

Marlene's™

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

May 2021



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Collagen for beauty · Environmental restoration

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A Letter From Us

And all the world is glad with May.
-John Burroughs

There is something very rewarding about this month. There's plenty of light and not too much heat. In May, all of nature seems to be celebrating. At this time of year, we don't say to ourselves "I should really eat a salad," we say "Wow, I really want a salad!" And the good news is that our salad bars are open again! We're so excited to be able to share the fresh, crisp, local produce available to us this season. So many delicious and nutritious possibilities open up when you can construct your own wonderful salad.

This month, we dedicate our issue to women's health. Our Events & Education page is full of fantastic speakers with a lot of wisdom and knowledge to share regarding health topics that may be of particular interest to women. We are so pleased to welcome back Dr. Tori Hudson of Vitanica and Brenda Watson of Vital Planet as well!

Our local farms are really picking up steam and a great parade of juicy berries are making their way to our shelves. Marlene would often just have a bowl of strawberry shortcake for her dinner. I think I may have to do the same thing while enjoying the evening sunshine. I'll have to make sure I go through the salad bar for lunch! Balance in everything, right?

Come in and see what's fresh!

- Lisa



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Easy Vegan Strawberry Shortcakes!

Sweet, succulent strawberries—the harbingers of early summer. What better way to celebrate than to have a perfect golden shortcake there to soak up every last ruby-red drop of deliciousness? This quick and easy recipe requires no kneading or biscuit cutters, and the results are scrumptious!

5 cups	ripe organic strawberries, rinsed and sliced
2 Tbl	organic sugar
2 cups	organic flour
¼ cup	organic sugar
1 Tbl + 1 tsp	baking powder
½ tsp	sea salt
1 stick	vegan butter, chilled or ½ cup vegetable shortening, chilled
⅔ cup	plant-based milk
2 tsp	lemon juice or white vinegar

vegan whipped topping
(may we suggest CocoWhip? Yum!)

Preheat oven to 400F.

Place sliced strawberries in a medium bowl and sprinkle with 2 tablespoons of sugar. Stir until evenly coated. Set aside and allow strawberries to get juicy while you prepare shortcakes.

In a food processor, place flour, remaining sugar, baking powder and salt. Pulse a couple of times to combine. Add butter by the tablespoon. Pulse several times until mixture is mostly pea-sized crumbs. Stir together milk and lemon juice and pour over flour mixture. Pulse just a few times, until the bulk of the dough is sticking together.

Turn the dough out onto a lightly floured surface. Dough will be wet with loose crumbs. Flour hands, gather the dough and pat together forming a soft loaf. Cut loaf in half, then quarters, then one more time until you have 8 equal pieces. Pat pieces into 1-inch high domed shapes and place on parchment lined baking sheet.

Bake 12-14 minutes until just golden brown. Place shortcakes on rack and allow to cool. Split shortcakes. Top with strawberry mixture and whipped topping. Experience bliss!





FERMENTATION, TRANSFORMATION AND SHARING CULTURES

by Paul McClellan



Food is the primary fact of human culture. The transformation of raw foods enabled the development of human intelligence and culture as we know it, and the rituals of preparing and sharing food are embedded in our psyche. Fermentation and its transformations has helped us view our world differently. It is a powerful metaphor for understanding ourselves and each other. At the same time, food is also profoundly mundane and common to all human experience. Simply put: you gotta eat.

The word “culture” itself is embedded in our language meaning literally “agriculture, cultivation” and figuratively “learning, honoring, traditions” -- all those senses survive today and can be found in the practice of fermentation. Fermentation culture is diversity culture: anyone can practice fermentation, and every fermenter’s result will be different, every time: diversity is essential and inevitable.

If food is culture, then cultured food is one of its highest expressions. Through tradition, skill and patience, it transforms raw food with microbial cultures into something that continues to live and support our life. We know that living, fermented foods reinforce our health and mirror the microbiome of our bodies. By conservative estimates, we have in our bodies at least as many bacteria as human cells, and compelling science indicates that diversity is critical for our physical and mental health.

We are social animals, and our health is linked to our social connections. One of the most difficult challenges of the pandemic is physical isolation. Events of the past year have reminded us of the negative effects of cultural isolation. It is all the more important that we hold on to these key elements of culture and diversity, both macro and micro. People around the world have responded

“Civilization implies the coexistence of cultures offering among themselves the maximum diversity.”
-Claude Levi-Strauss



to these times in beautiful, human ways, displaying an increase in creativity and compassion while learning to stay connected under tough circumstances. One way people are reconnecting is with food preparation and family; think of the explosion of interest in sourdough and sharing of sourdough starters as one small example.

At Iggy’s, we are reminded of those connections every day. To make our Beet Kvass, we begin with some of the most basic elements of life on earth: water, salt, warmth, and oxygen. We treasure the beets we use, and the relationships with the farmers who grow them. They in turn build on centuries of tradition, knowledge, and skill. Conscious of the deep value of these things, we apply our labor and attention.

Working in collaboration with the beneficial bacteria already present, we nurture

the growing culture through the careful manipulation of those basic elements. We favor an approach that encourages the culture and its diversity. The resulting liquid is powerfully alive and flavorful, thanks to this diverse, cultural exchange between humans and nature. In the cyclical nature of ferments, some of the liquid is saved to become a “mother” or starter for the next batch, encouraging both continuity and a healthy diversity of cultures.

We at Iggy’s invite you to try our fermented beverages, and to experience fermentation yourself for the joy of exploring this collaborative, cultural transformation.

Paul McClellan works at Iggy’s Alive & Cultured with other humans who share a fascination with food, culture and fermentation. His work has led him from American vineyards to French technology companies to global management consulting, but he always comes home to something fermented.

“Alone we rot, together we ferment!”

-Iggy’s company motto

FORCES OF NATURE: Supporting Organic Plant Medicine

In 1999, Peter Klapper, PhD, founded Forces of Nature with a vision to heal the world by creating safe and effective all-natural remedies. Over the past 20 years, he has worked diligently to create a new standard in natural medicine. In 2011, Forces of Nature became the first manufacturer of USDA Certified Organic and FDA registered medicines.

The cutting-edge, DualAction approach to healing is highly advanced and one of a kind. By combining certified organic homeopathic medicines with ultra-pure certified organic essential oils, these medicines work with your body naturally and safely deliver incredibly effective results.

The product portfolio consists of a broad range of over-the-counter remedies for common ailments. These include topical treatments for first aid, pain care, foot care, skin care and internal medicines for cold & flu, allergy, stress, focus and heartburn.

Forces of Nature is proud to offer products that are USDA Certified Organic, Non-GMO Project Verified and Cruelty Free. They source botanicals from sustainable farms and small elite growers of medicinal plants across the planet to provide the ultimate in purity and therapeutic value for their medicines. This allows them to provide the best quality all-natural plant-based medicines available on earth. Every step of their process supports a chemical-free people and a chemical-free planet. Because they believe you can't have wellbeing in one, without wellbeing in the other.

Forces of Nature is dedicated to doing its part in helping others, and to help others in a myriad of different ways. Sometimes this takes the form of volunteer work and service, other times generous donations of money or products to those in need. They support emergency relief efforts and educate allopathic doctors in the benefits of natural medicine. Forces of Nature's entire philosophy is to help people be healthy.



FORCES OF NATURE
Organic
Homeopathic
Plant Remedies
Assorted sizes
and varieties

20% off

Select items only. In-store prices reflect discount. No additional discount at register.

Effective, Natural Solutions to Type 2 Diabetes

by Terry Lemerond, founder of Europharma

If type 2 diabetes is on your radar, you want effective, safe solutions. Whether you're on your way to type 2 diabetes, or you've already received the diagnosis, take heart. In addition to focusing on a healthy diet and exercise plan, these proven botanicals can help you balance blood sugar levels without having to turn to prescription medications.

THE ASTONISHING BARK EXTRACT - HINTONIA

Hintonia latiflora is a botanical grown in the Sonoran Desert in Mexico. The harsh climate plays a role in creating the powerful defensive compounds in the plant that help reduce high blood sugar. Clinically studied in Europe for over 60 years, *Hintonia latiflora* has shown the ability to help people avoid medication.

For example, a 2014 study of a dry concentrated bark extract of *Hintonia latiflora* – combined with added trace nutrients (vitamins B1, B6, B12, folic acid, chromium, zinc, and vitamins C and E) significantly lowered A1C values, fasting glucose levels, and postprandial blood sugar levels. Thirty-nine percent of the people already on anti-diabetic drugs reduced their medication levels, while some were able to stop their medication altogether.

BERBERINE

Type 2 diabetes can be a part of metabolic syndrome—a clustering of disease factors that can cause high blood pressure, imbalanced cholesterol levels, elevated triglycerides, excessive weight and high blood sugar. In a clinical trial, berberine lowered fasting and postprandial glucose right from the very beginning of the study through the three-month period. It also lowered A1C levels from 8.1 percent to 7.3 percent, reduced fasting plasma insulin by 28 percent, and insulin resistance by 44 percent. The results were similar to the group treated

with metformin, a commonly-used drug for type 2 diabetes that can cause unwanted side effects.

DEALING WITH NEUROPATHY

If you deal with the feeling of “pins and needles” in your feet, legs, and arms, and struggle with blood sugar, you may have peripheral neuropathy.

The prescription drugs available to treat diabetic neuropathy don't repair delicate blood vessels and nerve endings, and they can have significant side effects. To stop and reverse neuropathy symptoms, look for a formulation that includes vitamin B6 as pyridoxal-5-phosphate (P-5-P), vitamin B12 as methylcobalamin, and folate as L-methylfolate. Together, they protect nerve endings and reduce levels of inflammatory homocysteine that damage blood vessels. Other B vitamins are important for blood sugar metabolism and nerve health. Choose benfotiamine, the fat-soluble form of vitamin B1. The active form of vitamin B12, methylcobalamin, is another must-have for those with diabetic neuropathy. Like vitamin B12, folate can be administered in forms that are easier for the body to absorb, and L-methylfolate is one of them. Also helpful: riboflavin, also known as vitamin B2, and pantothenic acid, another member of the B vitamin family sometimes referred

to as “vitamin B5.” Rounding out the formula should be alpha-lipoic acid, chromium, zinc, and boswellia. This combination of nutrients tackles the problem of nerve numbness.

The bottom line: There are time-tested, effective answers to help you normalize your blood sugar. And that's good news for anyone looking for sound, natural solutions to type 2 diabetes.

Terry Lemerond is a natural health expert with over 50 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. A much sought-after speaker and accomplished author, Terry shares his wealth of experience and knowledge in health and nutrition through his educational programs, including the Terry Talks Nutrition website, newsletters, podcasts, webinars, and personal speaking engagements. 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.



What You Need to Know About Chaga

by North American Herb & Spice

Chaga is a raw force of concentrated nutrients, operating as a polypore fungus and taking up to twenty years to mature. Virtually anyone who is interested in more strength and vitality can potentially benefit from consuming Chaga. Real Chaga is found only in the wild. It grows in the far northern forests, on birch trees, where the ecosystem is still intact. Chaga thrives in the remote wilderness. It consumes and then concentrates the natural power of the birch tree. Once a best-kept secret, Chaga is now grown in labs instead of the forest. North American Herb & Spice goes out of their way to ensure all ingredients sourced are preserved from their natural habitat and never degraded, allowing maximum results.



Wild Chaga is very thick and almost as hard as wood. It is the most nutritionally dense of all mushrooms. Chaga contains far more anti-oxidants than any other mushroom. You might be shocked to learn that anti-oxidant levels in wild Chaga surpass almost every food on the planet! The Siberians know it as the

“Gift from God” and the “Mushroom of Immortality.” The Japanese affectionately call it “The Diamond of the Forest,” while the Chinese deem it the “King of Plants.”

Our wild Chaga contains six adrenal-nourishing B vitamins, trace amounts of vitamin D2, amino acids, protein, fiber, and multiple minerals, including potassium, magnesium, copper, zinc, calcium, manganese, and iron. Chaga also provides choline, a natural brain-boosting enzyme, and melanin, which supports the healthy pigmentation of the skin. This incredible mushroom gives us multiple plant sterols, which support healthy cholesterol and energy in the body while nourishing both the heart and adrenals. Chaga contains high amounts of a potent organic compound called Betulinic Acid, which supports the immune system, the brain, digestive system, and the body’s response to inflammation. Studies provided by pubmed.gov show great promise for its powerful anti-oxidant potential.

Wild Chaga mushrooms are also a dense source of one of nature’s most potent anti-oxidants: S.O.D, or Super Oxide Dismutase. Oxidation is a real problem in the body as it contributes to aging and decay. Anti-oxidants help in this regard, but S.O.D. is far more efficient and effective in its capacity compared to others in the anti-oxidant family, such as quercetin or vitamin C, for example. Tests performed on North American Herb & Spice’s wild Chaga prove that it contains 10,000 to 20,000 active S.O.D. units per gram. It is an exceedingly high amount; far higher than what is typically available as an S.O.D. supplement. It is often attributed to the Siberian people’s longevity factor who traditionally drink Chaga tea daily and commonly live into their 90s!



Chaga is also one of the most potent adaptogen herbs. Adaptogens are substances that modify the human body’s response to stress. Whether it is stress support, immunity, adrenal and energy support, brain function, blood sugar, cholesterol levels, or heart function, Chaga mushrooms supply ample nutrition to the entire body.

If you need more energy and are looking to fill some nutritional deficiencies while supporting immunity, Chaga is calling your name. It is the most broadly supportive of all mushrooms!

North American Herb & Spice is dedicated to creating the most health-giving, powerful and therapeutic supplements and whole food complexes possible.



THE SECRETS TO BEAUTY FROM WITHIN

by Country Life

As we begin to emerge from a year of challenge and uncertainty, it's time to explore how we can support our inner glow and natural beauty as our social interactions expand. When you look in the mirror, perhaps you have noticed a few more wrinkles or fine lines or even dull-looking skin, and now you're wondering what you can do to improve what you see! Thanks to extensive research and advanced technology, many products on the market today can support skin health.

Of course, almost everyone has heard about collagen, and perhaps you are already taking a collagen product. There are so many types and brands of collagen on the market today, it's hard to determine what product you should try or which ones work. The first thing to understand is that, generally speaking, collagen is like the glue that holds us together. However, there are 16 different types of collagen, so trying to figure out where to start can be intimidating. First, let's examine the types of collagen.

Type I makes up the majority of collagen in the body – about 90%. It would go without saying that Type I would be an excellent choice to include in any supplement. Type II and Type III come in second and third and are often included as part of a collagen formula. But remember, wrinkles start in the dermis layer of the skin, and that's where you find predominantly Type I and III collagen molecules. So if you're looking to reduce the depth of wrinkles and support skin elasticity, Type I and III collagen peptides would be where you would want to focus.*

What about Type II collagen? This is found mainly in joints sourced from chicken cartilage, so it wouldn't be a critical form of collagen for wrinkle reduction purposes.

When it comes to selecting a product, it's always a good idea to choose a product that contains clinically studied ingredients. Verisol® collagen is bovine sourced Type I and III collagen peptides that has been clinically studied. Research shows that by consuming just 2.5 grams of the Verisol® daily for 8 weeks, there is a 60% increase of collagen in the dermis layer. And remember,



Join Audrey Ross
online!
**Beauty from the
Inside Out**
Thursday,
May 6 at 5pm -
Details at
marlenemarket-deli.com/classes

that's the level where wrinkles start! So if you are looking at which collagen product to buy, make sure it contains Verisol®!*

But what if you're vegetarian or vegan? There are beauty products out there for you, too! There is an ingredient known as SkinAx2®. It is a fruit-based antioxidant combination, derived primarily from melons and grape skin that has research supporting skin benefits. These benefits include decreased dark circles and dark spots and increased elasticity in the skin. It also contains zinc and vitamin C, both which support skin cell renewal and integrity. A great idea is to add SkinAx2® to your collagen supplement for additional skin health support.*

Country Life Vitamins provides a selection of products that contain these fantastic researched trademarked ingredients. Verisol® is found in Maxi-Skin Collagen +B12, Maxi-Skin Collagen + L-Theanine, and Maxi-Collagen. You can find SkinAx2® in the Country Life Maxi-Skin Rescue product.

Show your skin some love in 2021!

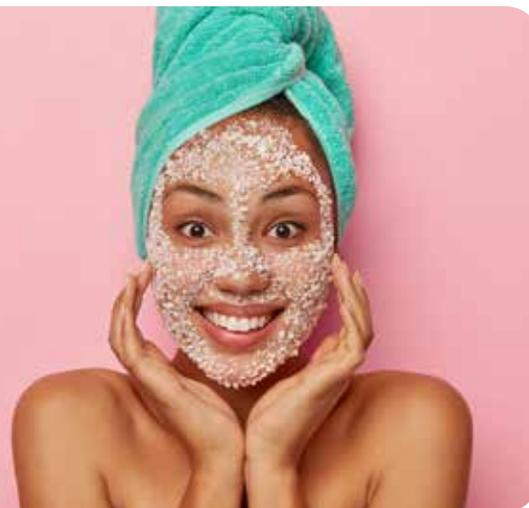
*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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SkinAx2® is a trademark of Activ'Inside.

Spa Time at Home

by Holly Cantino, Body Care Category Manager for Marlene's Market and Deli



Who says you need to head to the spa to experience a day of self-care? We have everything you need here at Marlene's to pamper yourself from head to toe in a way that is good for you and the planet!

Every good spa day should start with a nice, warm bath filled with healing mineral salts and aromatherapy oils to calm and de-stress the whole body. **Inesscents botanically infused bath salts** harness the healing powers of hemp, paired with the finest pharmaceutical grade salts and organic oils to soak away your worries and leave you with a truly therapeutic bathing experience.

For skin that is radiant and revitalized, don't miss **Desert Essence's creamy, cleansing sea salt and sugar body scrubs**. They are luxuriant, beautifully scented and contain nature's finest clays and mineral-rich salts. Used daily or as a periodic treatment, they help slough off any dead skin, leaving your newly exfoliated skin glowing and moisturized!

For especially dry skin, slather on **Suzi's Lavender Hand & Foot Therapy Lotion**. This moisturizing lavender cream accelerates and promotes healing for sore, dehydrated and tired hands and feet with the help of powerful & bioactive vitamins C & E. And bonus: it also helps with circulation!

Bring out your skin's natural glow by using **Aztec Secret Indian Healing clay**. It is a deep pore cleansing mask designed to detoxify the skin and can be used on the face and the body. It can even be used in a bath! Followed with **Trilogy's pure, cold-pressed rosehip seed oil** containing a minimum of 80% essential fatty acids (omega 3 & 6) and fatty acid content (omega 9), this

nourishing pure seed oil helps to reduce the appearance of scars, stretch marks, fine lines and wrinkles.

Like your skin, the pores of your scalp and hair absorb and hold a large amount of styling products, toxins, and sebum. To help you shed the layers of old product and enjoy a new level of invigoration, **Giovanni's 2chic® D:TOX Hair Care** line offers a sequential system for everyday

cleansing. So cleanse away that residue without over stripping your hair's delicate follicles and enjoy a clean, refreshed scalp.

Lastly, don't forget your lips! Whether it be wearing a mask all day, or just the elements, our lips are always in need of deep hydration. **Island Thyme's handcrafted lip balm** is made right here in our beautiful San Juan Islands. With ingredients such as Jojoba Oil and Shea Butter, it is a delight to your lips!



May Events & Education

LOVE & LIBIDO



Tuesday, May 4, 5pm
with **Vickie Summerquist,**
EAMP, LMT, MPH
Details at marlenesmarket-deli.com/classes

A lagging libido indicates an imbalance in the body and can strain relationships. In this class, we'll discuss the 5

Element Theory with a focus on the Fire element. The Fire element supports communication, relationships and brings fun into our lives. You will learn how to nurture your Fire element, and use aphrodisiac herbs and other ways to restore balance and reignite intimacy.

BEAUTY FROM THE INSIDE OUT



Thursday, May 6, 5pm
with **Audrey Ross, Country**
Life Educator
Details at marlenesmarket-deli.com/classes

Although there are many topical applications marketed for beauty, the real key is to make sure you are providing

nutrients from within to maintain your glowing skin and shining hair.

We will give you direction on what key nutrients should be in your supplements to achieve your best results, including:

- different types of collagen and what they do in the body
- what nutrients support long, beautiful, shining hair
- what supplement will help with thinning hair
- what you can do to protect your hair, skin and nails from free radical damage

WOMEN'S HEALTH WITH MACA PRODUCTS



Tuesday, May 11, 5pm
with **Lisa Shank, Symphony**
Natural Health Educator
Details at marlenesmarket-deli.com/classes

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

physiological effects in the body.

Clinically researched Femmenessence® provides relief from menstruation through menopause, offering 3 distinct formulations designed to support the unique hormone changes in a woman's life.

THE ART OF SELF-HYPNOSIS



Thursday, May 13, 5pm
with **Lisa Shook,**
Hypnotherapist, Reiki
Master
Details at marlenesmarket-deli.com/classes

Imagine yourself, 6 months from now. You are successful because you learned self-hypnosis. You are free of

unwanted habits and unwanted thoughts. With no more anxiety, you can handle challenges in life with mental clarity, emotional tranquility and peace of mind. You are in control and now you are the best version of yourself. Join Lisa to learn how you can heal your past, transform your present, and create your future through the power of self-hypnosis!

NO BAKE RECIPES TO BALANCE HORMONES



Saturday, May 15, noon
\$15
with **Stephanie Johnson,**
NTP, BS
Details at

marlenesmarketdeli.com/classes

Seed cycling for hormonal health is a nutritional remedy used to balance hormones

by regulating the hormones estrogen and progesterone throughout the menstrual cycle. It's even useful for menopausal/postmenopausal women! Join Stephanie to learn more, including fun and easy recipes that make seed cycling a tasty way to help regulate periods, reduce acne, support PCOS, endometriosis, and infertility, and ease symptoms of menopause, such as hot flashes, night sweats, fatigue, and mood swings.

FROM ANXIETY, DEPRESSION AND STRESS TO RESILIENCE



Tuesday, May 18, 5pm
with **Tori Hudson, ND**
Details at marlenesmarket-deli.com/classes

Some of us need extra support during stressful times, such as Covid-19 and its impact on our lives. If you need support becoming more resilient, herbal/nutraceutical

supplements can help immensely. Supporting and maintaining improved mental and physical resilience deserves ongoing attention, and Dr. Hudson will be offering practical solutions and educational information for you and your loved ones.

HORMONE ANALYSIS



Thursday, May 20, 7pm
with **Gail Palms, Herbalist**
and Certified Colon
Hydrotherapist, Shanna Rivera,
Certified Thermographic Technician,
Dr. Joy of Mount Rainer Clinic
Details at marlenesmarket-deli.com/classes



Are there signs you need to balance things out? Are you feeling tired, sluggish, depressed, or full of anxiety? You are not alone. People often do not realize that their hormones may be out of balance. Both men and women, old and young, can have hormone imbalances that are often not addressed. Discover the signs and how to identify if your hormones need an adjustment. We will talk about the basics of hormones and how to optimize your health to age gracefully. Learn how you

can monitor your progress safely using thermography, colon hydrotherapy and hormonal balancing with expert speakers, Gail, Shanna and Dr. Joy

YOUR IMMUNITY



Tuesday, May 25, 5pm
with **Vital Planet Founder,**
Brenda Watson
Details at marlenesmarket-deli.com/classes

There has been a lot of talk over this past year regarding immunity and for good reason. There is no better time to be more educated when it comes to your body

and how your immune system works. Join Brenda Watson, probiotic expert, as she delves deep into this topic. During this lesson you will learn the difference between our innate and adaptive immunities, understand more of how immune cells work and get a true look at how probiotics and functional mushrooms stimulate your immune system.

PELVIC FLOOR HEALTH



Thursday, May 27, 5pm
with **Rachel Herron, DPT**
Details at marlenesmarket-deli.com/classes

Join Dr. Herron, a pelvic health physical therapist at Northwest Wellness, for a fun and informative presentation about pelvic health rehabilitation. Pelvic health rehabilitation is a non-surgical

approach to treating common conditions such as bladder leakage, pelvic organ prolapse, pelvic pain, and painful sexual intercourse.

WHAT DOES THE IMMUNE SYSTEM REALLY NEED?

by Brenda Watson, founder of Vital Planet

If there's one aspect of health that has taken on unprecedented importance this year, it's the immune system.

Your immune system is an amazingly complex network of organs, cells and tissues that elegantly coordinate to defend your body against invaders known as "antigens". Antigens appear to your body as foreign and harmful. The immune system's critical job is to recognize and destroy these invaders. They may appear in many forms like bacteria, fungi, viruses, chemicals and more.

The microbiome is your personal community of microbes (bacteria, fungi, protozoa and viruses) that exist on and inside the human body. The largest majority are found within the gut. A diverse population of good bacteria (probiotics) within this community are integral to the proper function of your immune system.

PROBIOTICS

Should a threatening virus enter the intestinal tract, your good bacteria will fight it off on 3 different levels:

Level 1 - While the virus is in your intestinal tract, the probiotics surround it and neutralize it.

Level 2 - Probiotics form a barrier along your intestinal lining and prevent the virus from passing through this lining and entering into your bloodstream.

Level 3 - If the virus passes through levels one and two and reaches your bloodstream, the friendly bacteria actually communicate to each other. This results in your body producing substances that will neutralize the virus before it can cause you damage.



PREBIOTICS

Simply stated, prebiotics are food for probiotics, increasing the population and diversity of the probiotics supports a healthy microbiome. They also help balance inflammation in your body.

All probiotics do not eat the same prebiotics. Some like potato, others like apple or perhaps chicory, etc. Too much of a single prebiotic can actually reduce diversity of probiotics. A small amount of a variety of prebiotics is essential.

FUNCTIONAL MUSHROOMS

Functional mushrooms have been appreciated for centuries by cultures around the world for their beneficial effects on our health. Current research touts their immune-modulating properties which naturally support your immune system.

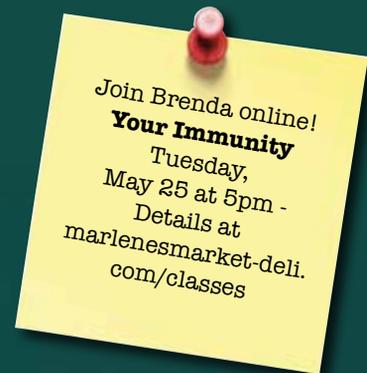
BETA-GLUCANS

This component of mushrooms can activate and increase the power of both our innate and adaptive immune cells.

Beta-glucans are:

- anti-inflammatory
- anti-oxidant rich
- lipid lowering
- liver protecting
- rich in nucleosides
- able to enhance many biological processes in the body including immunity

The beneficial compounds we seek for immune health are created at different stages of the mushroom's growth and in different parts of the mushroom body. Where and how the



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Your Immunity
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mushrooms are cultivated is critical to their immune support value. Mushrooms used in Vital Planet products are exclusively grown indoors in hygienic growing rooms on organic mediums that enhance the mushrooms' beneficial aspects.

Here at Vital Planet, we have developed Vital Flora Immune Biome Probiotic. One capsule daily offers the immune enhancing benefits of probiotics, prebiotics, and functional mushrooms.

Vital Flora Immune Biome Probiotic delivers seven functional mushrooms along with 60 unique strains of probiotics, 60 billion cultures per capsule, coupled with seven different prebiotics. Take advantage of the best immune support imaginable!

For more than 25 years, Brenda Watson has dedicated herself to the natural health industry and helping people achieve vibrant health through improved digestion. She is the author of 7 books, a New York Times bestseller, and the creator of 5 PBS shows on natural health. For more information, please visit VitalPlanet.com.

Adaptogens and Resilience

by Dr. Tori Hudson

There has been much talk about resilience over the last few years, but its need has been even more apparent since March 2020. Resilience can be defined briefly as: ‘capable of withstanding shock without permanent deformation or rupture’ or ‘tending to recover from or adjust easily to misfortune or change’.

I am mindful that many people, cultures and societies have faced the challenge of being resilient in times more dire than this time of Covid. These historical challenges may have also lasted for much longer periods of time and may have been even more consequential to their lives. Wars, famine, violence, poverty, imprisonment, abuse, neglect, hatred and prejudice all inflict a toll. Depending on the duration or severity of the circumstances, resilience can run thin or just plain run out. When we look at our



current circumstances through this lens, it is encouraging to know that we have tools from nature that have the potential to help immensely with our day-to-day challenges. These tools from nature are a class of herbs known as adaptogens, and the right herbs can go a long way in helping us be more resilient and to bounce back more easily from the stresses of our modern lives.

Adaptogens are herbal medicines that work to counteract the actions of stress in the body. By counteracting stress, its negative effects in the body can be lessened or averted. Stress can impact the neurological, psychological, endocrine and immune systems. Adaptogens work by helping the body to maintain balance, or homeostasis. It is thought that they work through the hypothalamic, pituitary, and adrenal glands.

Adaptogens have been studied in laboratory settings, in both animals and humans. In general, they have neuroprotective elements, anti-fatigue properties, hormonal modulation effects, antidepressive effects, immune properties and support for the central nervous system.

My favorite adaptogens include Rhodiola, Ashwagandha, Eleuthero, Holy basil, and Maca. Other contenders would be Schisandra and Astragalus. These herbs are generally safe and beneficial, with a few exceptions. If one has a bi-polar disorder, for example, then Rhodiola should not be taken. There are some potential drug/herb interactions to note, but a licensed Naturopathic Physician can determine that and any cautions or contraindications. Please always see a healthcare practitioner to determine if these herbs are right for you.

Join Dr. Hudson online!
**From Anxiety,
Depression and Stress
to Resilience**
Tuesday,
May 18 at 5pm -
Details at
marlenemarket-deli.com/classes



If you want a bit of a daily tonic to support your resilience, you may consider taking one of these herbs or potentially a blend. Many of the herbs discussed in this article can be found in Adrenal Assist by Vitamica. Resilience is also enhanced with regular sleep habits, good nutrition, an emotional support system, fresh air and regular exercise. But again, I want to articulate that I realize there are situations that are extraordinary and thus require more assistance, and likely of multiple kinds, not exclusively herbal medicines.

**Here's to your fortitude,
stamina and resilience.**

Tori Hudson is a Naturopathic Physician in Portland, Oregon specializing in women's health for over 35 years. She is a nationally recognized author, speaker, educator, researcher, and clinician. Dr. Hudson serves on several editorial boards, advisory panels and as a consultant to the natural products industry. She also writes monthly columns and freelance articles for several publications. Dr. Hudson is the co-owner and formulator for Vitamica.

What is Pelvic Organ Prolapse?

by Rachel Herron, PT, DPT

My name is Dr. Herron, and I am a pelvic health physical therapist (PT) at Northwest Wellness. My specialty is treating patients experiencing conditions such as bladder leakage, painful sexual intercourse, diastasis recti, pregnancy related low back pain and pelvic organ prolapse (POP). POP refers to the descent of the bladder or bowel into the front or back wall of the vagina, respectively. POP can also refer to the descent of the uterus (cervix) from the “roof” of the vagina down the vaginal canal. Depending on the severity of prolapse, patients may feel like something is “sitting” in their vagina or “falling out” of their vagina.

A study by Barber and Maher in 2013 found that up to 50% of patients assigned female at birth may experience POP. This is a staggering number when compared to the number of people who seek out pelvic health physical therapy to manage POP. I believe this is indicative of how many people are unaware pelvic health physical therapy can help manage these symptoms. This article is dedicated to increasing awareness about POP, so more people affected by POP know they can seek help instead of suffering alone with these symptoms.

Besides something “falling out” of the vaginal canal, what can POP feel like?

POP can cause some patients to feel like they need to “splint” their vaginal canal when they have a bowel movement. In other words, individuals affected by POP may feel like they need to use their hand to apply pressure to the outside or inside of the vaginal canal, in order to prevent a pelvic organ from falling through the vaginal opening during a bowel movement.

Additionally, POP causes some individuals to experience symptoms of stress incontinence. Stress incontinence is when urine leaks during moments of increased intra-abdominal pressure (ie, coughing, sneezing, laughing, jumping, or running). POP can also cause people to feel like they cannot completely empty their bowel when going poop. Finally, POP symptoms do not solely impact our bowel, bladder and vaginal health; there is also a correlation between POP and low back pain!

Childbirth via vaginal delivery, surgery, chronic constipation, menopause, and Caucasian race are risk factors for POP, but this does not mean that every person who fits these demographics will develop POP. The

best way to confirm you have POP is speak to a physician, gynecologist, or pelvic health PT to receive a comprehensive pelvic floor examination.

Diagnosis of POP does not mean you have to undergo surgery!

A thorough pelvic floor examination can uncover signs of a POP and may help you and your doctor develop a treatment plan to manage these symptoms. Most of the time conservative treatments such as pelvic floor muscle training can be very beneficial in helping to manage POP symptoms.

I know that speaking to a doctor about your pelvic health can feel scary or embarrassing at times; especially if you have tried before and had a negative health care experience. I advocate for all my friends, family members and patients who are experiencing pelvic health symptoms to use the following website to find a pelvic health PT who is right for them: www.pelvicrehab.com.

If you are interested in learning more about the benefits of pelvic health physical therapy related to bladder leakage and painful intercourse, please join me for an online presentation on May 27th at 5pm.

Join Dr. Herron online!
Pelvic Floor Health
Thursday,
May 27 at 5pm -
Details at
marlenesmarket-deli.com/classes



Sensitive Skin in the American Population

by Earth Science

An epidemiological survey was conducted to assess the prevalence of sensitive skin and collect data on sensitive skin in the U.S. population. Of 994 subjects who answered (495 men and 499 women), 44.6% declared having “sensitive” or “very sensitive” skin. Women were more likely than men to declare their skin sensitive (50.9% vs. 38.2%). There was no significant difference related to geographic location, age, or ethnic distribution. Subjects with sensitive skin had mainly dry (34.5%) or mixed skin (35.7%), fair phototypes, dermatological disorders, higher skin reactivity to cosmetics and various environmental factors in comparison with subjects who stated having only a slightly sensitive or not sensitive skin.

This study, based on a representative sample of the American population, reveals a high prevalence of sensitive skin in the USA. Sensitive skin is mainly associated with dry skin, fair phototype, reactivity to climatic and environmental factors, and cosmetics. American dermatologists seem largely involved in the care of this condition.

Today, 45% of U.S. adults say they suffer with dry, sensitive, irritated skin. Eczema and related issues are increasing (10% - 20% of children diagnosed annually and 3% of adults diagnosed annually). Ceramide therapy is recommended by dermatologists to solve dry, sensitive, irritated skin, and conditions associated with it such as eczema and rosacea.

What are Ceramides?

Ceramides are essential lipid molecules that are found naturally in your skin. They work with cholesterol and fatty acids to make up your skin’s protective barrier, the stratum corneum, and help with retaining water content. Healthy skin has the right balance of these molecules to keep your barrier resilient and able to lock in moisture.

Ceramides are very important to our skin, as they are what makes the epidermis a good barrier against water loss. They form part of the “cement” that binds together flattened corneocytes to form the stratum corneum of the epidermis. The stratum corneum is central to the role of skin as a barrier against water loss, bacterial and fungal attacks and penetration of foreign matter.

When the skin’s protective barrier is compromised due to environmental factors, cosmetics, skincare products, etc.; conditions such as dry, irritated skin, eczema and rosacea may occur. Ceramides help to rebuild the skin’s protective barrier to renew the skin and boost its moisture retaining capacity.

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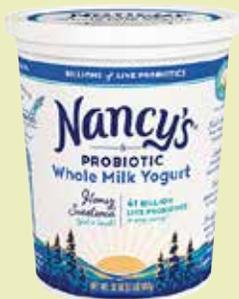
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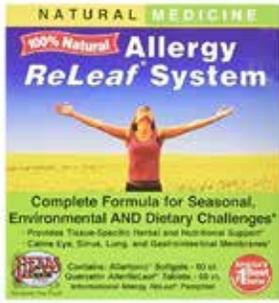
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The Path to Osteoporosis Prevention

by Symphony Natural Health

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

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

NUTRITION & LIFESTYLE

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



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

HORMONES

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

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

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

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

HORMONE THERAPIES AND HERBAL ALTERNATIVES

Traditionally, doctors have successfully used Hormone Replacement Therapy (HRT) to improve bone density, but the slightly increased risk of breast cancer and stroke has resulted in many women choosing not to take hormones.

Additionally, once HRT is stopped, women will lose bone again.

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

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



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May

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 2	3	Love & Libido 5pm, Online with Vickie Summerquist, EAMP, LMT, MPH Details at marlenesmarket-deli.com/classes 4	Cinco de Mayo 5	Beauty from the Inside Out 5pm, Online with Audrey Ross, Country Life Educator Details at marlenesmarket-deli.com/classes 6	7	8
Mother's Day 9	Uniform Monday! 10% off to all firefighters, police, and military! 10	Women's Health with Maca Products 5pm, Online with Lisa Shank, Symphony educator Details at marlenesmarket-deli.com/classes 11	12	The Art of Self-Hypnosis 5pm, Online with Lisa Shook, Hypnotherapist, Reiki Master Details at marlenesmarket-deli.com/classes 13	14	No Bake Recipes to Balance Hormones Noon, Online with Stephanie Johnson, NTP, BS \$15 Details at marlenesmarket-deli.com/classes 15
16	17	From Anxiety, Depression and Stress to Resilience 5pm, Online with Tori Hudson, ND Details at marlenesmarket-deli.com/classes 18	19	Hormone Analysis 7pm, Online with Gail Palms, Herbalist and Certified Colon Hydrotherapist, Shanna Rivera, Certified Thermographic Technician, Dr. Joy, of Mount Rainer Clinic Details at marlenesmarket-deli.com/classes 20	21	22
23	24	Your Immunity 5pm, Online with Vital Planet Founder, Brenda Watson Details at marlenesmarket-deli.com/classes 25	Full Moon 26	Pelvic Floor Health 5pm, Online with Rachel Herron, DPT, PT Details at marlenesmarket-deli.com/classes 27	28	29
30	Memorial Day 31					



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

FEDERAL WAY

Vitamin B and glutathione shots with Voda Health
Wednesday, 11 am - 3 pm
Seated Massage with Erica Seter
Tuesday, 11 am - 2 pm
Thursday, 2 pm - 6 pm
Friday, 2 pm - 7 pm
Saturday, 2 pm - 7 pm

Due to current mandates, bodywork practitioners may not be available at this time. Reservations may be required.



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MAY 2021

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Spring means Salad!

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