



Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

March 2023

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Autoimmune support • Spring cleaning

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A Letter From Us

For many people, Spring means cleaning and organizing. I am definitely one of those people who loves cleaning out a closet and seeing a newly organized space. National Cleaning Week is March 26 - April 1st and we have classes and articles in this edition to help inspire you to celebrate your way to fresh and organized living.

So much of the natural beauty in our area depends on long stretches of overcast skies and regular drizzle. The good news is that this climate allows us an extended growing season and lots of green throughout the year. And speaking of our growing season, it's time to get your hands in the dirt to ensure an abundant harvest! On April 1st, we have horticulturist Laura Matter from the Garden Hotline giving an online talk: Preparing Your Edible Garden for Spring. Check out our Events & Education pages to learn details about this and many other fun and informative classes we're hosting.

This month, try to get outside a little more and notice the seasonal changes happening around you. The nettles are up (and ready for the soup pot), and the famous cherry and plum blossoms are budding at last. Overcast and rainy days have a lot of wonderful gifts for us, too. Don't miss them!

Lisa



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

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Toasted Quesadillas!

Simply fill each quadrant of a tortilla with your favorite fillings. The magic is in how the quesadilla is folded: The two inner quadrants stay cool while the outer two get hot and melty in the skillet!

Slice a burrito-size tortilla from the side to the center, as shown in the diagram below. You'll have four quadrants. Fill, fold, and toast this delightful treat in a hot, dry pan. Here's a tip: You want the bottom right quadrant to be cheese so that everything seals up perfectly.

Mediterranean Style:

4 large	Ezeikiel tortillas
3 cups	mixed Spring greens
1/4 cup	tomato, diced
1/4 cup	cucumber, thinly sliced
1/4 cup	pesto
1	avocado, sliced
1/2 cup	hummus or mashed white beans
1/4 cup	red onion, sliced
1/4 cup	crumbled feta cheese
1/2 cup	shredded mozzarella
	Italian dressing for dipping

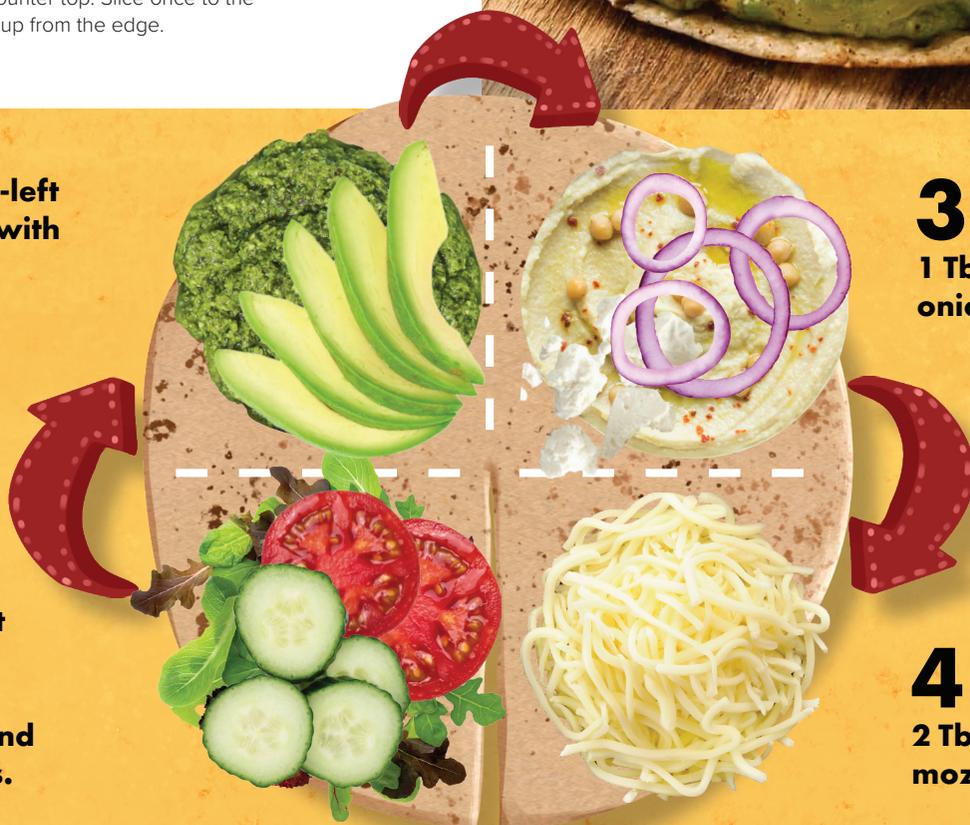
Heat a large nonstick skillet over medium-high heat. Line up your tortillas on a clean counter top. Slice once to the center of the tortilla, halfway up from the edge.

Now get creative:



2 Fill the top-left quadrant with 1 Tbl pesto and avocado slices.

1 Fill the bottom-left quadrant with spring greens, diced tomato and cucumber slices.



3 Fill the top-right quadrant with 1 Tbl hummus, red onion and feta.

4 Fill the bottom-right with 2 Tbl shredded mozzarella.

5 Now fold the bottom-left up and over the avocado, then right over the hummus, and down over the mozzarella.

6 Place the folded quesadilla mozzarella quadrant in a hot pan, and heat until browned. Flip and brown the other side.

Gardening for Wildlife



by Laura Matter of Garden Hotline, Tilth Alliance

Many of us enjoy our gardens during the summer, relaxing in a comfortable chair with a glass of iced tea and a book. Why not double that pleasure by making it a bird and wildlife friendly place, too? Wild animals, especially birds, use plants in our gardens all season long for feeding, bathing, sleeping and raising their young. By adding plants and garden features to attract more wildlife, you can enjoy four seasons of entertainment right in your own backyard!

Creating Habitat

Wildlife needs four things on or nearby your property to stay engaged in your garden: food, shelter, nesting sites and fresh water. Creating as much habitat as you can on-site will ensure a plentiful array of seasonal visitors to enjoy.

Food

Native plants are recognized by northwest native fauna, making them a great choice to grow in your garden. They are more drought tolerant and have fewer pest and disease issues, so pesticides are not necessary. Pesticide use is the least friendly practice to apply in your garden if you want to welcome and protect wildlife.

Plants that produce fruit or seeds that wildlife like to eat are key, as well. It is important to include diverse plants to attract a variety of wildlife as not all animals eat the same things. Plants with soft berries, dry seed heads, nuts and edible leaves will bring many different animals into your garden. This variety also supplies diversity for insect species, many of which are food for birds and amphibians, and others which

are helpful allies in pest management and pollination.

When adding feeders, make sure you minimize the use of seeds like millet, which spill onto the ground and attract rats. Focus on suet, using hot pepper suet to deter rats and squirrels and black oil sunflower seed suet for birds to cache in the winter. Enclose the feeders in hardware cloth cages when you have issues with greedy starlings and other non-native birds that crowd feeders. In locations where bears are an issue, avoid feeding birds at all and focus on planting a wide variety of edible plants for them to enjoy instead.

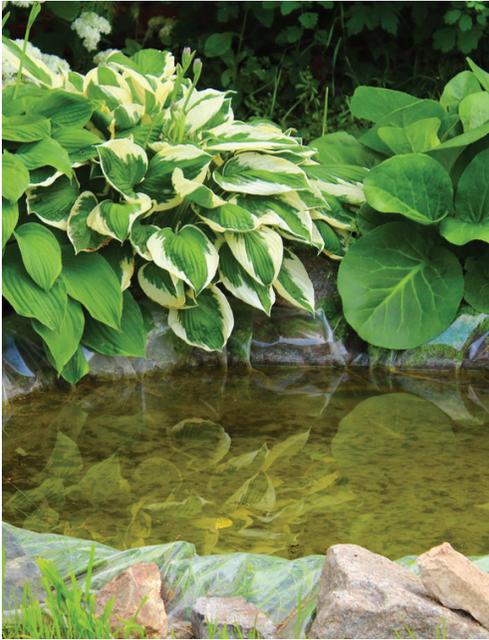
Shelter and Nesting

Establishing a diverse native landscape not only provides food sources for animals, but it also provides a variety of habitats for roosting and nesting in your garden. Be sure to plant in layers, from the ground to the sky, and to apply natural mulches on the ground once planted. Some animals are primarily ground feeders and need the mulch to forage in. Thicket-forming shrubs provide safe havens from predators and nesting sites for

tiny bird friends like Anna's hummingbirds. Some animals are cavity nesters and need old tree stumps left safely in place, in which holes can be created and occupied. If you're really lucky, you might even play host to owls in your garden!



It's delightful to spot a playful fox, and they can help to keep rodent populations in check.



Water in the Garden

All animals need water for drinking and bathing, and amphibious animals need water present year-round to live comfortably in your garden. If you don't have a natural water feature, simply adding a bird bath will increase the amount of time wildlife will spend in your yard, as well as bring in species



Join Laura online!

Preparing Your Edible
Garden for Spring

Saturday, April 1 at 10 am

Details at marlenesmarket-deli.com/classes

that might not otherwise visit. Keep the water clean, changing it every couple of days to avoid algae and mosquito growth. Provide a rough surface on the bottom of the feeder to help little bird feet to grip when they are in the bath, and keep the water fairly shallow. In larger gardens, you can consider adding a larger feature like a pond and even installing waterfalls or fountains to keep the water in motion. This will help to keep it clean while attracting animals at the same time.

Providing food, shelter, nesting sites and water for birds will transform your garden into an avian oasis. Luckily for us, our native plants are also worthwhile on their own merits, boasting spring flowers, summer fruit and seeds, fall and winter color, as well as beautiful evergreen foliage. But be smart about the plant choices you make. Some of our natives are thicket-forming plants and you will need to allow space for those to spread. Other plants are 200-foot conifers that are only appropriate in the largest of gardens where they will not become a storm hazard or overgrow sidewalks or driveways.

There is an enormous number of native plants to consider that can supply your garden with a variety of sizes and shapes to attract different types of birds, pollinators and wildlife. Many of these plants and trees are quite attractive and easy to maintain. Please visit gardenhotline.org for a complete list of these plants and everything you ever wanted to know about growing and maintaining the garden of your dreams!

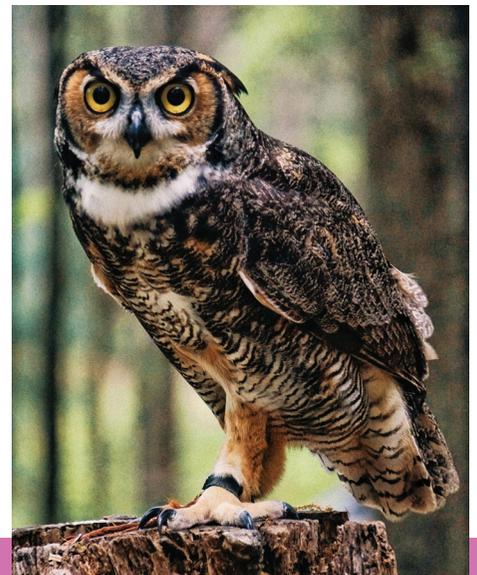
Laura Matter has been a practicing horticulturist for the past 40 years, studied Landscape Horticulture at South Seattle Community College and has a B.A. in Botany from the University of Washington. She is currently the Sustainable Yard and Home Education Program Manager at Tilth Alliance where she specializes in watershed health, pollinator gardening and integrated pest management education. For one-on-one wildlife gardening advice visit the Garden Hotline online at gardenhotline.org or call 206-633-0224.



Plant dogwood, cedar, serviceberry, and winterberry to attract cedar waxwings.



Our shy, native Douglas squirrel loves conifers like Sitka spruce, shore pine, and its namesake, the Douglas fir.



This Great Horned owl is one of over a dozen species of owl that live in our area.

Stop Pain, Gain Energy and Feel Great

by Terry Lemerond



There are many botanical medicines that I recommend that can truly help you live better. But there are three that I think should especially be on everyone's list for a healthy life: curcumin, red ginseng, and grape seed extract. While they may sound familiar, the forms I prefer are far from common. But first, let's look at how each one can improve your life.

Stop pain: For acute and chronic pain, curcumin from turmeric (*Curcuma longa*) is the best option. It works through many anti-inflammatory pathways in the body, and inhibits COX-2 inflammation as well as prescription drugs without causing side effects or being addictive. The curcumin I recommend for pain (and virtually everything else) is backed by clinical studies. It is blended with turmeric essential oil – itself a source of anti-inflammatory ar-turmerone – for enhanced absorption and blood retention.

Clinical work with this curcumin shows that it reduces pain and improves mobility in cases of rheumatoid arthritis and osteoarthritis. Whether combined with boswellia, or on its own, it can stop joint damage, inhibit inflammation, and restore flexibility.

Gain energy: Being energetic isn't just about feeling revved up, it's about being resilient in the face of stress and rebounding from mental and physical exertion. Red ginseng is the ideal botanical here.

Red ginseng alters the way we react to stress calming neurotransmitter activity and

balancing cortisol levels to foster alertness and focus. It also protects brain cells from oxidative damage, which may account for the way that red ginseng protects cognitive processes and supports a feeling of calmness and control.

The ginseng that I prefer is hydroponically grown without pesticides and carefully tended in ultra-clean conditions. Its roots are provided with the nutrients they need at exactly the right time and in exactly the right proportions. Just as importantly, the plants are challenged enough to concentrate levels of ginsenosides—especially rare, noble ginsenosides for true benefits.

In fact, this special process helps the ginseng deliver seven times the rare, noble ginsenosides than conventionally grown and processed ginseng supplements. They are also up to 17 times better absorbed than classic ginsenosides – a key factor for effectiveness.

Feel great: Aside from being pain free and energized, optimal health depends on a strong heart, balanced

blood sugar and cholesterol levels, and a robust immune defense. For all of these and more, grape seed extract is one of the best botanicals you can incorporate into your regimen. One thing that is important is that the most valuable compounds of grape seed, oligomeric proanthocyanidins (OPCs) are readily absorbed. The grape seed I prefer is from French grapes and provides only tannin-free absorbable OPCs that are small enough to be 100% absorbable. It is also

the subject of groundbreaking studies showing that it stops colon cancer tumor growth and eliminates cancer stem cells.

A dynamic trio: These botanicals don't just work for any one specific concern – they overlap and support each other. Curcumin and grape seed are an especially potent duo because one is fat soluble while the other is water soluble and they work along more pathways together than any one of them could alone. So vibrant health isn't only being pain free or having resilience and energy, it is having the optimal nutrients protecting you at a cellular level, bolstering your immune system, and strengthening your heart. That's why I think these three botanicals are a must when it comes to stopping pain, gaining energy, and feeling great.

Terry Lemerond is a natural health expert with over 45 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. His books include Seven Keys to Vibrant Health and the sequel, Seven Keys to Unlimited Personal Achievement, and 50+ Natural Health Secrets Proven to Change Your Life. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.



Herbal Help & Tips for **Sleep Concerns**

by Herbs Etc.

A major health tenet of herbalism is living with the seasons. This basic principle means that as the seasons change, the foods we eat, the herbs we use, and the way we live our lives should change, too. The goal is to be in balance with the forces of nature. Many of us do this even on an unconscious level. We crave watermelon and iced lemonade on hot summer days and relish hearty stews during the cold winter months.



Many people also have trouble getting the sleep they need. Sometimes it's as simple as actually getting to bed, while other times you make it to bed, but find you can't fall asleep. Then there is the special occasion of Daylight Saving Time.

You can prepare yourself to “spring forward” in March by gradually shifting your schedule in the week leading up to the time change. The American Academy of Sleep Medicine advises trying to slowly adjust your schedule by going to bed around 15-20 minutes earlier each day for the 3-4 days leading up to the time change. Consider using our Deep Sleep® formula during this transition. It is a wonderful, gentle and effective formula that will not lead to morning drowsiness.

Less exposure to light in the morning and greater exposure to evening light can affect our mood and energy levels and even decrease serotonin. Counter this by getting more AM light! Make time to take a morning or early afternoon walk while the sun is out. This will help adjust and regulate your internal clock.

Try some of these tips to help prepare for sleep:

- 1. Stop working.** This is a no-brainer, but we're sure this is something we all forget, especially when working on a time-consuming project. Close the computer or put down your pen at least 60 minutes before bedtime. Your mind needs to let go of the day, so you can sleep.
- 2. Get some exercise.** There is a caveat. Make sure you end your exercise program at least two hours before you head to bed, so your body's endorphins can calm down enough to sleep.
- 3. Write down your thoughts.** If you find yourself unable to tune out your thoughts, write them down. You may be pleasantly surprised to see how much more relaxed you feel knowing you have set yourself up for a less stressful work day.
- 4. Eat if you are hungry.** This is not a green light to overindulge before bedtime. Overindulging is actually a very bad idea if you want to get some sleep. A snack, such as a piece of fruit, or a small piece of protein or cereal and milk, can take the edge off so you can sleep and not lie in bed thinking about ransacking the refrigerator.
- 5. Drink before bed.** A small glass of tart cherry juice, a half of a mug of warm milk or chamomile tea may be your pre-bedtime drink of choice. These beverages help you relax.
- 6. Turn off the light.** This means turning off the electronics, including your phone, laptop and television, not just the bedroom lights. Blue light emitting from our electronics has been shown to block melatonin production. Melatonin helps us fall asleep. We really don't want melatonin production blocked, so turn those lights out!
- 7. Try herbal formulations.** Passionflower helps to quiet your active mind. Chamomile supports rest when you have mild to moderate uneasy sleep. California Poppy helps you stay asleep when you tend to wake up during the night. You will find these and other sleep-promoting herbs in Deep Sleep®.



Strength and Beauty: Your Guide to Collagen

by Natural Factors

With so much information circulating about collagen, you've probably wondered if you should be taking a collagen supplement. Are its touted benefits for wrinkles and smoother skin true? Does taking collagen really help support your bones and joints? Let's uncover everything you need to know about this popular protein.



Collagen 101

Collagen is a main structural protein found throughout the body. Often described as the “glue” that holds the body together, collagen provides strength and support to our connective tissue.¹ Collagen is made up of three chains of specific amino acids that form a triple helix and make up 25–35% of our total body protein. This abundant protein is commonly found in:²

- Skin
- Tendons
- Ligaments
- Cartilage
- Bones
- Blood vessels

There are currently 28 different types of collagen that

have been identified in the body. Although there are five main types, type I accounts for 90% of the body's collagen and can be found in the skin, cornea, blood vessels, bones, ligaments, and tendons. Type II is found in



the cartilage and intervertebral discs, and type III is located in the skin and blood vessels.^{2,4} These are the three collagen types commonly found in collagen supplements.

Unfortunately, the activity of our collagen-producing cells (called fibroblasts) starts to decline after the age of 30. Although our bodies continue to make collagen throughout life, it's estimated that collagen production declines approximately 1.0–1.5% per year.⁵ Collagen breakdown also occurs more quickly. Fine lines and deep wrinkles are a familiar outcome to many, but that's not all that can happen. Other factors can accelerate collagen loss as we age, such as:^{5,6}

- Smoking
- Poor nutrition
- Sun and pollution exposure
- Stress
- Genetics
- Loss of estrogen during menopause

Supporting collagen production is crucial in maintaining healthy skin, hair, nails, joints, and bones. From adopting healthy dietary and lifestyle approaches to taking specific supplements, there are many valuable solutions to help overcome the

impact of collagen loss. One strategy that has gained much attention and popularity is using collagen supplements.

About Collagen Supplements

If you have ever shopped for a collagen supplement, you know first-hand that there is an overwhelming number of available choices.

Not all collagen supplements are the same; they come in various forms and qualities. Consider these key facts for selecting a clean and supportive collagen supplement:

- Look for hydrolyzed collagen supplements. Collagen needs to be broken down so the body can use it. Hydrolyzed collagen has been broken down into smaller collagen peptides or small amino acid chains by a process called hydrolysis. In addition to being highly digestible and easily absorbed by the body, hydrolyzed collagen provides many advantages, such as being odorless and colorless.^{7,8} This makes using hydrolyzed collagen very easy – it can simply be mixed into different foods and liquids (hot or cold!). After collagen

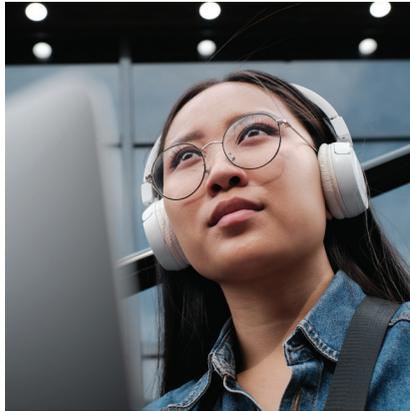
peptides are consumed, they make their way throughout the body, acting as building blocks for collagen and elastin production. Collagen peptides can also stimulate fibroblasts to produce collagen and elastin and replace what has been lost because of aging and other factors.⁷

- Choose collagen supplements sourced from reputable bovine and marine sources. Collagen can only come from animal sources such as the skin, bones, and cartilage of cows, fish, chickens, and/or pigs. For your personal health and the health of the planet, it is important to choose reputable sources such as pasture-raised, grass-fed cattle and wild-caught fish.
- Pick collagen supplements that undergo third-party testing. All supplements, including collagen, can contain potential allergens, pesticides, solvents, GMOs, heavy metals, microbes, and pharmaceutical agents. When picking a collagen supplement, it is important to choose one that has undergone third-party testing to ensure the product is non-GMO, pure, potent, and accurately labeled.

Total Body Collagen™ from Natural Factors combines hydrolyzed collagen with complementary, clinically supported ingredients: hyaluronic acid, vitamin C,

biotin, L-glutamine, and L-tryptophan. The result is an anti-aging and whole-body boost formula that does it all:

- Reduces deep wrinkles
- Helps increase skin elasticity and density while reducing the appearance of fine lines and crow's feet
- Promotes healthy hair and strong nails
- Helps strengthen bones and muscles, promotes joint comfort and mobility, and supports gut health



Results can be seen in as little as 28 days! Total Body Collagen is available in a bovine-based powder in three flavors: unflavored, pomegranate, and orange.

If you are looking to support the health of your hair, skin, nails, bones, and joints and are concerned about the impact of collagen loss with age, Total Body Collagen may be right for you! Collagen powders can be easily incorporated into hot and cold beverages (including your morning coffee!) plus different foods without affecting the flavor.

Continue your journey toward supporting collagen production with additional dietary and lifestyle changes, including:

- Eating protein-rich foods, such as chicken, fish, eggs, and beans
- Consuming bone broth regularly
- Eating vitamin C-rich foods, such

as citrus, berries, and cruciferous vegetables

- Protecting your skin from sun exposure
- Wearing sunglasses
- Quitting smoking
- Managing stress
- Engaging in physical activity

Natural Factors is one of the largest manufacturers of nutritional products in North America. They are fully committed to quality and integrity, as they have been for over 70 years.

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March Events & Education

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

TYPE 2 DIABETES: WHAT IS IT AND WHERE DID IT COME FROM?



with Eugenia Lennon, Certified Diabetes Care and Education Specialist

Thursday, March 9 at 2 pm

Type 2 diabetes does not just happen overnight. It can smolder for up to 15 years before you're formally diagnosed with diabetes.

Join certified diabetes care and education specialist, Eugenia for an introduction to the warning signs and risk factors as well as the conditions that move pre-diabetes or metabolic syndrome into full blown type 2 diabetes.

AUTOIMMUNE BALANCE



with Karen Masterson Koch, Clinical Nutritionist and Founder of Aloe Life

Thursday, March 9 at 5pm

Did you know there are over 160 conditions linked to inflammatory damage in the body, brain and skin? Feeling good again is

possible by learning the facts about inflammation and immune response and then taking steps to optimize body wellness. Join Karen, Clinical Nutritionist and Founder of Aloe Life, to learn more about how to achieve balance, minimize inflammation, and encourage a healthy immune response.

AUTOIMMUNITY POTPOURRI



with Linda Frank, RF, NBCR, LMT, CREd, Director, Founder, Reflexology Academy NW

Thursday, March 16 at 5 pm

What is autoimmunity? Why does it happen? How is it treated? How might we help prevent and/or best cope with it? As an

integrative hands-on practitioner, educator and researcher, Linda will share some of the new hypotheses about autoimmunity and a variety of complementary techniques and approaches to achieving balance.

MANAGE YOUR IRRITABLE BOWEL SYNDROME WITH AYURVEDA



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

Tuesday, March 21 at 5 pm

IBS presents in many different ways, and the causes vary from one individual to another. Ayurveda, one of the

oldest systems of medicine, encourages an individualized approach to health. Through a focus on digestion and addressing the root cause of individual imbalances, it provides effective methods for tackling this issue. Learn how an Ayurvedic approach can help you manage your IBS and improve your symptoms!

UPGRADE YOUR SPRING DETOX ROUTINE



with Nicole Wirth, LMP, Lymph Drainage Therapist and co-founder of Harmonic Egg NW Center

Thursday, March 23 at 5 pm

Get your spring detox off to a great (and relaxing) start!

While addressing all channels of elimination is important, this process can be optimized with a lymphatic drainage protocol. Join Nicole to learn why the often overlooked a lymph drainage protocol may be a valuable shortcut in your spring detox routine!

ANTI-INFLAMMATORY DIET



with Tyrone Brown, Chef and Owner of Soul Ty's Custom Catering

Saturday, March 25 at noon \$25

Chronic inflammation can last for a long time and may lead to various health problems. This

class offers an introduction to preparing your own anti-inflammatory foods and learning about how they can help your body maintain optimum health. Pick up some simple, exciting and tasty recipes and some healthy cooking tips that will allow you to adapt your existing recipes at home!

CLEAN UP YOUR FINANCES



with Jodi Williams, Accredited Financial Counselor

Tuesday, March 28 at 5 pm

In recognition of National Cleaning Week, learn how to clean up and organize your finances! Jodi will guide you through what to keep and what to

throw away as well as the best ways to organize finances throughout the year. Get your personal finances in order and feel confident in your preparation to pay taxes and ease your financial stress.

Happy National Cleaning Week

March 26 - April 1

Celebrate the importance, value and positive impact that cleaning has on health, the environment and emotional wellness.

FIND HEALTH & JOY IN CLEANING



with Denise Frakes, Home and Life Coach, Facilitator for Puget Sound Asthma Coalition

Thursday, March 30 at 5 pm

March 26-31 is National Cleaning Week. Come celebrate! Many of us do a lot of cleaning, run households, and take care of

a family. That's a whole lot of time, energy and work! And once we start cleaning, we will clean for a lifetime. Join Denise for tips on how to take these daunting tasks and turn cleaning into a practice that not only brings you joy, but can also improve your health.

PREPARING YOUR EDIBLE GARDEN FOR SPRING



with Laura Matter, Garden Hotline Educator

Saturday, April 1 at 10 am

Get a good, healthy jumpstart on your edible garden by preparing for what's to come later in the year. Plan now to attract beneficial insects to your garden!

Soil preparation, spring planting ideas, getting ahead of common pests in your garden and early guidance on saving seeds will be discussed in this fun and informative talk with Master Gardener, Laura Matter.

MANIFEST YOUR DESIRES



with Hansie Wong, MD and Health Coach

Saturday, April 1 at noon

Give yourself permission to want what you want. In this workshop, we will discover your core desire feelings through the process of desire mapping. From this, you

will be able to create an action plan that reflects intentional choices toward those core desire feelings.

BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

Federal Way

2 pm - 4 pm

Friday, March 10

Friday, March 24

Tacoma

2 pm - 4 pm

Friday, March 3

Friday, March 17

Friday, March 31

Welcome Spring with Vibrant Green!

Fuel up while you shop.

Let our deli staff prepare a delicious juice or smoothie that's bursting with flavor and nutrition. It's the tastiest and easiest way to get your greens and a boost of energy for your busy day!

Ask for a
Tropikale
Thunder!

Pineapple, mango,
spinach, kale, coconut
water, apple juice



Celebrate the Art of Cleaning

by Denise Frakes

March 26th - April 1st is national cleaning week: Celebrate cleaning and cleaners everywhere! Cleaning is life-giving and essential work. If you clean your own home, if you help others care for theirs, if you are a professional cleaner, part-time cleaner or clean because there is no one else to do the job, this week we say THANK YOU!

For all of those days you cleaned, picked up, washed, cared for, did the little extras and your work didn't get celebrated or even noticed, THANK YOU! We celebrate you! We celebrate your heart and determination to make our spaces safe, beautiful, and healthy.

Your work is essential to everyone's health and wellbeing. In a healthy clean space, we breathe better, we think more clearly and have more energy. A well-cared-for space lowers our stress and increases our happiness and sleep quality. Healthy cleaning reduces and prevents illnesses and minimizes environmental waste and toxic exposure. Cleaning refreshes and improves the flow and function of daily life.

Unhealthy cleaning or lack of cleaning can take us in a negative direction. It can lead to occupational asthma, environmental toxin exposure, lung and skin damage and central nervous system depression. It contributes to environmental waste and damage. Too little cleaning begets stagnation, chaos and muddled energy. Without cleaning, our productivity, happiness and energy drop. Intentional and healthy cleaning at regular intervals matters!

Insist on using safe products and procedures. Require the safest and mildest cleaning products. Focus on fragrance-free cleansers with no harsh chemicals and quality microfiber cloths for cleaning. Use few products and keep it simple. Spray cleaners into a towel, never in the air. Increase ventilation. Read your labels. Advocate for building cleaning skills and improving efficiency. Make sure those who clean for you and your spaces can safely do their work. Empower their health.

Uplift perception and level of skill. Your perception of this work will dictate its value internally and it will affect what others experience. Growing up, I watched my mom sing as she cleaned.

Join Denise online!
Find Health
& Joy in Cleaning
Thursday, March 30 at 5 pm
Details at marlenesmarket-deli.com/classes

Her attitude while she worked affected our whole family. After cleaning, there was an ease in our home, in our family and in my mom that was broad-reaching and profound.

Cleaning is an art, a science, a habit and a craft. Learn to make it easier, more enjoyable and more effective. The act itself can even be an opportunity for gratitude in action - be thankful for what you're cleaning while you're cleaning! The repetitive nature of cleaning can wear us down, so keep improving your skills for everyone's good. Practice gratitude in action.

"When you consider it, the world of your actions and activity is a very precious world. What you do should be worthy of you; it should be worthy of your attention and dignity, and conform to your respect for yourself. If you can love what you do, then you will do it beautifully."

John O'Donohue, Anam Cara

Raise visibility. Cleaning lives behind the scenes. It hides in the shadows. Be visible in your work and proud of the

results! Appreciate yourself, your work, and efforts that may go unacknowledged by others. This work is essential to the health and wellbeing of yourself and those in your care. Learn to see and value this work and honor others doing it.

How we perceive and value ourselves while doing this work affects everything. It can wear us down or it can be a nourishing partner. Move your perspective about the drudgery of cleaning into a mindset of health and joy, because this essential work will be with us our entire lives!

Denise Frakes is a Home & Life Coach and Facilitator of the Puget Sound Asthma Coalition. She specializes in healthy homes, joyful work and healthy lifestyles. Learn more about her work at DeniseFrakes.com and about the Puget Sound Asthma Coalition at breathing-space.circle.so/home.

Nettles

The Prickly Ambassadors 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!



Young Stinging Nettles Soup

- 5 oz fresh stinging nettles, roughly chopped
- 2 Tbl olive oil, divided
- ¼ cup shallots, red onion or yellow onion, chopped
- 3 cloves garlic, smashed and chopped
- 1 lb yellow potatoes, cut into ¼ inch chunks (or sub 3 cups of cauliflower florets)
- 4 cups vegetable stock or water
- 1 tsp sea salt
- ¼ cup parsley, tarragon or basil leaves, chopped
- 4 lemon wedges
- chili flakes to taste

In a large soup pot over medium heat, place olive oil and shallots. Sauté until lightly caramelized, about 4-5 minutes. Add garlic and sauté about 2-3 minutes, just until fragrant. Add stock, salt and potatoes and bring to a boil. Immediately reduce heat to low, cover and simmer 12-15 minutes until potatoes are tender.

Using tongs or gloves, add nettles to soup until just wilted (1-2 minutes). Remove from heat and stir in parsley. Allow soup to cool about 20 minutes.

Blend soup in batches until smooth (or desired texture).

Serve immediately with chili flakes and lemon wedges for spritzing. Serves 4.

How to Ditch Fabric Softener & Dryer Sheets

by Dr. Bronner's

How fabric softener and dryer sheets work

Fabric softener is a kind of lubricant for fabrics. And did you know most dryer sheets are just squares of material coated in dry fabric softener? Their purpose and function are nearly identical. They only differ in their method of delivery. Fabric softener works by depositing a thin film onto fabrics. Commonly available fabric softeners and dryer sheets are usually made from a silicone derivative such as dimethicone.

This coating increases lubricity so that your hand slides smoothly over the fabrics and the fabrics slide smoothly against each other. This lubricant on fabrics also reduces static electricity by absorbing the excess electrons of negatively charged fabrics.

The coating can also reduce wrinkling. Silicone softeners do this by encasing fabric fibers in an elastic network. This network aids the fabric in recovering from a crease or other deformation.¹ The coating also helps the fabric respond more to the heat of ironing.

The final feature of fabric softener is often the one people prize the most: fragrance. Fragrance is a huge selling point for all laundry products. Laundry manufacturers used to rely only on promises of getting laundry clean, but then they learned that consumers were much more swayed by how the laundry smelled. Since the fabric softeners always come after the cleansing cycle, they are able to deposit a plentiful load of scent on the fabrics.

What's the problem with all that?

These lubricant residues build up on fabric in wash after wash, creating a layer of dinginess over time. New clothes stop looking so new. This gives rise to the need for laundry stripping to purge the fabrics of this build up and restore their brightness. This build-up and stripping process degrades the fabrics and decreases the lifespan of the item

Certain fabrics should never be laundered with fabric softeners because it interferes with the function of the fabric. Moisture-wicking fabrics used for athleticwear advise not to because the residue coats the pores in the fabric, inhibiting their ability to absorb moisture. Similarly, cloth diaper washing instructions discourage fabric softener because such a layer of lubricant makes the diapers less absorbent. The same holds true for towels. While the idea of softness sounds pleasant, it nullifies the fabrics' basic function.

You'll also find cautions against the use of softeners on waterproofed or flame-retardant fabrics, though those properties carry their own host of problems.

And about that fragrance

With laundry fragrance, the stakes are so much higher because the scents are intended to last an extra-long time. One major brand of fabric softener touts "just-washed freshness for 100 days" and another promises "weeks of lasting freshness." These fragrances are meant to stick around on whatever surface they find themselves, be it your clothes or your skin or your lungs.

But what is so bad about these long-lasting smells? A 2011 study identified acetaldehyde and benzene in dryer vent emissions when scented products were in use.² These are both known human carcinogens. Five additional substances found in the emissions are on the U.S. Environmental Protection Agency's (EPAs) list of hazardous air pollutants.

There's a large body of evidence linking laundry fragrance to more immediate maladies such as respiratory ailments and migraines. One 2016 study found that more than 12.5% of respondents reported irritation from scented laundry products that were vented outside. Another study found that laundry detergent and rinses disrupted the integrity of bronchial cell barriers, even at highly diluted concentrations.³ Yet another study of fabric softeners found emissions of several known irritants that caused sensory irritation (affecting the eyes and upper respiratory) in 61% of measured breaths, as well as pulmonary (lung) irritation and limitation of airflow.³

Concerns with fragrance residues on laundry are further intensified because, unlike other surfaces in our house that we casually touch, we are in constant full-body contact with the fabrics we launder. We wear them, we dry with them, we sleep on them. Fabric softeners intentionally leave residues. This makes exposure from direct skin contact very high. Studies show that up to 11% of the general population exhibits signs of allergic contact dermatitis from fragrance when tested in a controlled patch testing.⁴ That's approximately 1 in 10 of us!



What can you do about this?

Especially since it can be hard to give up years of habit! Here are some ideas:

Alternatives to Fabric Softeners and Dryer Sheets

For softening & static reduction

- Use distilled white vinegar in place of liquid fabric softener or spray a clean washcloth lightly with vinegar and toss in dryer. The vinegar scent will dissipate entirely by the time clothes are dry.
- Use 4-6 wool dryer balls for softening, static reduction, and reducing drying time. There are many DIY instructions online about how to easily make your own dryer balls with wool yarn or by upcycling wool material you may already have at home.



- Air dry clothes to reduce static caused by friction of fabrics rubbing together.

For de-wrinkling

- Remove clothes from dryer immediately at the end of the cycle and fold or hang.
- Wet your dryer balls or dampen a washcloth or hand towel and throw them in with the wrinkled clothes. Check after 20 minutes.
- Air dry clothes.

For scenting

- Use well-sealed herbal sachets in the dryer. Lavender, mint, and lemon balm are great options.
- Make your own reusable dryer sheets. There are many DIY instructions online about how to easily make your own dryer sheets with essential

oils, vinegar and fabric scraps.

- Store clothes with herbal sachets.
- Store clothes with a cotton pad sprinkled with a few drops of essential oil.
- Accustom yourself to less scent in your fabrics.

Getting rid of a scent

Perhaps you've been in this reverse situation: A friend has blessed you with a large bag of hand-me-downs for your ever-growing munchkin. The only problem? Whoever had them before you used fabric softener like it was going out of style. Three washes later, and you can still smell it on the clothes. Here are some tips for removing the scent of fabric softener:

- Add 1 cup vinegar and ½ cup baking soda to the wash cycle. (Halve these amounts for HE washing machines.)
- Soak the clothes in the washer with water and 2 cups of vinegar for 20 minutes before laundering.
- Air dry the clothes, or better yet, dry them on a clothesline in the sun.

1. Montazer, M. and Harifi, T., 2018. Nanofinishing of Textile Materials. Woodhead Publishing, pp.83-94.
2. Kessler R. Dryer vents: an overlooked source of pollution? Environ Health Perspect. 2011;119(11):A474-A475. doi:10.1289/ehp.119-a474a.
3. Rosalind C. Anderson, Julius H. Anderson (2000) RESPIRATORY TOXICITY OF FABRIC SOFTENER EMISSIONS, Journal of Toxicology and Environmental Health, Part A, 60:2, 121-136, DOI: 10.1080/009841000156538.
4. Reeder MJ. Allergic Contact Dermatitis to Fragrances. Dermatol Clin. 2020 Jul;38(3):371-377. doi: 10.1016/j.det.2020.02.009. Epub 2020 May 4. PMID: 32475515.



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Stay Well During Seasonal Transitions

by Renew Life

Stay Balanced

Did you know that at least 70% of your immune system is in your digestive tract? Crazy, right? That's where more than 100 trillion bacteria can be found, and many of them are friendly bacteria called probiotics. Probiotics work to maintain a balanced environment in your gut, keeping the harmful bacteria in check so you can continue to feel healthy.

Unfortunately, everyday factors like stress, an unhealthy diet and even just normal aging can reduce the number of good bacteria in your body—which can impact the health of your whole body. But the good news is that our friendly gut microbes respond quickly to positive changes in diet and lifestyle.

Consider eating more real, wholesome foods: more fruits, non-starchy veggies, fermented foods, and healthy fats and protein. Look into taking a daily probiotic supplement, as well, to further promote gut balance. If you can, try to avoid artificial sweeteners and unhealthy fats, along with foods high in starches and sugar.



Stay Active

During the winter season, it's a bit more difficult to stay healthy and active. As we transition into early spring, it can be hard to fight that urge to curl up under covers each day and sleep just a little longer – especially after Daylight Saving Time kicks in. We need to be able to fight that urge and not to continue 'hibernating'. The key is to find ways to stay active each day and have fun while doing so.

Renew Life believes a healthy gut is a happy gut. For nearly two decades they have been formulating superior quality digestive care supplements to help people achieve optimal health from the inside out. They proudly stand behind the quality, purity, and potency of every product they make.

*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.

Here are some practices you can work into your daily routine to reach and maintain vibrant health:

- Stay hydrated. It's so important to drink water, even when the weather isn't very warm. Use a water tracker app or a large water bottle to help you stay on top of your consumption.
- Go for a walk. A brisk walk does wonders! Get your circulation going and burn off some newfound energy.
- When out and about, whenever available, always take the stairs. Just one flight of stairs keeps your body active and moving.
- Find an at-home workout or activity you enjoy. There are lots of workout videos you can stream that are anywhere from 10 minutes a day to an hour long. If you have exercise equipment, use it for at least 15 minutes a day.
- Do intensive household cleaning. Don't scoff! No joke, when I am doing laundry, mopping and non-stop cleaning, my activity tracker automatically records a workout. I make sure I am moving the whole time while cleaning. It is a win-win situation; the house is clean and I am staying active!
- When all else fails, turn up the music and get moving. There are times when I have a hard time motivating myself to move. The warmth of the covers tries to keep me down and the gloominess of the outdoors lends no excitement. That's when I turn on my favorite tunes, open the curtains to let the natural light in and start grooving! Who says you can't have a dance party by yourself?



Relief from Digestive Distress

by Natural Factors

Have you ever heard of FODMAPs (fermentable oligo-di- mono-saccharides and polyol)? This may be the key reason you experience occasional constipation, diarrhea, gas, and bloating. While a moderate intake of dietary fiber is important for maintaining overall health, there are several types of fiber that negatively affect gastrointestinal health for some people.

Once these fibers reach the large intestine, they bring water into the colon and are rapidly fermented, creating symptoms such as gas and bloating. Examples of FODMAPs can include fructose found in apples, lactose found in dairy products, and polyols found in cauliflower. Although some individuals can tolerate FODMAPs without any digestive concerns, many can experience bloating, gas, diarrhea, and/or constipation when consuming high-FODMAP foods.



If this sounds like you, you may be one of the many to benefit from a low-FODMAP diet. First developed by Monash University in Melbourne, Australia, the low-FODMAP diet has been shown to alleviate the symptoms of flatulence, bloating, and other bowel issues.

When we adjust our diets to include foods that have lower levels of FODMAPs, we make the job of our digestive tract easier and reduce the occurrence of unpleasant symptoms such as bloating, abdominal pain, constipation, and diarrhea. This is definitely a positive approach to supporting gastrointestinal health, however, what's missing in a low-FODMAP diet? Better digestible fiber!

Unfortunately, many high-fiber foods and many fiber supplements are high in FODMAPs. This makes it difficult for children and adults to meet the recommended daily intake of fiber in their diets. Keep in mind that soluble fiber is essential for gut health and regularity, and fibers such as inulin, bran and wheat are high-FODMAP ingredients which are not beneficial for the digestive system.

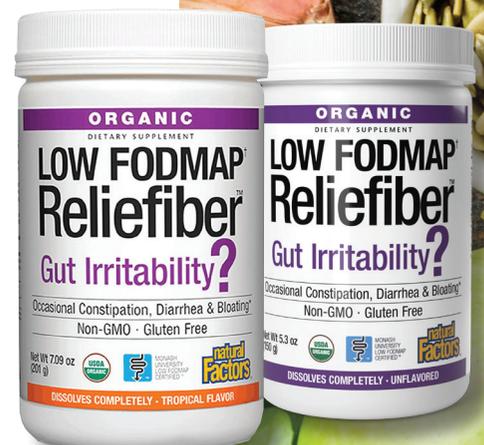
Is there an easy solution? A low-FODMAP diet and prebiotic fiber can help by normalizing stool consistency and bulk as well as offer benefits to those experiencing constipation and diarrhea. This combination can also support healthy weight management by helping you feel full longer and supporting healthy blood sugar levels already within the normal range.

Another beneficial ingredient to include in a low-FODMAP diet is organic partially hydrolyzed guar gum (PHGG). PHGG can also help regulate digestive transit by normalizing stool consistency and bulk, offering benefits for both occasional constipation and diarrhea. PHGG acts as a prebiotic fiber to feed beneficial bacteria in the gut including bifidobacteria and lactobacilli. These bacteria produce important short-chain fatty acids (SCFAs) such as butyrate, which support the health of the

gastrointestinal tract, and act as a primary energy source for colonocytes, the cells that line the large intestine. SCFAs also enhance absorption of electrolytes and water in the colon, thus slowing colonic transit and reducing the incidence of diarrhea. PHGG produces the highest levels of total SCFAs compared to cellulose and psyllium husk.

If you need digestive support, it may be time to consider a low-FODMAP diet and support from Reliefiber™ by Natural Factors! Reliefiber™ is a natural, organic, low-FODMAP prebiotic fiber. Each serving provides 5 g of Monash University Low FODMAP Certified™, organic, non-GMO, gluten-free fiber. Reliefiber™ contains organic partially hydrolyzed guar gum (PHGG) and is available in unflavored and in a delicious, natural tropical flavor. Suitable for vegetarians and vegans.

Natural Factors is one of the largest manufacturers of nutritional products in North America. They are fully committed to quality and integrity, as they have been for over 70 years.



March Calendar of Events

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm	3
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		Full Moon	8	Type 2 Diabetes Eugenia Lennon, Certified Diabetes Care and Education Specialist 2 pm Autoimmune Balance with Karen Masterson Koch, Clinical Nutritionist and Founder of Aloe Life 5 pm	Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm	11
	Uniform Monday 10% off to all firefighters, police and military!		15	Autoimmunity Potpourri with Linda Frank, RF, NBCR, LMT, CREd, Director, Founder, Reflexology Academy NW 5 pm	Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm	18
		Manage Your Irritable Bowel Syndrome with Ayurveda with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor 5 pm	22	Spring Detox with Nicole Wirth, LMP, Lymph Drainage Therapist and co-founder of Harmonic Egg NW Center 5 pm	Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm	Anti-Inflammatory Diet with Tyrone Brown, Chef and Owner of Soul Ty's Custom Catering -\$25 Noon
Happy National Cleaning Week March 26 - April 1		Clean Up Your Finances with Jodi Williams, Accredited Financial Counselor 5 pm	29	Find Health & Joy in Cleaning with Denise Frakes, Home and Life Coach, Facilitator for Puget Sound Asthma Coalition 5 pm	Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm	Edible Garden For Spring with Laura Matter, Garden Hotline Educator 10 am Manifest Your Desires with Hansie Wong, MD and Health Coach noon
26	27	28	29	30	31	April 1

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, 1 pm - 6 pm
Saturday, 1 pm - 6 pm

Reservations may be required.



FEDERAL WAY

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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.

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Sunday 9 am - 7 pm

Deli Hours

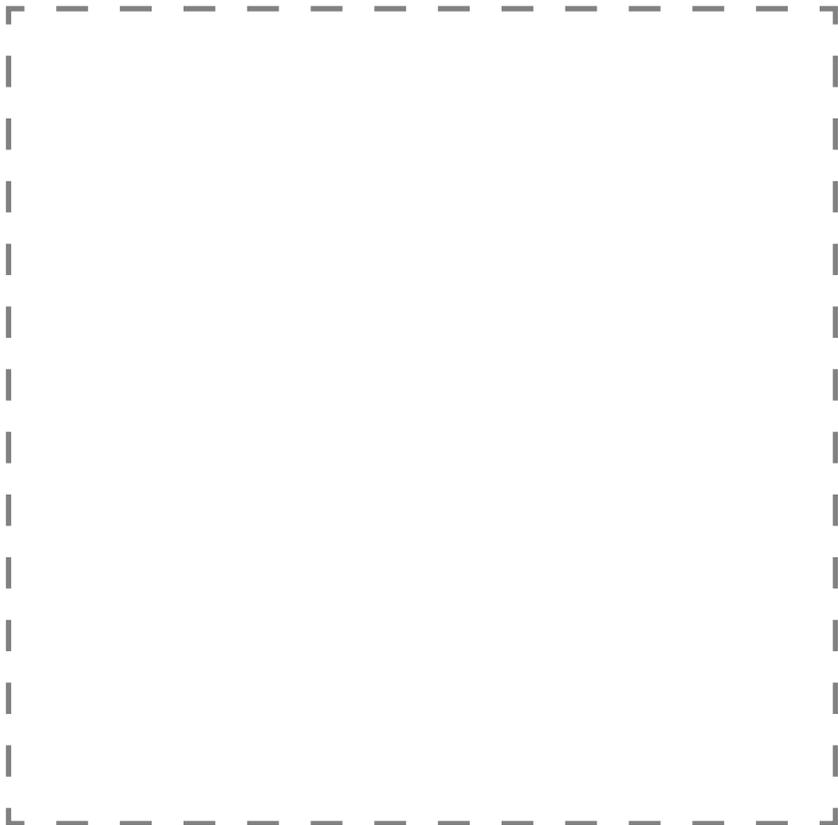
Monday - Saturday 8 am - 6 pm
Sunday 9 am - 6 pm

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We value your suggestions and feedback!
Write to us at: feedback@marlenesmarket-deli.com



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47th Anniversary

& Earth Day Celebration

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