical Practice*. 2018;31:290-294. <https://www.sciencedirect.com/science/article/abs/pii/S1744388117302487>
8. Sudhir SP, Deshmukh VO, Verma HN. *Nigella sativa* seed, a novel beauty care ingredient: a review. *International Journal of Pharmaceutical Sciences and Research*. 2016;7(8):3185-3196. <https://ijpsr.com/bf-article/nigella-sativa-seed-a-novel-beauty-care-ingredient-a-review/>

Stress Less, Live More with Youtheory Ashwagandha + GABA

Life is full of challenges, but managing stress doesn't have to be one of them. Youtheory® Ashwagandha + GABA offers a powerful plant-based approach to balance body and mind. This daily supplement combines KSM-66® organic ashwagandha, the most clinically studied full-spectrum ashwagandha root extract available, with PharmaGABA®, a natural form of gamma-aminobutyric acid (GABA).*

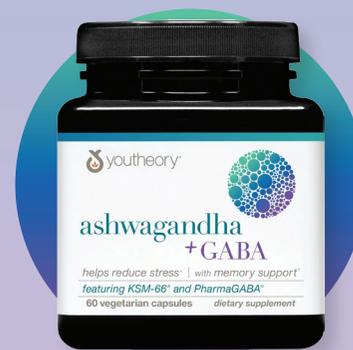
When used regularly, ashwagandha promotes a positive stress response and has been shown to:

- Help reduce stress and maintain healthy cortisol levels*
- Promote calm and clarity during the day*
- Support mental and physical performance*
- Encourage restful sleep at night*

GABA acts as an inhibitory neurotransmitter to calm excitability in the nervous system. Clinical studies show PharmaGABA® enhances alpha brain wave production, creating a deep sense of relaxation without drowsiness.*

KSM-66® ashwagandha is produced with clean extraction technology and backed by 22 gold-standard human clinical trials. It has earned numerous quality certifications, making this formula a trusted choice to support your wellness journey.*

Whether you're navigating work, workouts, or everyday life, Youtheory Ashwagandha + GABA helps you feel your best naturally.*



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

JUNE 3

COUNTRY LIFE

Hi Potency Biotin 10 mg
120 ct.

\$24⁹⁹



Additional items on SALE!

Also on sale:
Coenzyme B-Complex, 120 ct. **\$25.99**

GARDEN OF LIFE

Raw Organic Protein
Plant-Based Unflavored
560 g

\$32⁹⁹



Also on sale:
Grass Fed Collagen Peptides Unflavored, 560 g. **\$30.49**

YOU THEORY

Ashwagandha + GABA
60 ct.

\$20⁹⁹



Additional items on SALE!

Also on sale:
Men's Collagen, 160 ct. **\$13.49**

ZHOU NUTRITION

Organic Virgin Black Seed Oil
8 oz.

\$17⁹⁹



Additional items on SALE!

Also on sale:
Berberine with Oregon Grape, 60 ct. **\$16.49**

DR. BRONNER'S

Pure-Castile
Magic Bar Soap
Lavender
5 oz.

\$4³⁹



ESSENTIA

Purified Water
1.5 L

\$2²⁹



LAKWOOD

Concord Grape Juice
32 oz.

\$6⁶⁹



TEJAVA

Premium
Unsweetened
Iced Tea
1 L

\$2⁴⁹





MELA
Watermelon Juice

16.9 oz.

\$2.79

VITA COCO

Coconut Water

16.9 oz.

\$2.39



LACROIX

Pure Sparkling Water

12 oz. 8 Pack

\$3.89



RAMBLER

Lemon Lime
Sparkling Water

12 oz.

79¢



BRAGG

Organic Extra
Virgin Olive Oil

32 oz.

\$21.49



**GT'S
LIVING
FOODS**

Alive Root Beer

16 oz.

\$2.89

MARANATHA

Creamy Peanut Butter

16 oz.



\$5⁹⁹

WOODSTOCK

Squeeze Bottle
Mayonnaise

11.25 oz.



\$4⁹⁹



NANCY'S
Plain Oatmilk Yogurt
24 oz.

\$5⁴⁹

LIFEWAY

Probiotic Whole Milk Kefir

32 oz.



\$6⁴⁹

CLIF BAR

Crunchy
Peanut Butter
Bar

2.4 oz.



\$1⁶⁹

ORGANIC VALLEY

Raw Sharp Cheddar Cheese

8 oz.



\$5⁴⁹

ANNIE'S

HOMEGROWN

Cheddar Bunnies Crackers

7.5 oz.



\$3⁹⁹



MI RANCHO
Organic Flour Tortillas
13.5 oz.

\$3⁹⁹



SIMPLE MILLS
Fine Ground Sea Salt
Almond Crackers
4.25 oz.

\$4¹⁹

7 Underrated Hydration Tips for Summer

Start with water first thing

Kick-start your day with a glass of water to replenish what you lost overnight.

Eat your water

Foods like cucumbers, watermelon, oranges, and celery can boost hydration naturally.

Sip steadily, don't chug

Drinking small amounts throughout the day helps your body absorb fluids more efficiently.

Watch the caffeine and alcohol

Both can contribute to dehydration, so balance them with extra water.

Flavor it naturally

If plain water bores you, add a slice of citrus, mint, or berries for a refreshing twist.

Check your sweat

Heavy sweaters lose more electrolytes—consider coconut water or electrolyte-rich drinks for balance.

Carry a bottle everywhere

You're more likely to drink if water is always within reach. A reusable bottle is a simple game-changer.



Marlene's™

— NATURAL FOODS & DELI —

FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

Monday - Saturday 8 am - 8 pm
Sunday Closed

Deli Hours

Monday - Saturday 8 am - 8 pm
Sunday Closed

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

Monday - Saturday 8 am - 8 pm
Sunday Closed

Deli Hours

Monday - Saturday 8 am - 8 pm
Sunday Closed

Grab and go options available until closing.



This newsletter is printed on paper made from 100% sustainable fiber with vegetable based inks. Please recycle this newsletter by giving it to a friend!



LOYALTY PROGRAM

Get rewarded for shopping with us!

- Exclusive promotions
- Hassle-free receiptless returns
- 10% off non-promo supplements and body care for seniors
- Earn 1% credit toward future purchases • & more!



Scan to sign up today!

BODYWORK SCHEDULE

Vitamin Shots with Physician Coach

Tacoma Tuesday, 10 am - 2 pm

Federal Way Wednesday, 11 am - 3 pm

When you arrive, text "HERE" to 401.217.9902.
You will be notified when it is your turn.

Seated Massage with Erica Seter

Federal Way

Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm

Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm



Cool off with
a smoothie
from Marlene's

Enjoy one of our favorite blends or make your own nutrient-packed creation. Try a Da Bomb Sea Moss Booster!

