



# SOUND OUTLOOK

March 2024

Spring in the PNW • Allergy strategies  
Autoimmune issues • Water for life

- 3 I-Feel-Alive Kale Pesto
- 4 Meet MaryRuth
- 5 Conquering Allergies Naturally: Supplements, Diet and Lifestyle
- 6 What Does Having an Eco-Friendly, Sustainable Period Really Mean?
- 7 Hydration for Life
- 8 Taming the Fire: Living Well with Autoimmunity
- 9 Topical Support for Managing Autoimmune Skin Issues
- 10 Events & Education
- 11 Honey Droplet New Zealand Pioneering Manuka Honey Excellence
- 12 Spring Awakening: Helping the Body Cleanse and Rejuvenate
- 13 Spring Cleansing Support Recipes
- 14-15 Muscle: The Best Medicine
- 16-21 In-Store Sales
- 22 Her Life Stages
- 23 March Calendar of Events



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

## A Letter From Us

And the Spring arose on the garden fair,  
 Like the Spirit of Love felt everywhere;  
 And each flower and herb on the earth's dark breast  
 Rose from the dreams of its wintry rest.

- Percy Bysshe Shelley

The first month of spring has arrived and we are grateful for it! It's amazing what a little sunlight, budding trees and morning birdsong can do for you. I can hear Marlene saying it's time to move more and to be outside appreciating the new growth.

National Cleaning Week occurs this month (March 24-30) and many of us enjoy refreshing our living spaces with a deep clean this time of year. Remember that our bodies could also use a refresh as we adjust to the season. In this issue, we have articles about how to support the body's natural inclination to cleanse and rebuild at this time, ways to manage autoimmunity, and how to approach this allergy season. We hope they inspire you to try something new this month.

Don't miss the supportive recipe suggestions on pg. 13! Our Kale Pesto recipe on pg. 3 is also a perfect addition to your Spring meals. Mix it into whole grain pasta, toss it with roasted vegetables, or use it as a dip or spread for a boost of nutrients and bright pop of flavor for the lighter, color-rich meals we all crave now. Be sure to ask for extra greens when you order your smoothie, too.

We're also excited to share the fresh plant starts, seeds and gardening supplies that have just landed, so come see us soon!

Be well and take care of each other,

*Lisa*

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# I-Feel-Alive Kale Pesto

This fresh take on pesto powers up the nutritive value with kale, pumpkin seeds, and walnuts! Proteins like tofu, chicken and white fish pair deliciously with the pesto's bright flavors to make a light, but super nutrient-dense meal!

- ½ cup raw or Awakened® walnuts (or your choice of nuts)
- ½ cup pumpkin seeds
- 2 large garlic cloves
- 2 Tbl nutritional yeast
- 1 tsp sea salt
- ¼ tsp organic black pepper
- 3 cups kale leaves, de-stemmed, chopped (or substitute young nettle leaves!)
- 1 cup basil, parsley or cilantro juice and zest of 1 small lemon
- ½ cup extra virgin olive oil

In a food processor, pulse the nuts, pumpkin seeds and garlic until ground. Add the nutritional yeast, salt, and black pepper and pulse again.

Add the kale, basil and lemon juice and zest. With the food processor running, drizzle in the olive oil, and process until combined. Season to taste.



# MEET MaryRuth

## HOW WE STARTED

MaryRuth Ghiyam, the mom of 4 young children and the driving force behind MaryRuth's, was moved by the tragic and unexpected passing of her brother and father, and her mother's diagnosis of two benign brain tumors. She was inspired by these experiences to learn how people could use nutrition to live longer, healthier lives.

While working 1-on-1 as a nutritional consultant, she noticed a gap in the supplement industry, prompting her to formulate a wholesome multivitamin with gluten free, vegan and non-GMO ingredients – safe for the entire family to take.

Through MaryRuth's global product line of delicious and efficacious vitamins and supplements for all life stages, she empowers people worldwide to take control of their health and move forward every day.

## OUR MISSION

We are a woman-owned, Certified B-Corp company on a mission to help people live healthier lives. We strive to support others in their health and wellness goals!

## OUR COMMITMENT

We only create wholesome vitamins and supplements that MaryRuth herself feels great about giving her own family. We find the highest quality ingredients and formulate with care great-tasting products that assist in supporting your health and wellness.

MaryRuth's is clean label certified. What does that mean? Our products have been tested for over 200 industrial environmental contaminants & toxins! This includes heavy metals, arsenic, lead, mercury, pesticides, plastics (BPA, BPS, and phthalates).

We're proud recipients of the Clean Label Project Purity Award due to our commitment to ingredient quality & safety. The Clean Label Project®, which is an independent third-party, has tested this product and given it its highest certification for clean label purity.



*Woman Owned!*

## MARYRUTH'S Supplements

Assorted sizes and varieties

# 20% off



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

## Raspberry Multivitamin Spritzer

A fun & refreshing way to enjoy your daily serving of vitamins.

- 8-10 raspberries
  - 2 Tbl lime juice
  - 2 Tbl monk fruit (& more to taste)
  - 1 oz orange juice
  - 2 Tbl **MaryRuth's Liquid Morning Multivitamin**
  - 4 oz orange flavored sparkling water
- Orange slices, raspberries & monk fruit (for garnish)

Run a lime wedge along the rim of a glass and coat in monk fruit. Muddle raspberries, 2 tbsp (or more to taste) monk fruit, and lime juice in a drink shaker until monk fruit dissolves. Add orange juice and lots of ice and shake well. Strain into a glass over ice. Stir in 1 serving of Liquid Morning Multivitamin and stir until just combined. Top off with sparkling water. Garnish with orange slices and raspberries (optional).

Dosing for this product varies by age. Please check the dosage chart for the proper age group's recommended serving. Two tablespoons is a typical adult serving.





# Conquering Allergies Naturally: Supplements, Diet and Lifestyle

Allergies can turn a vibrant spring into a sniffing, itchy nightmare. Before reaching for the antihistamines, consider exploring the world of natural remedies. A multi-pronged approach combining supplements, dietary tweaks, and physical practices can offer a surprising amount of relief.

## Supplements

**Quercetin:** This superhero flavonoid found in apples, onions, and berries acts as a natural antihistamine, stabilizing histamine release and reducing annoying symptoms like sneezing and itching.

**Vitamin C:** This antioxidant powerhouse bolsters your immune system and tackles inflammation, alleviating allergy woes. Citrus fruits, bell peppers, and broccoli are excellent sources.

**Probiotics:** These gut-friendly bacteria play a crucial role in immune function. Studies suggest they can decrease allergy severity by regulating immune responses. Yogurt, kimchi, and sauerkraut are rich in probiotics.

**Omega-3 Fatty Acids:** These essential fats fight inflammation and support immune health. Fatty fish like salmon, tuna, and

mackerel are your best bet, or consider an omega-3 supplement.

## Dietary Support

**Inflammation fighters:** Turn away from known allergy aggravators like processed foods, refined sugar, and dairy. Embrace the colorful world of fruits, vegetables, and whole grains, packed with anti-inflammatory goodness. Think berries, leafy greens, and sweet potatoes.

**Local honey:** Regional honey exposes you to small amounts of local pollen, potentially desensitizing your immune system over time. Start with a teaspoon daily and gradually increase the amount.

**Turn up the heat:** Capsaicin, the heat element in chili peppers, thins mucus and clears congestion. Add a dash of cayenne pepper to your meals or sip on ginger tea for a spicy kick.

## Physical Practices

**Nasal irrigation:** This age-old technique using a neti pot and saline solution flushes out allergens and irritants from your nasal passages, offering instant relief.

**Steam power:** Inhaling warm, moist air loosens mucus and eases congestion. Take a hot shower or use a humidifier to create your own steamy retreat.

**Exercise advantage:** Regular physical activity strengthens your immune system and may reduce allergy symptoms. Aim for at least 30 minutes of moderate exercise most days of the week.

**Consider acupuncture:** This traditional

Chinese medicine practice has shown promise in reducing allergy symptoms in some studies.

## Bonus Tips

**Air filtration:** Keep windows closed during peak pollen season and use air purifiers with HEPA filters to remove allergens from your home.

**Stress management:** Chronic stress can worsen allergies. Practice relaxation techniques like yoga or meditation to manage stress levels.

**Identify and avoid triggers:** Knowing what triggers your allergies is key to prevention. Keep a symptom diary to identify triggers and avoid them as much as possible.

## Remember

Consult your healthcare practitioner before trying any new remedies, especially if you have other health conditions.

Experiment and find what works best for you, as each person's allergy experience is unique.

Be patient and consistent. Many natural remedies require consistent use over time to see results.

Combining suggested methods and remedies for a holistic approach often yields the best results.

By embracing the power of nature, you can potentially manage your allergies. Explore the world of supplements, modify your diet, and incorporate some physical practices. You might be surprised by the relief you find, turning allergy season into a time of blossoming plants that you can now enjoy.

# WHAT DOES HAVING AN ECO-FRIENDLY, SUSTAINABLE PERIOD REALLY MEAN?

by Here We Flo

Sustainable or 'eco-friendly' periods have entered the scene in recent years and they're here to stay. You might still find yourself asking - what does that really mean? And can you really have a sustainable period without choosing a reusable period product?

Well, here's the FLO-down:

## WHY DO WE NEED ECO-FRIENDLY PERIODS?

Those who menstruate and love planet Earth are likely to be outraged by the alarming relationship between periods and sustainability:

Conventional period products are made of 90% non-biodegradable plastic materials and each one of us uses about 11,000 tampons or pads in their lifetime. Multiply that by how many people menstruate in the world and we'll leave you to do the waste math!

On top of that, conventional cotton, from which non-organic tampons are usually made of, is the most heavily pesticide and herbicide-treated crop. It's a no-brainer to claim that pesticides don't belong inside a vagina, any more than they belong in our food.

With all that scary (yet valuable) information, your conscience (resembling David Attenborough's cadence) might tell you to ditch single-use period products **I M M E D I A T E L Y** - But hear us out.

## WHAT IF I DON'T LIKE / MY BODY CAN'T ADAPT TO REUSABLE PERIOD PRODUCTS?

Mention of menstrual cups might still have some people scratching their heads, while asking - just what the heck is that and can you chuck some alcohol in it and play a few rounds of Ring of Fire?

Even those a little more experienced, who know what a menstrual cup is, might still be perplexed attempting to insert the funnel-like shape into their vaginas. Many YouTube videos later and they still might not find the answers they're craving.

If you're one of the people whose bodily response to a menstrual cup is a big No-No, then, we say, there needs to be an alternative of a single-use period product that doesn't suck. Period.

You might say 'a menstrual cup is not the only reusable option out there' - since a myriad of options are already available on the market: like reusable underwear or reusable pads. However, it's important

to note that they don't work for every type of body, cervix, social or financial circumstance. Similarly, the need for these products to be sanitised after each use might also not work for people who don't have easy access to these facilities. Sustainability without accessibility simply fails to accomplish its mission!

People may need or want to forgo reusable period products for a variety of reasons, so it's important not to shame anyone about the choices they make, especially when it's a topic as personal as periods.

## WHAT IS THE ALTERNATIVE? IS IT SUSTAINABLE?

Our company was born out of the idea that there had to be a better option of a single-use product that was better for the planet + people's health. Simply put: we didn't want people scrambling to find an option between the reusable period products they knew didn't work for them (for whatever reason), and conventional single-use products with all of their unsustainable aspects.

At FLO we work hard to change the current standard of single-use products while remaining accessible in a number of ways:

- Our sustainable period products and eco-friendly bladder care products are made of 100% organic cotton and bamboo and we strive to use either 100% compostable, biodegradable or recyclable materials.
- Very soon, the wrappers on all FLO & glo products will be plant-based and compostable.
- Our liners and our non-applicator tampons are 100% plastic-free, making them the most sustainable single-use products on the market - they're 100% compostable, from tampon/liner to wrapper.
- We always use FSC-certified, recyclable and biodegradable cardboard outer packaging.
- Our XO! eco friendly condoms are CO2-neutral and manufactured in a solar-powered factory.
- All of our products are vegan + cruelty-free, and certified by PETA and The Vegetarian Society

*Find Flo and XO products on sale at Marlene's this month!*



# Hydration for Life

Since water is the very foundation of life, hydration is crucial for our well-being. Water makes up about 60% of our body weight and is involved in nearly every single function! Here are just some of the key reasons why staying hydrated is so important:

## Essential Bodily Functions

*Regulating body temperature* - Water helps us sweat, which is our body's natural way to cool down and prevent overheating, especially during exercise or hot weather.

*Lubricating joints and cushioning organs* - Water keeps our joints and tissues lubricated, reducing friction and pain, and protects our organs from shock and damage.

*Digestion and waste removal* - Water aids in digestion and helps our bodies flush out waste products through sweat, urine, and bowel movements.

*Nutrient delivery and absorption* - Water is essential for transporting nutrients throughout the body and allowing cells to absorb them effectively.

## Overall Health and Well-being

*Physical performance* - Proper hydration enhances athletic performance, endurance, and recovery. Even mild dehydration can significantly impact your energy levels and stamina.

*Brain function* - Studies show that even slight dehydration can impair cognitive function, leading to decreased focus, concentration, and memory.

*Mood and sleep* - Dehydration can negatively impact mood, contributing to headaches, irritability, and anxiety. Staying hydrated can also improve sleep quality.

*Skin health* - Water keeps your skin plump and elastic, preventing wrinkles and dryness. Proper hydration can also aid in wound healing.

Additionally, when we don't stay hydrated, the consequences can be disruptive. Even mild dehydration can lead to a range of unpleasant symptoms like headaches, fatigue, muscle cramps, digestive issues, dizziness, and kidney issues.

## Recommendation for Daily Intake

The Mayo Clinic and many healthcare practitioners recommend drinking around 11.5 cups (2.7 liters) of water per day for women and 15.5 cups (3.7 liters) for men. However, individual needs may vary depending on factors like activity level, climate, and overall health.

### Tips for Staying Hydrated:

- Carry a reusable water bottle with you and sip throughout the day.
- Set reminders on your phone or use a hydration app.
- Choose water over sugary drinks like soda and juice.
- Eat water-rich fruits and vegetables like watermelon, cucumber, and leafy greens.
- Pay attention to your urine color. Darker urine can indicate dehydration.

### Beyond Just Water:

*Unsweetened herbal teas* - They're naturally calorie-free and can add variety to your hydration routine.

*Coconut water* - This natural electrolyte replenisher is a good choice after exercise or during hot weather.

*Broth* - Soups and broths can provide fluids and electrolytes, which are especially helpful when sick or recovering from exercise.

*Electrolytes* - Marlene's carries a broad selection of excellent electrolyte drops and powders to enhance your water and aid in hydration. Look for **Superieur**, **Trace Minerals** and **Bala**.

By understanding the importance of hydration and making it a priority, you can reap numerous benefits for your health and performance!



# Taming the Fire: Living Well with Autoimmunity

Living with an autoimmune disorder can be debilitating and frustrating. When your body's immune system mistakenly attacks healthy tissues, you may feel overwhelmed and powerless. Take heart! There are many dietary and lifestyle modifications that can offer a powerful, personalized toolkit for reclaiming balance and well-being.

## To Eat or Not to Eat

- Embrace anti-inflammatory foods: Prioritize fruits, vegetables, whole grains, and healthy fats like olive oil and nuts. These foods are rich in antioxidants, fiber, and omega-3 fatty acids, which help combat inflammation, a key player in autoimmune flare-ups. Think vibrant salads, colorful stir-fries, and baked fish with roasted vegetables.
- Consider elimination diets: The Autoimmune Protocol (AIP) eliminates grains, legumes, dairy, nightshade vegetables, eggs, nuts, seeds, alcohol, and refined sugar. While restrictive, it can help identify food sensitivities that contribute to inflammation. Remember, this is a temporary exploration, not a permanent lifestyle.
- Explore the Mediterranean Diet: This heart-healthy approach emphasizes fruits, vegetables, whole grains, legumes, and lean proteins. It's linked to reduced inflammation and improved outcomes in autoimmune disorders like rheumatoid arthritis. Enjoy dishes like lentil soup, grilled salmon with roasted vegetables, and whole-grain pasta.
- Nourish your gut: The gut microbiome plays a crucial role in immune function. Include fermented foods like sauerkraut, kimchi, and yogurt with live cultures to promote a healthy gut flora. Bone broth, rich in collagen and gut-healing nutrients, can also be beneficial.
- Limit inflammatory foods: Processed foods, sugary drinks, red meat, and refined carbohydrates can exacerbate inflammation. Choose whole, unprocessed foods whenever possible.

## Strategies and Tools:

- Manage stress - Chronic stress weakens the immune system and worsens autoimmune symptoms. Practice mindfulness meditation, yoga, deep breathing exercises, or any activity that helps you relax and de-stress. Find a stress management approach that resonates with you.

- Prioritize sleep - Adequate sleep is crucial for overall health, so aim for 7-8 hours of quality sleep each night. When well-rested, your body's natural repair mechanisms function optimally and help to manage inflammation. Establish a regular sleep schedule and create a relaxing bedtime routine.
- Move your body - Regular physical activity, even moderate-intensity exercise like brisk walking or swimming, can significantly improve autoimmune symptoms. Exercise helps reduce inflammation, boost mood, and promote overall well-being. Find activities you enjoy and incorporate them into your routine.
- Connect with others - Social isolation can negatively impact your health. Connect with loved ones, join support groups, or find online communities for people with autoimmune disorders. Sharing experiences and receiving encouragement can be invaluable!
- Listen to your body - Pay attention to how your body reacts to different foods and activities. Keep a food journal to track symptoms and identify potential triggers.
- Empower yourself with knowledge - Read books, articles, and credible websites about autoimmune diseases and their management.

Remember that it's important to consult with a healthcare provider who understands autoimmune conditions. They can help you create a personalized plan tailored to your specific needs. There is no one-size-fits-all approach. So be patient, experiment, find what works best for you and always celebrate your progress!

By embracing dietary and lifestyle changes, you can take an active role in managing your autoimmune disorder and empower yourself to live a fuller, healthier life. Try incorporating these dietary and lifestyle strategies to take an active role in managing your autoimmune disorder.



# Topical Support Managing Autoimmune Skin Issues

Autoimmune skin diseases, such as psoriasis, eczema, and vitiligo, can be challenging to manage, often requiring a multi-pronged approach. Incorporating previously mentioned dietary and lifestyle changes can significantly improve symptoms, reduce flare-ups, and enhance overall well-being. In addition, Marlene's carries some wonderful topical products to cleanse, exfoliate, soothe inflammation and address itching and irritation:



**Moisturize regularly** - Dry, irritated skin is a common symptom of many autoimmune skin diseases. Using gentle, fragrance-free moisturizers regularly helps maintain skin hydration and reduce intense itching and irritation. Look for these lotions, creams, oils and salves at Marlene's: **Emutrients Pure Emu Oil**, **Derma E Eczema Relief Cream or Lotion**, **Puremedy Eczema & Psoriasis Relief Salve** and **Earth's Care Eczema Lotion with Colloidal Oatmeal**. And don't miss **Earth Mama Eczema Cream** and **Emily Baby & Adult Skin Soother Salve** for babies and children.

**Soothing scalp psoriasis** – Patches of flaking, inflamed and intensely itchy and irritated scalp are hallmarks of a psoriasis flare up. Consider switching to a tried-and-true shampoo and conditioner like **Griffin Remedy Scalp Therapy Shampoo** and **Scalp Therapy Conditioner**. You may also want to do an overnight application with an effective salve like **Country Comfort Goldenseal & Myrrh Herbal Savvy** for a deeply soothing jumpstart before you shampoo. You can also use **Forces of Nature Eczema or Psoriasis Remedies** on your scalp or anywhere you need it!



**Gentle exfoliation and cleansing** - Regularly removing dead skin cells can help improve the appearance of affected areas. Use gentle exfoliating soaps and soothing cleansers like **Dead Sea Warehouse bar soap**, **Seaweed Bath Co. bodywash**, **Emutrients Montana Calendula Soap**, **Aptera Olive Oil Soap** and **Emily Skin Soothing Soap** for babies and adults.

**Soothing baths** - Adding oatmeal, Epsom salts, **Dead Sea Warehouse Dead Sea Salt** or baking soda to your bathwater can help soothe inflamed skin and reduce itching. Avoid very hot water and harsh soaps, which can further irritate the skin.



**Sun protection** - Ultraviolet (UV) rays can exacerbate autoimmune skin conditions. Apply a broad-spectrum mineral sunscreen with SPF 30 or higher every day, even on cloudy days. **Badger** has a broad line of clean and effective SPF products.



Managing autoimmune skin issues is a journey. Be patient with yourself, consistent with your efforts, and celebrate even small victories. Be sure to consult your healthcare practitioner before making significant changes to your diet, topical treatments, or lifestyle habits, especially if you have an underlying medical condition.

# March Events & Education

Online class registration available at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes).

## SOW & GROW: MASTERING SEED MAGIC FOR VIBRANT SPRING AND SUMMER GARDENS



with Laura Matter, Garden Hotline Educator

**Saturday, March 2 at 10 am ONLINE**

Dive deep into the art of seed starting, unraveling the mysteries of timing, soil selection, lighting options, container recycling, and the magic of organic fertilizers. Elevate your gardening skills for a thriving, sustainable harvest.

## HONEY AND PROPOLIS FOR IMMUNE HEALTH



with Madelyn Morris, Herbalist and Co-owner of Mickelberry Gardens

**Tuesday, March 5 at 5 pm ONLINE**

Join Madelyn Morris, co-owner of Mickelberry Gardens, for an insightful class on harnessing the immune-boosting properties of honey and propolis. Discover the healing potential of these bee-derived gifts as Madelyn, an experienced herbalist, gardener, and product formulator, shares her expertise. Learn how to integrate these natural remedies into your wellness routine while supporting local beekeepers and farmers.

## SUPER SENIOR SUNDAY

Sunday, March 3

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

## UNIFORM MONDAY

Monday, March 11

10% off to all firefighters, police and military!

## THE AUTOIMMUNE PUZZLE: A FUNCTIONAL MEDICINE BLUEPRINT FOR WELLNESS



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

**Thursday, March 14 at 5 pm**

Explore “The Autoimmune Puzzle”—a focused 45-minute session unpacking autoimmune diseases with a functional medicine viewpoint. Learn about your immune system’s workings, the variety of these conditions and their symptoms, and debunk common myths. We’ll probe into primary causes like gut wellbeing and ongoing inflammation, and debunk common myths about autoimmune diseases. We will also cover holistic management approaches including the functional medicine 5Rs, customized diets, supplemental support, and lifestyle management.

## SPRINGTIME WREATH MAKING WORKSHOP



with Dianne Aoki, Local Artist and Owner of Studio Aoki

**Saturday, March 16 at 12 pm TACOMA \$35**

Celebrate the arrival of spring (Spring Equinox March 20) by crafting a wreath - a potent and traditional symbol of fertility, rebirth and fresh starts! Join us as we adorn a natural grapevine wreath with flowers, herbs, and assorted greens to create unique, beautiful pieces. Materials will be provided, but bring your own flowers and accessories to personalize your creation.

## OBESITY AND TYPE 2 DIABETES: HOW DID WE GET HERE?



with Eugenia Lennon, ARNP, Certified Diabetes Care and Education Specialist

**Tuesday, March 19 at 5 pm ONLINE**

Have you been diagnosed with diabetes? Are you confused about how best to manage it? You can empower yourself with strategies for managing diabetes effectively! Join diabetes care expert, Eugenia Lennon and learn to navigate this often bewildering and contradictory journey. Discover the tools and knowledge you need to live your best life with diabetes.

## ISSUES WITH GLUTEN: IS IT CELIAC OR IS IT A GLUTEN INTOLERANCE?



with Adrienne Wilen, ND of Federal Way Naturopathy

**Thursday, March 21 at 5 pm ONLINE**

You and your friend both feel bloated and have diarrhea after eating gluten but that doesn’t mean you have the same gastrointestinal disease. Join Dr. Wilen to learn about celiac disease and gluten intolerance and the difference in how your body reacts to gluten in each condition, how to figure out which one is causing your symptoms, and what can be done to support your best digestion.

## ROOT CAUSES OF THYROID DISORDERS



with Jennea Wood, ND and Heidi Ochsner, RD from Tummy Temple

**Tuesday, March 26 at 7 pm ONLINE**



Thyroid disorders are common, and they can cause a variety of symptoms including fatigue, anxiety, depression, difficulty losing weight, hair loss, achy joints and digestive issues. But 60% of people with a thyroid problem aren’t aware that they have it and many people who do know have never had thorough testing and still feel fatigued despite taking thyroid hormone. Learn about the best tests to identify thyroid issues, the root causes of this condition and the reasons why standard thyroid medication might not be helping.

# Honey Droplet New Zealand

Pioneering Manuka Honey  
Excellence

For nearly half a century, Honey Droplet has been dedicated to crafting the world's first 100% solid honey lozenges. Our journey began with the vision of providing people with a delicious way to experience the numerous health benefits of natural honey. At Honey Droplet, we believe in simplicity and purity, and this is reflected in our ingredients. Our Manuka Honey Droplets have only one ingredient – 100% Manuka Honey. For those who prefer a touch of flavor, we offer a variation with just two ingredients: Manuka Honey and Natural Flavors.

## Our Commitment to Quality and Purity

At Honey Droplet, quality is non-negotiable. We use certified

UMF™ Manuka Honey, one of the most prestigious honeys globally, known for its exceptional purity and authenticity. Our commitment to quality is further underscored by our UMF Manuka Honey License number 2029. We take pride in our products, which offer a host of health benefits, including properties that support immune health and soothe a sore throat.

## Our Factory in New Zealand

Located in the scenic heart of Springfield, New Zealand, our factory is nestled amid beautiful mountains and unspoiled nature. Here, we carefully create our Manuka Honey Droplets, capturing the pure essence of nature's goodness.



## Manuka Honey UMF 10+ and 15+

**Immune System Support:** Manuka honey is renowned for its immune-boosting properties. UMF 10+ and 15+ varieties provide an extra level of support to the immune system, helping the body defend against infections and illnesses.

**Overall Wellness:** Manuka honey is a source of energy and essential nutrients, making it a valuable addition to a balanced diet, promoting overall well-being.

## Manuka Honey and Blackcurrant

**Rich in Antioxidants:** Blackcurrants are packed with antioxidants, including anthocyanins and Vitamin C. These antioxidants help protect the body from oxidative stress, reduce inflammation, and support overall health.

**Immune Health:** The Vitamin C in blackcurrants is known for its immune-boosting properties, helping the body fight off infections and illnesses.

**Eye and Skin Health:** Blackcurrants contain compounds that promote eye health and may help maintain healthy skin.

## Manuka Honey and Ginger

**Digestive Health:** Ginger has been traditionally used to alleviate digestive discomfort. It can help reduce nausea, bloating, and indigestion, making it beneficial for gastrointestinal health.

**Anti-Inflammatory:** Ginger possesses anti-inflammatory properties, which can help reduce inflammation in the body, potentially aiding in the management of conditions like arthritis.

**Immune Support:** Ginger's immune-boosting properties can help ward off colds and infections, contributing to overall well-being.

## Manuka Honey and Peppermint

**Digestive Aid:** Peppermint is well-known for its ability to soothe digestive issues, including indigestion, bloating, and irritable bowel syndrome (IBS).

**Relief from Headaches:** Peppermint's menthol content may provide relief from headaches and migraines when applied topically or inhaled as an aroma.

**Respiratory Health:** Peppermint may help relieve symptoms of respiratory conditions like congestion and sinusitis when used in teas or inhalations.

# Spring Awakening

## Helping the Body Cleanse and Rejuvenate



As winter loosens its grip and nature begins to emerge in vibrant greens, a natural desire for renewal awakens within us. This seasonal shift is an opportune moment to initiate a gentle "cleanse," not in the restrictive, fad-diet sense, but as a holistic approach to supporting our body's natural detoxification and renewal processes.

It's important to understand that our bodies are remarkably adept at detoxifying themselves. Organs like the liver, kidneys, lungs, and skin work tirelessly to eliminate waste and toxins. However, modern life, with its environmental pollutants, processed foods, and chronic stress, can overload this system. The goal, then, isn't to force an artificial cleanse, but to optimize the body's inherent detox pathways. A spring cleanse aims to provide additional support for optimal functioning.

### Focus on Nourishment

Forget restrictive cleanses that leave you feeling drained and deprived! Instead, focus on nourishing your body with wholesome, easily digestible foods that aid its natural detoxification pathways. Here's how:



- **Embrace Fresh Produce:** Make fruits and vegetables the stars of your plate. They are packed with vitamins, minerals, and fiber, essential for detoxification and rebuilding tissues. Greens that are naturally stimulating to the liver and kidneys are coming into season now. Choose seasonal options like young spring mix for salads, mature leafy greens like kale and dandelion, asparagus, berries, and citrus fruits.
- **Hydration is Key:** Water is the universal solvent, flushing

toxins and carrying nutrients throughout the body. Aim for 8-12 glasses of water daily. Consider herbal teas between meals that are formulated to support the body. Here are some wonderful options available at Marlene's: **Traditional Medicinals EveryDay Detox, Yogi DeTox, The Republic of Tea Get Clean and Detox Green.**

- **Fiber is Your Very Best Friend:** Fiber helps bind toxins and move them through the digestive system. Include whole grains, legumes, flax and chia seeds in your diet. Consider supplementing with a fiber drink to help move waste through your system efficiently.
- **Go Lean on Protein:** Choose lean protein sources like beans, fish or poultry, which provide essential amino acids for rebuilding tissues without taxing the digestive system. Another great option is the broad variety of highly digestible protein powders available at Marlene's.

### Limit Processed Foods

Processed foods are often loaded with sugar, unhealthy fats, and additives that can hinder detoxification. Choose whole, unprocessed foods whenever you can.

### Supporting Digestion and Elimination

A healthy gut is crucial for efficient detoxification. Here are some strategies to optimize digestion and elimination:

- **Probiotics:** These friendly bacteria support gut health and aid in nutrient absorption and waste elimination. Incorporate fermented foods like yogurt, kefir, kimchi, and sauerkraut or consider probiotic supplements.
- **Digestive Enzymes:** Certain enzymes like bromelain and papain can help break down food molecules, easing digestion and reducing potential for bloating and discomfort.
- **Gentle Movement:** Regular exercise doesn't have to be rigorous or boring! Do things you enjoy and move in ways that are

joyful for you, like dancing and laughing. Even moderate walks play a vital role in waste removal by stimulating the lymphatic system.

## Promoting Rebuilding and Renewal

While your body eliminates toxins, it's also crucial to provide it with the building blocks for repair and rejuvenation:

- **Rest and Relaxation:** Chronic stress disrupts hormonal balance and hinders healing. Prioritize getting enough sleep, practice relaxation techniques like meditation or yoga, and engage in activities you find enjoyable. You may find you want to slow down a bit or take naps during this time. Allow yourself!
- **Sunshine:** Sunlight exposure helps regulate various bodily functions, including detoxification. Spend time outdoors getting some natural light (but remember sun safety practices).
- **Self-Care Rituals:** Pamper yourself with activities that nourish your mind, body, and soul. Take a warm bath with Epsom salts, indulge in a massage and spend time in nature.

Please consult your healthcare practitioner before starting any new cleanse or supplement regimen, especially if you have any underlying health conditions.

A spring cleanse is not a quick fix, but rather a lifestyle shift towards overall well-being. Make sustainable changes you can incorporate into your daily routine all season long for long-term benefits. Listen to your body. If you experience negative effects from your modifications, adjust your approach or stop altogether.

Embrace spring as an opportunity to nurture your body's innate wisdom and support its natural detoxification processes! By setting your mind on wholesome nourishment, gentle support methods and self-care, you can cultivate vibrant health and step into the new season feeling renewed and revitalized.



MARLENE'S SOUND OUTLOOK

# Spring Cleansing Support Recipes

## Spring Cleanse Support Broth

Simple bone broth is a nutrient rich beverage that has amino acids that your liver needs to remove toxins and potentially harmful chemicals from the body. Other bone broth benefits include blood sugar balancing, reducing inflammation and promoting gut health and digestion. Ginger and cayenne are used in many detox recipes because of their ability to cleanse the body by stimulating digestion and circulation. Fresh lemon, miso paste and raw apple cider vinegar add a dose of enzymes that aid digestion and counter inflammation.

From the first sip, there are so many delicious things going on in this robust and satisfying broth, you'll forget you're eating it for any reason other than pleasure!

1 cup	plain bone broth
1 cup	vegetable broth or water
2 tsp	fresh ginger, grated
1 large	garlic clove, minced
¼ tsp	cayenne powder
1 tsp	fresh lemon zest
2 tsp	miso paste
¼ cup	minced parsley
1 Tbl	fresh lemon juice
1 Tbl	Bragg Apple Cider Vinegar
2 tsp	olive oil



In a saucepan over medium low heat, pour bone broth and vegetable broth, ginger, garlic lemon zest and cayenne.

Bring to a simmer and adjust heat to low. Allow to simmer uncovered for about 5 minutes. Add miso paste and stir until dissolved. Add parsley and simmer 2 minutes more, until parsley is a vibrant green. Just before serving, add lemon juice, apple cider vinegar and olive oil. Enjoy!

## Secret Salad Smoothie

There is an entire meal's worth of greens in this smoothie, but it tastes like a creamy dessert! If you're looking for ways to tuck in more green energy, protein and fiber into your day, try blending this surprisingly delicious drink. Each smoothie has about 20 grams of protein and 13 grams of fiber.

1 scoop	vanilla protein powder (18.5 grams)
½	avocado
½	banana, sliced, frozen
½ cup	raspberries, frozen (or other frozen berries)
1 cup	spinach or romaine, chopped
2-3 cups	Spring greens mix
¾ - 1	cup plant milk

Blend until completely smooth and pourable. Enjoy all the vibrant green energy! Serves 1.

# Muscle: The Best Medicine

## A Top Priority for Women's Health that No One is Talking About!

by Dr. Ayla Hopkins, ND, co-founder of Physician Coach

Cardiovascular disease, breast cancer, osteoporosis, metabolic disease, and hormonal health are prevalent and outspoken topics when it comes to the discussion on women's health – and for good reason! These things have affected us all, witnessing our loved ones and community members afflicted with such ailments is heartbreaking and we often feel powerless.

As a Naturopathic Physician and female myself, I frequently contemplate how to best treat these concerns for women... or a rather more pressing question - how do we prevent or delay these things from ever arising? I want to present to you what I believe is the most foundational aspect of our health that

the healthcare system is completely overlooking, and what I believe is the key to not only prevent disease, but to attain true longevity and prolonged health-span – the muscular system!

### The Organ of Longevity – Our Muscles

The muscular system is often pushed aside as a thing of vanity, something only your fitness instructor and teenage boys spend much time thinking about. But this organ system has profound implications in overall health. Your physician should be talking to you about how to optimize it as a primary tactic to prevent cardiovascular disease,

hormonal dysregulation, and osteoporosis, to name a few. On the topic of obesity and metabolic disease, we have hyper-focused on losing weight (fat), when we really should be prioritizing building muscle. Healthy muscle is a primary driver to fix our metabolism, reverse insulin sensitivity and other risk factors for chronic disease. It also keeps our bones healthy to prevent osteoporosis and age-related muscle loss called sarcopenia, which significantly

reduces the risk of falls that happen with age. Muscle is the organ of longevity and must be prioritized as such when the goal is to prevent disease and live a long, healthy life.

### Addressing the Root Cause

The most obvious way to optimize your muscular health is through exercise. However, the blanket recommendation of 150 minutes per week is

missing the mark and failing women (and men!) in a significant and damaging way. Although aerobic exercise is important for many reasons, including increasing your VO2 Max (a strong predictor of longevity, you should know and monitor yours!), strength training helps to build muscle and keep it functioning optimally. But how do we assess the health status of our muscular system and how do we optimize its function as an organ of longevity? My role as a physician is to make my #1 prescription a personalized strength training and exercise program to address the root cause of the most common pitfalls in women's health.



Diet, supplements, and medications have their place, but only when the core of the issue is also being addressed.

## A Case for Strength Training Prescriptions

We all know the leading cause of death for women in the United States is cardiovascular disease, something that encompasses inflammation, metabolic dysfunction, obesity, high blood pressure, etc.<sup>1</sup> Guess what has been studied as a non-drug treatment intervention that promotes a significant decrease in all these risk markers? Strength training.<sup>2</sup> What prevents osteoporosis? Strength training. What reverses insulin resistance and cures metabolic dysfunction? Strength training. The list could go on.

### Women, get Strong!

I have seen the most incredible reversal of disease and improved quality of life for female patients who take my exercise prescription seriously. It's important to remember that "bulking" up from strength training is a myth; it's something that only occurs with an incredibly high stimulus, a specific dietary protocol and a long-term commitment to build muscle mass.

Here are my top three recommendations for women wanting to get strong, healthy, and resilient muscle that will protect them from



disease:\*

- **Exercise Prescription** - from a physician who assesses your current fitness, strength, and movement patterns and utilizes the science of exercise physiology to tailor a personalized program for you.
- **Protein** - 30-40 grams of protein at breakfast and dinner. This is a non-negotiable for your health. You must provide your body with the building blocks to create healthy, strong muscle.
- **Creatine** – a misunderstood supplement that is extremely safe and incredibly important for women's muscle, bone, and brain health, let alone the positive effects it has on muscle.<sup>3</sup> Dose at 3-5 grams/day for optimal results.

The muscular system is incredible in its breadth of effects on our overall health. This is a call to all women who want to truly

prevent disease and become their most confident, resilient selves at any stage in life. We have a medical system with specialty physicians focusing on the heart, bones, hormones, and cancer, but we do not have a mainstream medical specialist who focuses on the health of our muscle and understands exercise physiology to be applied in a primary care setting. At Physician Coach, our goal is to safely and effectively guide our patients to optimal health, with discussion regarding the organ of longevity, the muscle, as our best medicine and ally in prevention of disease.

### **Prioritize your health and wellbeing now and reap the benefits at every stage of life!**

*Dr. Ayla Hopkins, ND is the co-founder of Physician Coach, a local, Tacoma clinic specializing in functional medicine and true optimization of health using both natural interventions and cutting-edge sports medicine treatments. For more information, please visit [yourphysiciancoach.com](http://yourphysiciancoach.com).*

\*Remember to speak with your healthcare practitioner before starting anything new.

1 <https://www.womenshealth.gov/node/13741>

2 <https://www.ahajournals.org/doi/full/10.1161/CIRCULATIONAHA.105.5840602>

3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7998865/3>



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*Fun Fact!*

Have you ever wondered why some people sneeze when exposed to sunlight? This phenomenon is known as the photic sneeze reflex or autosomal dominant compelling helio-ophthalmic outburst (ACHOO) syndrome. It's estimated to affect up to 35% of the population.



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# her life STAGES™



## From PMS to Postmenopause: Help for Your Common Concerns

If you've ever experienced breast tenderness, or hot flashes, or unwanted and unexpected weight gain, you're not alone. These are common issues for women, and yet the normal chapters of life and transitions behind these often-frustrating concerns are rarely discussed openly. Solaray, one of the original pioneers in supplement health and wellness, hopes to change that, and wants to ensure all women get the information and support they need.

### Women's Life Phases 101

Women typically move through four distinct life stages: menstruation, perimenopause, menopause, and postmenopause. But keep in mind that every woman is unique, and you may not experience all the common issues of each phase on the timeline outlined here.

For most women, the menstrual stage lasts until around age 40. Though not all women experience PMS and menstrual symptoms in the week leading up to and during their period, many do, from feelings of discomfort to changes in mood and energy.

The next phase is typically perimenopause, or the transitional time before menopause usually between the ages of 40 and 52. You may still have your period but also begin to experience hot flashes and night sweats, as well as notice other changes.

Menopause occurs when you've gone a year without a period. For most, this happens at about age 52. Common menopausal symptoms can last five-plus years, and include hot flashes and night sweats, difficulty sleeping, mood shifts, and weight gain, particularly around the midsection.

After menopause has occurred, you're in postmenopause for the rest of your life. Menopausal symptoms eventually cease but new issues arise, such as concerns about cognition. You may also experience loss of libido in this stage, as well as at other stages.

### Introducing Solaray her life STAGES™

Solaray's new first-of-its-kind, doctor-formulated her life STAGES line offers comprehensive solutions for every stage, plus libido support across phases. The formulas feature clinically studied ingredients, so you can rest assured you're getting powerful and effective support—without soy or hormones. Plus, all STAGES products are lab-verified, vegan, and gluten-free.

- **PMS & Menstrual** delivers support for a healthy cycle and menstrual discomfort, specifically to help ease breast tenderness, plus energy and mood.<sup>†\*</sup>
- **Perimenopause** continues offering cycle and mood support but also supports perimenopausal hot flashes and night sweats, as well as sound sleep.<sup>†\*\*</sup>
- **Menopause** provides support for menopausal hot flashes and night sweats along with sleep—plus mood and energy to help you get through the day.<sup>†\*</sup> It's also designed to support weight loss and a healthy overall body composition.<sup>\*</sup>
- **Postmenopause** is there to support any lingering hot flashes and night sweats, as well as mood, sleep, and weight.<sup>†\*</sup> And, it's formulated to support cognitive function and performance.<sup>\*</sup>
- **Libido** isn't designed for a life stage, rather for the loss of drive that can happen across phases. It can be taken with any other STAGES product and is intended to help encourage the right mindset for intimacy and to support enhanced arousal, sexual satisfaction, and natural lubrication.<sup>\*</sup>



<sup>†</sup>As experienced in conjunction with a normal, healthy period.

<sup>\*</sup>As experienced in conjunction with perimenopause and menopause.

<sup>\*\*</sup>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.

# March

## Calendar of Events

Class registration at:  
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Sow &amp; Grow: Mastering Seed Magic For Vibrant Spring And Summer Gardens</b> with Laura Matter, Garden Hotline Educator Online 10 am
<b>Super Senior Sunday</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		<b>Honey and Propolis for Immune Health</b> with Madelyn Morris, Herbalist and Matt Morris, Beekeeper and Owners of Mickelberry Gardens Online 5 pm			<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	
	<b>Uniform Monday</b> 10% off to all firefighters, police and military!			<b>The Autoimmune Puzzle: A Functional Medicine Blueprint for Wellness</b> with Michelle Sandwisch, ARNP, FNP-C, owner and founder of Origin Medicine Practice Online 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm	<b>In-Store Event! Springtime Wreath Making Workshop</b> with Dianne Aoki, Local Artist and Owner of Studio Aoki Tacoma 12 pm \$35
		<b>Obesity and Type 2 Diabetes: How Did We Get Here?</b> with Eugenia Lennon, ARNP, Certified Diabetes Care and Education Specialist Online 5 pm		<b>Issues with Gluten: Is It Celiac or Is It a Gluten Intolerance?</b> with Adrienne Wilen, ND of Federal Way Naturopathy Online 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	
		<b>Root Causes of Thyroid Disorders</b> with Jennea Wood, ND and Heidi Ochsner, RD from Tummy Temple Online 7 pm			<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm	

### BODYWORK SCHEDULE

#### TACOMA

Vitamin B and glutathione shots  
 with Physician Coach (formerly Voda Health)  
 Tuesday, 10 am - 2 pm  
 401.217.9902  
 Text "HERE" when you arrive.  
 You will be notified when it is your turn.

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

#### FEDERAL WAY

Vitamin B and glutathione shots  
 with Physician Coach (formerly Voda Health)  
 Wednesday, 11 am - 3 pm  
 401.217.9902  
 Text "HERE" when you arrive.  
 You will be notified when it is your turn.

Seated Massage with Erica Seter  
 Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm  
 Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

Reservations may be required.



**FEDERAL WAY**

2565 S. Gateway Center Place  
253.839.0933

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Deli Hours

Monday - Saturday 8 am - 4 pm  
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**TACOMA**

2951 S. 38th Street  
253.472.4080

Monday - Saturday 8 am - 8 pm  
Sunday 9 am - 7 pm

Deli Hours

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

Grab and go options available until closing.

We value your suggestions and feedback!  
Write to us at: [feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com)



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March 2024

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# 48<sup>th</sup> Anniversary

& Earth Day Celebration

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

Saturday, April 20th  
11 am - 2 pm