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SOUND OUTLOOK

March 2022



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Preparing the garden • Blood sugar support**

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A Letter From Us

Springtime is the land awakening. The March winds are the morning yawn.

-Lewis Grizzard

Spring is arriving this month! Can you feel it? The nettles are up and the buds are emerging. Forgive the rain. Lots of rain means a healthy, green forest and abundant foraging, and it's what makes our summers so famously beautiful.

In the forests surrounding the Puget Sound, notice the vivid color of mosses and budding trees. There is a shade of chartreuse that is so vibrant right now and occurs no other time of year. If you are fortunate enough to make it outdoors to explore some woodland trails this month, look for that incredible color lighting things up from within. It's very much worth the wet and chilly walk!

March is also the month that we venture outside to see what happened to our yards and gardens over the winter. It's the time to clear out clutter, mulch and debris to prepare for new growth. It's not so different with our bodies. People naturally feel inclined at this time of year to examine their diets, move a little more, and prepare themselves and their living spaces for renewal.

In this issue of Sound Outlook, we offer some tools for rejuvenation as the days get longer. We hope you enjoy these articles, classes and sales we've put together for the month.

Let's use the extra hour of light to appreciate the gifts of the green season!

Lisa



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Roasted Spring Asparagus

Fresh asparagus at the height of its juicy, green best is one of the many gifts of Spring that we wait for all year! Once roasted, asparagus makes an excellent stand-alone side dish, or it can be popped into all kinds of pilafs, casseroles, pastas and omelettes.

This recipe is quick, easy and very versatile. Pick up a bunch or two at Marlene's and start experimenting!

- 1 bunch fresh asparagus, tough white ends trimmed
- 1-2 Tbl olive oil
- 1 ½ tsp dried thyme leaf
- ½ tsp sea salt
- cracked black pepper to taste

Place rack on lower third of oven. Preheat oven to 425°. Line a baking sheet with parchment or foil.

If asparagus spears have particularly thick ends, you can help them cook evenly by using a peeler to take the skin off of the lower half of the spears. Arrange asparagus in a single layer across the parchment and drizzle olive oil evenly over the spears. Gently roll the asparagus back and forth until spears are evenly coated.

Sprinkle with thyme, sea salt and black pepper. Place in lower third of oven. Roast for 9-11 minutes, checking for fork tenderness at 9 minutes. If asparagus has developed a light sear mark on the underside, it's ready.



POP & BOTTLE:

CLEAN AND DELICIOUS PLANT-BASED LATTES

Founders Blair Hardy and Jash Mehta started Pop & Bottle out of their desire to have a convenient, plant-based latte that was healthful and delicious. As busy women and new parents, they valued convenience but didn't want to compromise on taste or health. Everything on the shelf contained added sugars, dairy and additives and there weren't a lot of organic options. Given the frequency with which so many people consume coffee, Blair and Jash felt it was important to have an option that was nourishing. They created products that were not just plant-based and pure, but also made with amazing superfood ingredients like almonds, dates, organic coffee, cacao, matcha, and pink Himalayan salt.

At Pop & Bottle, the mission is to empower each person in their wellness journey by creating delicious, convenient products that nurture and delight.

- We believe in a plant-based future. We advocate for a future that is dairy-free and plant forward; both for its superior sustainability and its bountiful health benefits
- We believe in superior ingredients. Simple, organic, whole foods should be the default. Not the exception.
- We believe in food that delights. Food should be just as fun as it is functional, just as delicious as it is healthful.
- Pop & Bottle is a women-founded and women-led company.



The almond milk lattes are all paleo compliant. They do not contain any grains and are lightly sweetened with dates. They also do not contain any dairy, gluten or soy (woo hoo!).

Pop & Bottle lattes are vegan except for the vanilla oat milk latte, which contains sustainably sourced marine collagen.

Oat milk lattes also do not contain any dairy or soy. However, the oats are processed in a facility that also processes gluten, and therefore oat lattes are not certified gluten free.

All lattes are pantry friendly, so they do not need to be refrigerated! Please note that all natural ingredients are used, so separation is natural. Please give your latte a good shake before you open the can.

A pasteurization method is used to ensure the lattes are safe for all to drink.

All Pop & Bottle lattes have caffeine. Almond milk lattes range from 25 to 130 mg of caffeine per 11 oz bottle. Oat milk lattes have 80mg of caffeine per 8oz can. Cacao almond milk lattes have the lowest caffeine level at 25mg per 11oz bottle.

At Pop & Bottle, we are redefining your daily latte ritual to be more purposeful, nourishing, and gratifying — a moment of indulgence, an act of self-care.



The Amazing Microbiome: A Microscopic Ecosystem Within Our Bodies

by Christine Toomasi, ND, Education and Research for Nutraceuticals Corporation



The microbiome is a unique, microscopic ecosystem residing within our bodies. In humans, the microbiome consists of all microorganisms, their genetic material, and the associated environment they create within a human host. Bacteria, yeast, fungi, archaea, and even some viruses living inside us form a synergistic partnership for our benefit. These “live microorganisms which, when administered in adequate amounts, confer a health benefit on the host” are called probiotics by the World Health Organization.

A growing body of scientific research shows that the microbiome has emerged as a significant factor in maintaining health and fighting disease. While microorganisms can be considered good or bad, they are often allies that live in harmony with the host and provide great benefits. Our microbiome makes up about 1 to 3 percent of the body’s mass, about the same weight as the adult human brain! Microbes and their genes are a key part of the unique fingerprint for every human, animal, plant, and all organic matter on this planet. They hold a profound ability to positively influence the wellbeing of all living creatures on earth.

What do we now know about the microbiome?

1. Diversity exists within healthy microbiome habitats in and on our bodies. Similar to how tropical plants thrive in the tropics and cacti thrive in the desert, our microbes naturally thrive and inhabit specific areas of our bodies. Specialized enteric coatings on capsules and tablets work well to limit disintegration in the stomach and safeguard probiotic viability until they reach the intestinal tract. In addition, it’s important to find probiotic supplements designed for a targeted demographic to account for microbiome habitat diversity.
2. Our microbiome is constantly changing. Many factors can shift the microbial community landscape throughout our lives, resulting in dysbiosis, or an imbalanced microbiome. Factors such as diet, environment, host genetics, early microbial exposure, and even pregnancy have an influence on our microbiome. However, we know our microbiome can be rebalanced by targeted probiotic supplementation and probiotic-rich foods.

3. Researchers from the Human Microbiome Project (HMP) at the National Institute of Health report that microbes contribute about 360 times more genes responsible for human survival than our own human genes contribute. The microbiome is an integral part of the following aspects of human health:

- Production of essential vitamins like K2, B12, folate and riboflavin (humans do not have the genetic ability to create these vitamins)
- Enhanced immune function
- Glucose levels and metabolic regulation
- Energy extraction from food
- Pathogenic microbe suppression
- Regulation of the gut-brain axis

We have only scratched the surface of this amazing micro world. In the coming years, researchers around the world will make remarkable advances in medicine through greater understanding of the microbiome. What we have recently learned highlights the importance of quality, multi-strain, specialized probiotic support. Opportunities for innovation exist in multiple demographic and condition-specific categories, including: women’s health, men’s health, 50+, weight support, oral support, digestive support and many more categories! This is a truly exciting time for science, medicine, and global health!

Dr. Toomasi is a licensed naturopathic doctor with a special interest in metabolic and digestive health and the human microbiome. She has had articles published in the Natural Medicine Journal, as well as a peer reviewed professional journal.

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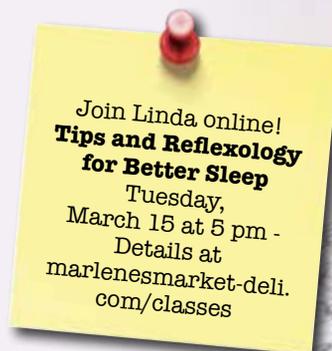
SLEEP YOUR WAY TO BETTER HEALTH

By Linda Frank, RF, NBCR, LMT, CRED

Sleep is free, and it's the single-most important thing we can do for our health.

The quantity and quality of our sleep can:

- Reduce or magnify pain
- Lessen or increase cravings for junk food
- Boost or wreak havoc on mood, energy and the immune system
- Improve or fray memory
- ... affect so much more!



A lack of sleep has been shown to alter DNA. Those of us who are so careful with our health and diet may be inadvertently modifying how our chromosomes and genes perform simply by not getting enough sleep. And while doctors often ask patients about diet and exercise, zero percent of those polled said their doctor has asked them about their sleep habits.

In one experiment in which study participants slept less than six hours for one week, distortions were found in the activity of 711 genes. The genes that were rendered inactive were those that help stabilize metabolism and optimal immune function. They also regulated cholesterol.

One in three Americans lives in a chronic state of sleep deprivation, with chronic defined as occurring for three months or longer. Chronic sleep loss is linked to heart disease, cancer, respiratory diseases, stroke and Alzheimer's disease – five of the leading causes of death in America.

For those of you who are young, perhaps these references to mortality seem too far into the future to make changes to your lifestyle now. But how about the fact that “junk sleep makes you crave junk food” by ramping up a hormone that makes you crave fat-storing foods, even after just one night of bad sleep?

And for all of you who do sports, athletes who slept for eight or more hours a night were 68% less likely to get injured than those who slept less.

Attempting to regulate sleep with substances has drawbacks, so it's best to regulate your sleep cycle naturally. I realize that sounds like WC Fields' cheeky advice that the best way to cure insomnia is by getting more sleep! But seriously, every set of recommendations I've ever seen for better sleep puts simply going to bed at the same time every night and arising at the same time every morning at the top of the list.



Also widely recommended is avoiding pre-bedtime exposure to screens that emit blue light, like smartphones and computers. Setting your phone on airplane mode before bedtime will eliminate the pinging of incoming texts and emails that's been proven to release stress hormones that make you more awake.

For eons, decreases in both light and temperature have been nature's way to signal the flow of sleep hormones. Lowering room temperature, and donning a sleep mask if there's light you can't avoid, may work wonders.

These suggestions are just a few of the many available, most of them free and most surprisingly easy to do. Be gentle with yourself as you create new habits. They take time and persistence.

If you've been getting less than seven hours of sleep a night or sleeping restlessly, now is a good time to learn how to get more and better sleep. It's the simplest and best way to better mental and physical health.

Linda Frank is a State and National Board Certified Reflexologist, a Licensed Massage Therapist, and the Founder/Director of Reflexology Academy NW where she teaches a reflexology certification program for those wanting to be a professional reflexologist or simply do reflexology for friends and family with proficiency. Linda educates about reflexology and other wellness modalities via print, tv, radio, and by in-person and Zoom presentations.

Resources: Why We Sleep by Matthew Walker, PhD; National Institutes for Health; Center for Disease Control; PureWow.com; WebMD.com; Time.com; The New York Times; The Sleep Foundation.

Two Incredibly Effective, Risk-Free Ways to Battle High Blood Sugar

by Terry Lemerond

If you have elevated blood sugar levels, you may be on track to getting type 2 diabetes. For example, a fasting blood glucose level in the 100- 125 mg/dL range is considered a pre-diabetic level. But when those numbers rise higher than that – and it can happen easily – you have diabetes.

A protein-rich diet with less than 75 grams of carbs daily and regular exercise is critical to keeping your health on track. But for extra help to get your blood sugar numbers into a better range, there are natural ingredients that are proven to help. I'm going to focus on two of them here

Berberine: Berberine is not a plant, but a compound available from many botanical sources. The compound's host plants have been a part of Ayurvedic and Chinese medicine for thousands of years.

One of the ways that berberine can help reduce overall blood sugar levels is by stimulating glycolysis – the process of releasing the energy from sugars. Having those sugars used up by the mitochondria for fuel is far better than overloading the bloodstream or being converted into triglycerides. Some research also shows that berberine may inhibit alpha-glucosidase, an enzyme involved in releasing sugar from carbohydrates in the digestive system. While there are classes of drugs that do the same thing, berberine appears to be just as effective but without the potential for side effects.

In a three-month clinical study, berberine lowered fasting and postprandial glucose, reduced fasting plasma insulin by 28 percent, and the insulin resistance index by

44 percent. These results were similar to the group treated with metformin, a commonly used drug for type 2 diabetes, and one that can cause serious side effects.

Hintonia latiflora: This plant is native to Mexico and Central America and survives in extremely harsh growing conditions. These environmental challenges actually help the plant create powerful protective compounds that in the human body have the effect of reducing high blood sugar levels. One of these compounds is called coutareagenin, which, like berberine, appears to inhibit the actions of alpha-glucosidase, so it changes the way that sugars are released from carbohydrates.

In one clinical study, Hintonia latiflora combined with additional nutrients (vitamins B1, B6, B12, folic acid, chromium, zinc, and vitamins C and E) lowered HbA1C levels, fasting glucose, and postprandial blood sugar. Factoring all of the diabetic symptom scores, researchers noted an improvement of over 70 percent.

Plus, Hintonia latiflora improved blood pressure, blood lipids, and liver values, too. It also worked well alongside anti-diabetic medications without creating any hypoglycemic (low blood sugar) effects.

Great for Fighting Metabolic Syndrome, too

Blood sugar problems rarely happen just on their own – they are often part of a larger problem, like metabolic syndrome, a clustering of conditions, including elevated glucose, weight gain, and rising blood pressure and triglyceride levels. Along with adjusting your diet and being active, I think that berberine and Hintonia latiflora may be two of the best supplemental options available to help reverse the course of high blood sugar and the many related complications it can bring.

Terry Lemerond is a natural health expert with over 50 years of experience. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.



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Simple Ways to Spring Clean Your Life

by Vibrant Health

The birds are chirping, the sun is shining and spring is in the air. With the seasonal transition, you may be feeling pulled to do a little spring cleaning — but this common tradition goes far beyond tidying up your space. After all, spring is a season for rebirth, renewal and growth, so it's important to think about all the areas in your life you can declutter in order to make room for the new.

Join Jodi Schneider online for more information about dietary support!
The Power of Greens
Thursday,
March 17 at 2 pm -
Details at
marlenesmarket-deli.com/classes

Simple Ways to Spring Clean Your Life:

- Reduce your stress
- Clean up your diet or start a cleanse
- Upgrade your beauty cabinet
- Clean out your closet
- Clear the physical clutter in your home
- Go on a digital detox
- Do a morning brain dump
- Establish healthy boundaries
- Practice meditation & mindfulness
- Unsubscribe from unwanted services
- Create room for new energy

Reduce Your Stress

Now is the perfect time to take a look at the stressors in your life and what you can do to better manage your stress. While some stress is perfectly normal and unavoidable, chronic stress can lead to an array of health issues including an increased risk of cardiovascular disease. Think about some healthy habits you can implement to de-stress — be it through meditation, exercise or even focusing on your diet.



Clean Up Your Diet or Start a Cleanse

While you're cleaning up your lifestyle it can be helpful to take a deeper look at your diet as well. Are you eating "clean" — that is, prioritizing nutrient-rich, whole foods as much as possible? You may also consider supplementing with some high-density nutritional greens and antioxidant-rich plant food powders from Vibrant Health!

The spring season can be a great time to go on a cleanse; just be sure to do so mindfully in a way that works for you.

In addition, choose seasonal foods as much as possible and do your homework by reading food labels (keeping an eye out for added sugar and processed ingredients).

Upgrade Your Beauty Cabinet

It's no secret we're a big proponent for clean eating over at Vibrant Health, but just as important as what you put in your body is what you put on your body. Clean out your beauty cabinet by getting rid of products with potentially toxic chemicals like parabens, phthalates, and fragrances.

Environmental Working Group (EWG) has a database you can search to see where your products stand.

Clean Out Your Closet

Give your closet a spring refresh by clearing out the old to make room for the new! Donate old clothes you no longer wear, and put your fall and winter clothes in storage until next year.

Clear the Physical Clutter in Your Home

While you're on a cleaning streak, you may as well take it a step further by clearing the physical clutter throughout your home. After all, the energy in your home can directly impact your mental space. Some mindful decluttering can do you good and bring more joy into your life this season.



MARLENE'S SOUND OUTLOOK

Life: Mind, Body & Soul

Go on a Digital Detox

While the digital world may not be the first thing that comes to mind when you think of spring cleaning, unplugging from technology can be a great way to cleanse your mind. A digital detox refers to a period of time when you choose to refrain from using tech devices such as smartphones, televisions, computers, tablets, and social media sites. Stepping away from digital devices allows you to focus on real-life social interactions without distractions. By foregoing digital devices, at least temporarily, people can let go of the stress that stems from constant connectivity.



Do a Morning Brain Dump

Does your mind feel cluttered with thoughts, stress and endless to-dos? Let it out by putting pen to paper! Try implementing a daily journaling practice or starting your morning with a “brain dump” (writing out what’s on your mind) to clear your head and move forward with productivity. Set a timer for 20 minutes and just keep the pen moving. Research shows that putting it on paper allows for clearer thinking and better problem solving following quick journaling session.



Establish Healthy Boundaries

Are you a people-pleaser? If you’re feeling overbooked or burnt out, it can be extremely helpful to establish some healthy boundaries. What can you say no to in order to make more time for yourself? Whether it’s toxic relationships, events or tasks that no longer bring you joy, start to think about what you can let go of this season.

Practice Meditation & Mindfulness

Meditation and other mindfulness exercises can be a powerful way to tune into the present moment, reduce stress, and release negative emotions. The beauty of meditation is that you can do it from anywhere — even just a few minutes in the morning while sipping tea or an outdoor walking meditation in your backyard.



Unsubscribe from Unwanted Services

If your mailbox (or inbox) is flooding with “junk mail,” consider unsubscribing from services you no longer need. For example: your monthly subscription to the magazine you never read or unnecessary promotional emails.



Create Room for New Energy

Last but not least, once you’ve done your fair share of spring cleaning you can create room for new energy to flow. Consider opening up the windows in your home, adding a fresh coat of paint to your bedroom or buying some house plants to welcome new, feel-good energy into your space.

Vibrant Health is a company dedicated to crafting award-winning products with your optimum health in mind. They are proud to deliver nutrition you can trust, sourcing and managing every raw ingredient for maximum quality and potency.

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NETTLES!

THE PRICKLY HARBINGERS OF SPRING

by Jeanne Logman, Herbal Information Specialist, CNT

March has arrived, and with it, one of my favorite Pacific Northwest native herbs: stinging nettles (*Urtica dioica*). Many people have only experienced nettles by brushing against them in wooded areas and then finding themselves with a tingling rash. Please allow me to properly reintroduce you to this wonderful plant!

Around the last week of February through early March, nettles begin emerging from the ground. You will rarely see a single plant growing alone. The shoots that appear at this time have sprung from a main root and a network of intertwined roots. This results in a nettles patch. Once you can appreciate them as a food, a medicinal herb, and a sign that warmer days are upon us, you will feel much joy in discovering a new patch.

The nutritional profile of nettles is impressive. A 3.5 oz serving contains 37% of the recommended daily allowance for calcium and 25% of fiber. Nettles are a surprisingly rich source of protein. In addition to calcium, they contain a host of other minerals, lutein, and vitamins A, C and K.

For Native Americans, the greens were traditionally a welcome boost of fresh chlorophyll and nutrients after long winter months spent consuming mostly dried and preserved foods. Nettles can be used anywhere you would use spinach in a recipe, and they make excellent soups and pesto. The trick is to quickly blanch them in boiling water first. This releases the formic acid and histamine that would otherwise cause the tiny hairs that line the plant to sting.

The dried leaves of nettles make a pleasant, green-mineral flavored drink and retain all of their nutritive properties when prepared as tea. They can be used alone or as a complement to other herbs in formulations. One interesting use of locally gathered nettles is for



relief of nasal allergies. It is thought that its histamine and betaine content have a tonic action. Additionally, the leaves are exposed to local pollens, and when trace amounts of those pollens are ingested, it can have a mild homeopathic effect and help tame the body's reaction when pollen is inhaled.

The root of the nettle plant is used in Germany as treatment for early stage benign prostatic hyperplasia (BPH). Interest has been renewed in the U.S. in the plant's potential as medicine and research continues.

I wish you happy woodland wanderings. Have a wonderful Spring, and respect the sting!

SAUTEED STINGING NETTLES

about 10 oz fresh stinging nettles
2 Tbl olive oil, divided
¼ cup red onion or shallot, thinly sliced
chili flakes to taste
sea salt to taste
3 lemon wedges

In a large frying pan over medium high, place 1 tablespoon of olive oil and red onion. Saute until lightly caramelized. Remove pan from heat and set aside.

Bring a large pot of water (3-quart capacity or more) to boil over high heat. In a large mixing bowl, place a tray of ice cubes and cold water. Using tongs, blanch nettles by placing them in boiling water for a few seconds until wilted, then immediately place them in ice water for a few seconds. Let blanched nettles drain in colander for a few minutes. Rough chop nettles into bite-sized sections.

Return frying pan with red onions to medium heat. Add 1 tablespoon olive oil and nettles. Saute about 2-3 minutes.

Remove from heat and sprinkle with chili flakes and sea salt to taste. Serve immediately with lemon wedges for spritzing. Serves 3.



March Events & Education

All March classes will be held online. Register at: marlenesmarket-deli.com/classes

MACA AND WOMEN'S HEALTH



with Lisa Shank, Symphony Natural Health Educator
Tuesday, March 8 at 5 pm

Did you know that not all Maca is equal? There are 13 different phenotypes of

Maca, some having different physiological effects in the body. Clinically researched Femmenessence® offers 3 distinct formulations designed to support the unique hormone changes in a woman's life and to provide relief - from menstruation through menopause.

SELF-HYPNOSIS FOR DEEP REST AND MORE JOY



with Lisa Shook, Board Certified Hypnotherapist and Business Coach
Thursday, March 10 at 5 pm

Have you been tossing and turning instead of getting a good night's sleep? We have all been through turbulent times in recent years, and many of us find ourselves suffering from lack of proper rest.

Not only can hypnosis help with sleep issues, it can increase joy in our waking hours! Please join Lisa to learn how hypnosis can help improve your quality of rest and increase your experience of happiness.

TIPS AND REFLEXOLOGY FOR BETTER SLEEP



with Linda Frank RF, NBCR, LMT, CREd, Director, Founder, Reflexology Academy NW
Tuesday, March 15 at 5 pm

One in three Americans lives in a chronic state of sleep deprivation. Chronic sleep loss is linked to heart disease, cancer, respiratory diseases, stroke and

Alzheimer's disease. A lack of sleep has even been shown to alter DNA. Those of us who are so careful with our health and diet may be inadvertently modifying how our chromosomes and genes perform simply by not getting enough sleep! Join Linda to learn some tips and reflexology for more restful, rejuvenating and satisfying sleep!

THE POWER OF GREENS



with Jodi Schneider, Vibrant Health Educator
Thursday, March 17 at 2 pm

Are you looking for simple ways to maximize your nutrition? Vibrant Health has

been formulating with the highest quality and highest nutrient density ingredients since 1992. Join Jodi to learn what concentrated nutrition rooted in science can do for you!

HAPPINESS WORKSHOP



with Mag Secretario, Health Coach and co-creator of GoodLifeSleep
Saturday, March 19 at 2 pm

Feel the benefits of happiness immediately! Join happiness enthusiast, Mag, to learn techniques to cultivate more happiness, health and love in your life based on the latest neuroscience, research and positive psychology. Through simple daily practices you can learn how to maintain wellness of mind, body and spirit throughout the ups and down of life!

CAMBODIAN BEEF STICKS & HONEY LEMONGRASS BBQ



with Julia Bang, Founder of EAsT Kitchen
Thursday, March 24 at 5 pm
\$25

Sweet, savory, and smoky, honey lemongrass bbq is made with a Cambodian lemongrass paste called 'Kreung'. Also known as Royal

Yellow Kreung, it combines lemongrass, lime leaves, garlic, galangal, shallots, turmeric and a secret ingredient combined with honey. Paired with fresh hot jasmine rice and salad, (typically papaya salad, mango salad or pickled vegetables), the thinly sliced beef (Saikh Chkah) can be marinated from 30 minutes to overnight. It can be skewered and grilled over an open flame or pan fried and is always a crowd pleaser! We'll be learning one of the traditional versions in this class.

DEMYSTIFYING RAIN GARDENS



with Patty Peterson, WSU Master Gardener
Thursday, March 31 at 5 pm

Have you ever wondered what the big deal is about rain gardens? Or maybe

you've thought about building one in your yard and wondered if the benefits are worth the effort. Why are people so excited about it? This presentation is your opportunity to get answers to these and many other questions about the magical, mystical rain garden phenomenon! Rain gardens are a perfect opportunity to beautify your yard, attract pollinators, and do your part to clean up and protect the Puget Sound and other bodies of water in this gorgeous place we live! Drop in to find out how.





A GARDENER'S GUIDE TO

by GloryBee

While a productive beehive can produce and store nearly two pounds of honey in just a single day, these little guys represent so much more than just the sweet stuff. In fact, you can thank honey bees for one out of every three bites of food you consume. With bee populations declining, the implications for humans are enormous. By taking action to save the bees now, we're actually making a pledge to save ourselves.

Taking on that responsibility can seem daunting. Where can we even begin? In many cases, the best place to start might be right in your own backyard. Whether you've got a naturally green thumb or you simply want to make good use of your garden, there are plenty of ways to help your local bees thrive without ever leaving your home.

WHAT WOULD HAPPEN IF BEES CEASED TO EXIST?

All across the world, bees are disappearing. There are several causes for this, including global warming, pesticide use, and habitat loss. Together, these factors have contributed to what's known as Colony Collapse Disorder. U.S. beekeepers now estimate that nearly one-third of all honeybee colonies across the nation have vanished. The rapidly dwindling bee population spells disaster for humankind.

More than one-third of all crop production in the United States requires pollination. That third encompasses upwards of 90 different types of crops, including all kinds of fruits, vegetables, and nuts. Bees are our nation's primary pollinators, responsible for increasing fruit and vegetable harvest yields by up to 71% and adding at least \$15 billion a year to our economy.

IF WE LOSE OUR BEES, WHAT ELSE WILL WE LOSE?

Without bees, you would never be able to enjoy many of your favorite foods. Consider the following staples that will no longer be readily available without these important pollinators:

Apples	Cherries	Zucchini
Oranges	Raspberries	Coffee
Lemons	Onions	Mangos
Limes	Broccoli	Passionfruit
Almonds	Cantaloupe	Apricots
Avocados	Cashews	Plums
Carrots	Cauliflower	Peaches
Cucumbers and pickles	Watermelon	Nectarines
Blueberries	Brussel sprouts	Pears
Cranberries	Pumpkins	...and so much more.

While not all of these crops are readily grown throughout the United States, the national bee population crisis mirrors similar problems the world over and could indicate a global agricultural decline. That means that if things continue to get worse for American bees, we're in big trouble.

WHAT CAN GARDENERS DO TO HELP?

Farming practices and protections for bees must be improved on a national scale, of course, but that may leave you feeling relatively powerless to help on your own. Don't despair. The truth is that you can make a huge impact by incorporating certain elements and practices into your own gardening endeavors. You can easily make your backyard both beautiful and buzzy by following the tips below.

LIMIT YOUR USE OF INSECTICIDES

As a general rule, refrain from using pesticides (including insecticides), herbicides, and other chemicals in your garden or even on your lawn. These chemicals are typically toxic to bees and can even be harmful to your plants in the long run. Even low doses of these chemicals can kill bees who are just trying to forage for food. And when pesticides are inadvertently brought back to the colony, these toxins can infect all the other bees and even the honey. Take note that even "biodegradable" pesticides can harm both bees and humans. Instead, opt for natural pesticides like ladybugs and praying mantises, neem oil, vinegar, Epsom salt, or a homemade spray containing pepper, onion, or garlic.



PROTECTING HONEY BEES

DON'T BE TOO QUICK TO WEED OR CUT

If you're an avid gardener, you might hate the sight of weeds infiltrating your lawn or garden -- even the flowering ones. But before you get rid of those dandelions and clovers, consider that these alleged undesirables can provide lots of deliciousness for your buzzing visitors. By keeping them right where they are, you'll be helping your bee friends thrive. The same goes for flowers and vegetables you've actually taken the time to plant; if you harvest or deadhead these but leave them intact until all the flowers are completely gone, you'll be able to support pollinators during their time of need (particularly when other options aren't readily available).

CHOOSE PLANTS THAT BEES LOVE

Bees pollinate a wide variety of plants and may visit up to 15,000 flowers in a day's time. But there are certain ones they really adore. Native wildflowers are a very popular choice, as they'll thrive in your climate and will be sure to attract local bees. Flowering herbs like lavender, thyme, sage, rosemary, and mint are also excellent options (plus, they'll make your garden smell incredible and will make sure your meals are flavorful!). Sunflowers, bachelor's buttons, black-eyed susans, bee balm, goldenrod, coneflower, daisies, calendula, and marigolds are all great, too. Don't forget about vegetable gardens and fruit trees!

FUN FACT: blues and purples are most likely to attract bees! When you're planning out your garden, remember to select an array of blooms that will flower from early spring until late fall. This will help to provide the most possible pollen throughout these seasons, instead of having a "feast or famine" situation on your hands. Not only will that keep the bees well-fed, but it will make certain your garden is always in bloom!

CREATE A WATER SOURCE

Bees, like all other animals, need water to survive. You can help them out by creating a shallow water source where they can drink. Fill a relatively flat container with water and be sure to include some pebbles and twigs for the bees to rest on while they hydrate. You can also use a bird bath with sloped walls. Be sure to freshen this water on a daily basis to let your visitors know they can return to this spot whenever they need a breather and some H₂O.



PROVIDE A SHELTER AND HABITAT

The idea of creating a makeshift nest for wayward bees might not exactly appeal to you; after all, the last thing you want is a bunch of angry, stinging insects coming after you. But bees only sting when they perceive a threat to their environment. By creating a welcoming home for them, they'll be very happy to spend their days foraging for food. Lone bees will often like pieces of untreated wood, uncultivated soil, wilder hedges, or muddy spots. This might not make for the prettiest site, but dedicating a tucked away corner of your garden to this cause can make these little guys very happy. If you don't want to go to those lengths, you can at least provide some shelter from the harsher elements by being creative with the placement of your potted plants and little spots in which bees can take temporary refuge.

BUY LOCAL HONEY

This is something just about anyone can do, even if they don't like to garden. Beekeeping is an amazing endeavor, but the truth is that not everyone is cut out for it. If you try to take on this responsibility without the proper knowledge, you could end up doing more harm than good. That's why it's important to support your local beekeepers to ensure their efforts aren't in vain.



GloryBee is a Pacific Northwest based business on a mission to provide high quality, natural and organic, ethically sourced ingredients that nourish people and the planet.



Tips to Help You Manage Your Seasonal Allergies

by Herbs Etc.

You know when allergy season has arrived. Your eyes are puffy. You wake up in the middle of the night trying to breathe because your nose is stuffy. What to do? Read on for tips to help manage your allergies, so you can enjoy the outdoors.

Steer clear of triggers. If you have pollen allergies, make sure to do your hiking and other outside activities in the morning, when pollen counts are generally lowest.

Wear glasses or sunglasses. Dark wrap-around sunglasses may be best to help keep pollen out of your eyes. If you don't have that style, any glasses or sunglasses will be better than none at all.

Check local pollen reports. Pollen.com has allergy alert mobile apps and a national allergy map to help you plan your day, week or month.

Take a shower. After being outdoors, remove your clothes in your front room, not your bedroom, and take a quick shower to rinse off.

Put on a mask. Gardening is an outdoor activity many enjoy. If this includes you, wearing a mask while you dig and plant will help to keep any disturbed mold spores from being inhaled.

Eat colorful foods. The more red, green, orange and yellow vegetables and fruits you eat every day, the better. Each color represents different vitamins and nutrients, which helps build up your immune system.

Use herbal formulations. Vitamin C and wild Mediterranean oregano oil promote immune health. Stinging nettle and elecampane support allergy health. You will find these and other supportive herbs in Allergy ReLeaf® System, and Allertonic®.

Change the filter. Air filters catch allergens in your home, including smoke. Change your furnace and air conditioning filters at least once a month during allergy season.

Clean the bedding. Dust mites love bedding, which is why you should wash all of it once a week. Use hot water to wash and rinse and the high cycle to dry. Another idea is to use dust mite free covers for your pillows and mattress.

Stop stressing. Stress plays a role in our overall health, as well as our allergy health. Sinuses and nasal membranes react negatively to stress, which translated to sinus pain and nasal congestion. Listen to relaxing music or meditate a little every day.

Keep plants outside. The soil of house plants and indoor herb gardens can carry mold spores. Keep indoor plants to a minimum—and definitely not in the bedroom where you spend most hours of your day. If the plants have pollen, keep them outside or give them to a friend who doesn't have a pollen allergy.

Close the windows. Although you might enjoy fresh air in your home, you won't enjoy your allergic reaction. Keep your windows closed at least during the high pollen part of the day.

Dust and vacuum the house. Make sure to dust your home thoroughly. Don't forget your blinds. Vacuum your curtains and your floors. Think about getting a vacuum with a HEPA filter too.



The Path to Osteoporosis Prevention

by Symphony Natural Health

Osteoporosis is a chronic, progressive lifestyle disease that affects millions of Americans, particularly women. It is estimated that anywhere between 20-50% of post-menopausal women are affected by low bone density. The major causes include old age, hereditary bone health, low body weight, smoking, and being on steroid therapy.

Other important risk factors include poor nutrition, low hormone production, excess alcohol and lack of exercise. Osteoporosis is often preventable by taking simple steps to build and support bone density.

NUTRITION & LIFESTYLE

The average American adult falls short in consuming the key vitamins and minerals the body requires to properly function. The Standard American Diet is full of processed foods, additives and low-quality fats, protein, and carbohydrates, leaving the body struggling to properly regenerate bones and regulate hormones.

Lifestyle also has a significant impact on our health, positive and negative. Be sure to practice weight bearing exercise, manage stress levels and get adequate sleep (7-9 hours).

HORMONES

During the first 10 years of menopause, most women are eating the same foods, exercising the same way, and consuming the same amount of vital nutrients, yet still lose a significant amount of bone mass. The only major change is that the body's production of hormones dramatically declines, directly impacting bone density.

Bone is a living tissue and it's believed to be completely replaced once every ten years. This continual replacement process involves osteoclast cells (dissolve old bone) and osteoblast cells (build new bone). For this reason, growth hormones, estrogen, progesterone and testosterone, are one of the most important, if not the most important aspect of bone health.

Estrogen – controls the action of osteoclasts, thus slowing bone loss

Progesterone and testosterone – increases the action of osteoblasts, therefore increasing the rate of new bone building

HORMONE THERAPIES AND HERBAL ALTERNATIVES

Traditionally, doctors have successfully used Hormone Replacement Therapy (HRT) to improve bone density, but the slightly



increased risk of breast cancer and stroke has resulted in many women choosing not to take hormones. Additionally, once HRT is stopped, women will lose bone again.

More recently, however, published clinical research on a concentrated herbal preparation called pre-Gelatinized Organic Maca (Maca-GO) has been the first to demonstrate statistically significant effects on hormones in postmenopausal women and improved bone density. Instead of introducing hormones into the body, Maca-GO supports the body's own production of hormones through the hypothalamic-pituitary-adrenal axis allowing women to use this long-term. The pre-Gelatinized Organic form of Maca is used exclusively in Symphony's Femmenessence products, available at both Marlene's locations.

Symphony Natural Health believes achieving complete health is a unique process for each person that requires interaction and communication between you, your healthcare professional and sources of health information and products. Their medical team is available 7 days a week to answer any questions. Call 415.243.9991 or e-mail medical.team@symphonynaturalhealth.com.

Join Lisa Shank online for more information about maca!
Maca and Women's Health
Tuesday,
March 8 at 5 pm -
Details at
marlenesmarket-deli.com/classes

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.



DESERT ESSENCE
Natural Hair, Skin & Body Care

Assorted sizes and varieties

35% off

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



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100% Pure Tea Tree Oil & Tea Tree Body Care

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**Organic Cold
Pressed Juice**
Assorted varieties
15.2 oz.

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**POP Organic
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for**



WILCOX FAMILY
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Brown Eggs**
Dozen
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2⁹⁹



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Reg. \$2.79

1⁹⁹



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Tomatoes
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Tortilla Chips
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for**



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**Canned Tuna,
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True farm-to-supplement quality control

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Assorted sizes
and varieties

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MARLENE'S GOODS FOR THE GARDEN

Holy beans! It's about time to get elbow deep in the dirt again, and Marlene's has wonderful things rolling in this month to get your garden properly prepped and planted. Next time you're in shopping, keep your eyes open for these goodies:

WISER WORM FARM WORM TEA



Worm tea is a natural liquid fertilizer made from soaking worm castings (worm manure) in water. In a healthy compost bin, worms help decompose food scraps by eating them. As the worms digest the organic material, they produce castings filled with nutrients and beneficial microbes.

Wisser Worm Farm worm tea will repopulate the soil with microbes, enrich the roots and break down the thatch turning it into food for plants. During hot summer days, worm tea can help



retain water in soil. And, if you decide to use worm tea as a foliar (leaf) spray, it can help your indoor and outdoor plants produce more foliage and larger stems!

HENDRIKUS ORGANICS SOIL ENRICHMENTS

In addition to producing fantastic organic fertilizer, Hendrikus Organics is also a family-owned business right here in the Pacific Northwest. Hendrikus Organics' fertilizers contain at least 22 different species of beneficial microbes. The microbes do much to assist in making nutrients available, but they also are the carpenters improving soils "architecture."



BOTANICAL INTERESTS ORGANIC SEEDS

At Botanical Interests, the goal is to inspire and educate the gardener in you! Since 1995, they have been supplying home gardeners with the highest quality seed in the most beautiful and informative seed packets on the market. Their unique seed packets include art, garden history, landscape ideas, organic gardening know-how, recipes and fun facts. Whether you're interested in organic herbs, vegetables or flowers, Botanical Interests has you covered with a wide variety of viable, high-quality seeds!



PLANETWISE PLANT STARTS

The folks at Westwind Gardens/PlanetWise have been supplying healthy and hardy vegetable, herb and flower starts to lucky gardeners since 1992!



It starts with organic potting mix that contains compost with beneficial microorganisms.

The plants grown in this medium produce strong root systems which helps them thrive. PlanetWise's organic and sustainable growing practices also include:

- the use of organic and natural fertilizers and liquid compost
- beneficial insects and biological and botanical pesticides
- energy and water conservation

Varieties that are cultivated at PlanetWise suit the Pacific Northwest area and climate!



Better Living with Houseplants

by Hendrikus Organics

We should all have houseplants! Not only do indoor plants add natural color and vibrance to interiors, but they also have an abundance of healing powers and air quality improving capabilities.

Houseplants have the magical ability to clean pollutants from the air so that the air inside your home is fresh and clean. The more houseplants you can incorporate into your interior space, the better!

In hospital settings, researchers have found that patients heal faster and have a better overall positive attitude about recovering and healing if they have access to windows where they can look outside and enjoy the sights and sounds of nature. When patients are located in rooms where there are no windows, houseplants are often implemented to liven up the space and bring elements of nature inside to the patients.



Watering and Fertilizing

The easiest way to test whether you need to water your plants or not is to stick your finger deep into the soil and feel if the soil is damp. If it is damp to the touch, you usually do not need to add more water at that time. If the soil feels dry, give your plant a good watering. Watering should be done weekly or as often as twice a week, for most plants, unless you own plants that prefer dry soil.

The most common mistake made with houseplants is overwatering. Plants do not like soggy soil which starves them for oxygen. They often will develop limp

MARLENE'S SOUND OUTLOOK

discolored leaves if you overwater them. Soggy plants can become susceptible to disease or root rot, and your soil can actually start growing mold, yuck! It is better to err on the side of too dry than too wet.

If you are transplanting your houseplants into a different pot, go ahead and mix some fertilizer in with the fresh soil to start your plants out in a nutrient-rich environment. Houseplants depend on you to provide them with the nutrition that they need since they can't spread their roots out in search of food like they do in the wild.



Give Them the Right Size Pot

Just like your family needs the right size home to live comfortably, your houseplants need the right size pot in order to stretch out their roots, or else they will get cramped and become root-bound. The general rule of transplanting is to find a pot that is 2" to 3" diameter larger than the pot your plants are in currently. You can always upgrade to a larger pot later if you expect that your houseplant will experience substantial growth.

Other Considerations for Caring for Your Houseplants

Determine the lighting needs for your houseplants and place them in the appropriate areas of your home. If getting sufficient light in your home is difficult, consider purchasing a grow light. Keep an eye out for bugs like aphids, mealybugs, whiteflies, and spider mites. Houseplants can become infested with bugs just like

*Plants are good for us,
inside and out!*



your outdoor plants! If you see bugs, spray your houseplant with an organic, all-natural plant soap.

If you place your plants near a windowsill, give them a quarter turn every week or two so that they grow evenly. Plants reach toward the sun and can start to grow at an angle if you don't rotate them regularly. If you notice that your plants are getting leggy and are leaning too much, this could mean they are not getting adequate sunlight and you may need to supplement your natural light source with a grow light.

Introduce a little natural ambiance in your home or office by incorporating live plants into your interior décor. Not only do they beautify a space, but they also keep the air clean and healthy so you can breathe easier!



Maintaining Strong Immunity as Spring Approaches

by Jerry Angelini, MS

As we move into spring, the increasing daylight, warming weather, and blossoming plants bring a smile to almost everyone's face. One thing that slips under our conscious thinking during the transition to spring, however, is awareness of immune health. During winter, people are more proactive about staying healthy, when in reality, spring brings its own challenges to immune health and balance.

According to the Centers for Disease Control, pathogens we are concerned about in winter are just as active in March, even May. Every time a pathogen enters the body, the immune system is responsible for determining both the severity of the health challenge and the duration to restoring balance. The immune system is a crucial defense needed to stay healthy and active at any time of the year.

Another springtime immune health consideration is how the immune system reacts to pollen and other environmental triggers. An oversensitivity to environmental elements or foods is an indication the immune system is out of balance.

The key then, for immune health year-round, is modulation, or balance. Certain natural substances can provide nutrition and cellular support to the immune system, so it is better able to respond to attacks it might experience, no matter the time of year.

Mushrooms have long been used in cultures around the world, both as food sources and

as support for health and wellness.* Various mushroom species such as Reishi, Chaga, and Cordyceps have all been recognized as supporting a balanced immune response in the body.

Reishi is the mushroom most often linked to modulating the immune system. Reishi can help the immune system respond strongly while at the same time making sure it doesn't overreact to substances or triggers. Further, Reishi bolsters adrenal functioning to help combat fatigue.* Reishi also supports cardiovascular and liver health, making it a multi-system support for immune strength and whole body wellness.

Chaga has been used cross culturally as a support for a strong, yet balanced immune response. Chaga's point of interest is that it supports epithelial tissues in the body. Epithelial cells line the upper respiratory system and lungs, the digestive tract, the skin and the arteries. The balancing impact Chaga can have on these organs makes it a wonderful addition to the seasonal support category. It is important to support our lungs and intestinal tract so that they can respond appropriately to whatever they encounter.

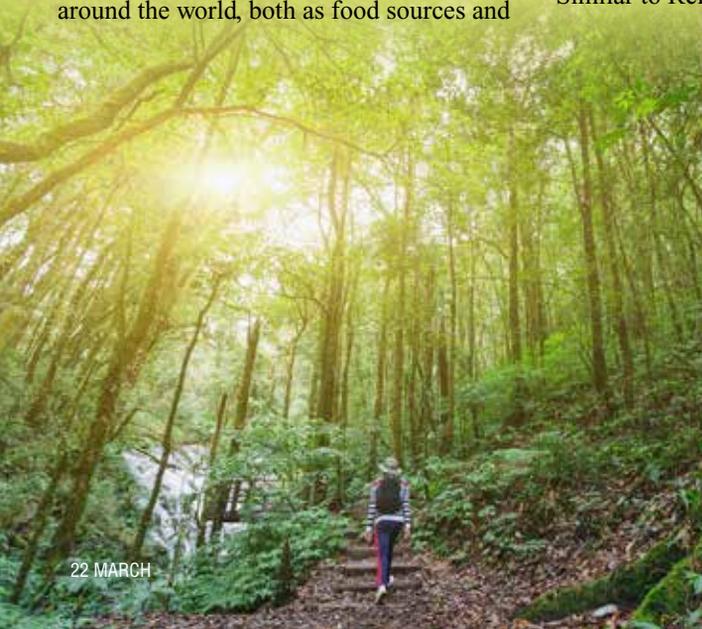
Cordyceps is a well-known mushroom in the sports world. Cordyceps is recognized as being energizing and supporting athletic performance. Like many other beneficial mushrooms, Cordyceps also supports modulation of the immune system. Similar to Reishi, Cordyceps

can help the upper respiratory system and lungs function strongly without overreacting to environmental triggers that can challenge breathing.

Remembering that the immune system functions 24 hours a day, seven days a week, can be an important change in thinking. Feeding our bodies good food, providing ourselves with adequate rest and basic hygiene such as hand washing, are all important parts of maintaining health. Yet in today's world we often need to do a bit more. Reishi, Chaga and Cordyceps – either separately or combined in a formula – can help ensure a strong immune system that doesn't overreact to the environment. These three mushrooms help us during the change of seasons and throughout the year.

Jerry Angelini, MS, is the Education Director for Host Defense. He has been teaching and speaking on anatomy and physiology, herb-drug interactions, and psychology for over two decades and holds numerous certifications and post-graduate credentials.

*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.



March

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				World Wildlife Day		
		1	2	3	4	5
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		Maca and Women's Health with Lisa Shank, Symphony Natural Health Educator 5 pm, Online		Self-Hypnosis for Deep Rest and More Joy with Lisa Shook, Board Certified Hypnotherapist and Business Coach 5 pm, Online		
6	7	8	9	10	11	12
Daylight Saving Time Begins	Uniform Monday! 10% off to all firefighters, police, and military!	Tips and Reflexology for Better Sleep with Linda Frank RF, NBCR, LMT, CREd, Director, Founder, Reflexology Academy NW 5 pm, Online		The Power of Greens with Jodi Schneider, Vibrant Health Educator 2 pm, Online	Full Moon	Happiness Workshop with Mag Secretario, Health Coach and co-creator of GoodLifeSleep 2 pm, Online
13	14	15	16	17	18	19
First Day of Spring		World Water Day		Cambodian Beef Sticks & Honey Lemongrass BBQ with Julia Bang, Founder of EAsT Kitchen \$25 5 pm, Online		
20	21	22	23	24	25	26
				Demystifying Rain Gardens with Patty Peterson, WSU Master Gardener 5 pm, Online		
27	28	29	30	31		

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots
with Voda Health
Tuesday, 10 am - 2 pm
253.225.6679

Iridology & Sclerology
with Nancy Seals
4th Sunday, 11 am - 4 pm
360.556.3556

FEDERAL WAY

Vitamin B and glutathione shots with Voda Health
Wednesday, 11 am - 3 pm
253.225.6679

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

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

Please call for current deli counter service hours.

Grab and go options available until closing.

TACOMA

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Tacoma 98409
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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MARCH 2022

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Earth Day & 46th Anniversary Celebration

This April, join us to celebrate with samples, savings and gift basket giveaways!

