



*Marlene's*<sup>™</sup>

— MARKET & DELI —  
shop local, eat organic

# SOUND OUTLOOK

May 2022

Positive aging • Fair trade body care  
Regenerative farming • Women's wellness

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## A Letter From Us

If your knees aren't green by the end of the day,  
you ought to seriously re-examine your life.

– Bill Watterson

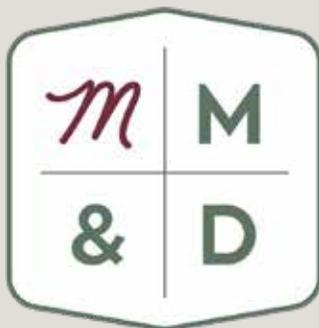
Isn't it interesting that we crave smoothies and salads and vibrantly colored foods now? It's the same for bees, hummingbirds, and all of the pollinators. They know that the bright blossoms hold a concentrated source of energy in the nectar and the pollen and they go after them with great gusto.

Those colors are a beacon to their senses, like brilliant fruits and vegetables are a beacon to our senses. We encourage you to indulge your cravings and to celebrate these simple, seasonal gifts. Because this kind of indulgence leaves you feeling deeply nourished, it's a total win!

How about a little digital detox? Please spend as much time as possible outside this month instead of in cyberspace, breathing deeply and noticing the changing light, birdsong, blooms and active insects. It would be a shame to let May slip by without taking in all of the beauty. Our technology will never have an app for that!

May all of your weeds be wildflowers,

– Lisa



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# Simply Scrumptious Berry Crisp

*Vegan and Gluten Free!*

When the bright, fragrant berries start rolling in to our produce department, it really begins to feel like summer is very near. This simple, delicious crisp is a great way to celebrate the beginning of our warmest season!

The maple syrup enhances flavor in addition to sweetness, so the berries really shine here. It's a flexible recipe and a variety of berries will work well together. Grab a spoon and say hello to warmer weather!



## Filling:

5-6 cups	fresh berries
½ cup	maple syrup
2 Tbl	chia seeds
1 Tbl	arrowroot powder or cornstarch
1 tsp	cinnamon or cardamom powder
¼ tsp	sea salt
2 tsp	lemon juice
1 tsp	vanilla

## Crisp Topping:

1 cup	gluten free rolled oats
1 cup	almond, cassava or coconut flour
¼ cup	maple syrup
½ cup	coconut oil, melted
½ tsp	cinnamon or cardamom powder
½ tsp	sea salt

Oven to 350°.

If using strawberries, cut pieces into ½ inch chunks. Place all berries in a large bowl. Add maple syrup, chia seeds, arrowroot, cinnamon, sea salt, lemon juice and vanilla. Stir well.

Grease an 8x8 or 9x9 baking dish. Pour in berry mixture and gently spread evenly across the bottom.

In a separate bowl, mix all ingredients for the crisp topping until well combined.

Spoon crisp topping evenly over berry mixture.

Place in preheated oven for 35-45 minutes. When crisp is golden brown and edges are bubbling, it's ready!

Allow to set 20 minutes before scooping into bowls. Top with dairy free ice cream or whipped cream. Makes 8 servings.

# White Leaf Provisions: Growing a Healthy Future

by White Leaf Provisions

“We created White Leaf Provisions when our son, Keegan, was born. We were worried about the way the foods we were feeding our family were being farmed, what was being sprayed on them and what impact these farming practices had on the future of the planet Keegan would inherit.

We set out to create our own trusted family brand; the first to have regenerative farming at its core. Through these practices, we can nurture a system that heals the soil while providing ourselves and our loved ones with pure, nutrient-dense foods.”

Love, Meghan & Keith



## A Step Beyond Organic: Regenerative Farming for a Healthier Planet

There is no other way to say this: our current agricultural practices are fundamentally broken. For over a century, we have been manipulating the way we grow and harvest food in an effort to mass produce at a cheaper price. These destructive farming practices play a big part in the loss of biodiversity, pollinators and play a big part in climate change. It also means that our foods are less nutritious than they've ever been before.

## Healthy soil, healthy food, healthy beings... it's really that simple!

When it comes to our planet, the love you take is equal to the love you make. Lucky for us (and our little ones), there is a better way to farm that could even potentially reverse global warming: regenerative farming.

This agricultural practice helps to heal the earth by working with nature to improve and repair the farm, rather than against it in a deficit. In place of harming the land, we can nurture a system that heals the soil, while invigorating our bodies with the purest foods possible. Because, as they say, what you give is what you get. Talk about a win-win for health and humanity!



# Plastic-free Dental Health Solutions from Australia

Established in the 1940s, the Jack N' Jill kids' brand was a household name. It is fondly remembered by many Australians who were kids in the 50s, 60s or 70s as a manufacturer of natural toothpaste, safe for babies and toddlers.

Today, the family business has been revived by Melbourne-based couple Rachel and Justin Bernhaut, who, after their own personal light bulb moment, realized the product is still very relevant for today's health-conscious parents. NFco (Natural Family Company) was born in 2017 as Rachel and Justin saw a desperate need for a high-quality range of products for adults and kids.

It's no secret that disposable plastics are wreaking havoc on the environment, especially in our oceans and waterways. And did you know that over 4.7 billion plastic toothbrushes end up in landfills every year? Jack N' Jill children's toothbrushes were the first to be made with non-GMO cornstarch, making them biodegradable and recyclable. In fact, the same process is used to make their NFco adult toothbrushes, which happily, Marlene's now carries!



- Handles made from non-GMO cornstarch**
- Soft nylon bristles (BPA free)**
- Biodegradable, plastic-free packaging**
- Zero waste manufacturing**

At Jack N' Jill, they feel a responsibility to the environment. Because of this, they have formulated their toothpastes to be all natural and hypoallergenic with organic ingredients. Packaging is minimal, recyclable, and BPA free. When choosing an oral hygiene product for your children, you can feel confident knowing you are making the best choice for their health and for the environment.

Jack N' Jill is proud to announce they are supporting 1% For the Planet, with 1% of all Jack N' Jill & NFco Bio Toothbrushes sales going to this cause. The aim is to help raise awareness for plastic-free products and to donate back to the environment.



Rachel and Justin Bernhaut  
of Jack N' Jill



# Regenerative Practices for a Healthy, Sustainable Future

by Ancient Nutrition

As farming practices have evolved over time, impact on the environment has become a serious concern. The idealistic scene we may picture when thinking about a healthy farm — lush crops, green grasses and grazing animals — is not at all common these days. Modern farming methods are contributing to an increase of greenhouse gas emissions and have hindered the quality of our foods and health.

That's exactly why Ancient Nutrition co-founders Jordan Rubin and Dr. Josh Axe have decided to start walking the talk when it comes to investing in regenerative agriculture with our R.A.N.C.H. Project. The founders are on a mission to be part of the solution, not the problem.

Our R.A.N.C.H. Project stands for Regenerative Agriculture, Nutrition and Climate Health, and it's focused on the work we're doing on our 4,000-acre Beyond Organic Ranch (which is home to Heal the Planet Farm) and our headquarters, The Center for Regenerative Agriculture.

This project is rooted in Ancient Nutrition's ongoing mission to transform the health of all individuals with nature's most powerful superfoods. We believe in creating the change we want to see, and we rely on organic farms (including our own) for many of our ingredients.



With regenerative agriculture, the farm becomes more resilient and biodiverse, with enriched soil and better water quality. Regenerative agriculture adopts principles and practices that aim to rehabilitate and enhance the entire farm ecosystem. This results in crops that are rich in nutrients, as nature intended.

We are also entering into a scientific research partnership with Rodale Institute, a pioneering organic regenerative research farm in Pennsylvania and founder of the Organic and Regenerative movements, to validate our efforts to "Heal the Planet and Feed the World."

Starting this year, Ancient Nutrition will dedicate 1 percent of revenue to these efforts and begin the first stage of a 14-year project to definitively demonstrate a plan that will revolutionize environmental regeneration and healthy food production, with important elements including water conservation, carbon cycling, and soil microbiome diversity and viability.



We have big goals for the next two years. By 2024, we plan to:

- Become carbon negative
- Plant one million superfood-bearing perennial trees, bushes, vines and shrubs (called Million Member Forest Initiative) that will grow superfoods, some of which will be used as ingredients in Ancient Nutrition products
- Reduce our plastic waste by 25 percent and transition to more sustainable solutions
- Protect biodiversity by banking seeds and diverting waste that might otherwise go to landfills
- Support like-minded organizations like Mully Children's Family in Kenya and the Rodale Institute in their missions

Most recently, in 2021, we planted 250,000 native superfood bearing trees, vines, shrubs and plants. We've composted 444,000 pounds of eggshells, collected 5.5 million gallons of rainwater across our two properties, and have reduced our plastic use by 25 percent, which has saved over 72,600 pounds of plastic.

Now that you have a better understanding of what we've been doing to help heal the planet and save the world with superfoods, you may be wondering how you can join us to make a difference. Starting this year, Ancient Nutrition is dedicating 1 percent of revenue to the R.A.N.C.H. Project and our partnership with Rodale Institute.

Together we will measure and improve soil health, water quality, livestock health, carbon sequestration and more. When you purchase our products, you're participating in this important and impactful work, plus getting us closer to planting one million trees by 2024!

# Get a Healthy Start and Prevent Crowded Teeth

by Dr. Carla Yamashiro

Having straight teeth can be a sign of health and wealth. Not only are straight teeth easier to clean, they're also less likely to accumulate dental plaque. Crowded teeth, in contrast, can be much more difficult to clean, and have been linked to a higher incidence of gum disease and dental infection.

But what causes crowded teeth? How do they affect our health? And what's the best way to fix them?

## What causes crowded teeth?

Malocclusion, also referred to as tooth crowding or crowded teeth, happens when there isn't enough space inside the mouth for permanent teeth to grow straight. This can lead to teeth growing in at an angle, crooked, and overlapping. There are various degrees of tooth crowding ranging from mild to severe. In some cases, one or two teeth are affected. In others, nearly all of the teeth can be impacted by the lack of space.

## Crowded teeth can be caused by several different factors.

In some cases, crowded teeth can be caused by genetically bigger teeth in tandem with smaller palates. In others, early loss of a primary (baby) tooth can leave behind an empty space that other teeth may shift towards to fill. Over-retaining baby teeth can also lead to adult teeth growing in twisted or crooked.

Our upper and lower jaws are meant to fit together perfectly. When misaligned teeth keep this from happening, there are several ways it impacts our overall health.

In addition to an increased risk for gum disease and cavities, individuals with crowded teeth are more susceptible to:

- Tooth sensitivity
- Teeth grinding
- TMJ disorders
- Headaches, and
- Trouble chewing

Misaligned teeth can cause one side of your jaw to experience use, leading to soreness and other issues. Signs of a TMJ issue include jaw pain, frequent headaches, neck pain, and popping in the jaw.



## How Our Jaws Have Changed

Over the years our jaw formation has changed drastically. In the past, mothers breastfed their children longer, allowing the child to develop proper tongue placement along the roof of their mouth. This proper tongue placement is key to the upper maxilla (jaw) expanding and growing towards its natural, genetic potential. In addition to this, the softer foods now common in our Western diet have led to decreased use and exercise of our jaw muscles, further keeping the jaw from developing as it has in the past. Without proper tongue placement and jaw muscles developing the same way they have in the past, our jaws haven't had the ability to develop properly and provide adequate space for teeth to grow straight.

## HealthyStart® and Vivos® Oral Appliance Therapy to Correct Malocclusion

At Ecologic Dentistry we offer several options to help address issues of overcrowding.

The best way to fix an issue is to keep it from becoming a problem in the first place. HealthyStart® and Vivos® aims to do just this. HealthyStart® and Vivos® oral appliances are designed for children to guide the growth of the jaw out of malocclusion while at the same time promoting healthy breathing habits. These devices encourage proper tongue placement and proper breathing, through the nose. This proper tongue placement helps guide the jaw towards natural expansion, creating enough room for future teeth to grow in straight.

For those of us who already have adult teeth with malocclusion, Vivos® oral appliance therapy assists in growing the jaw towards its genetic potential to create more room in the mouth for teeth to align while promoting a healthy airway.

*To see if HealthyStart® or Vivos® oral appliance therapies are right for you, join our free online presentation; GROW, BREATHE, SLEEP, BREATHE or call us for a consultation with Dr. Yamashiro today at 253.863.7005. We are located at 8412 Myers Rd. E. Ste 301 in Bonney Lake, WA 98391.*



# What is Pelvic Organ Prolapse?

by Dr. Rachel Herron, PT, DPT (she/her/hers)

My name is Dr. Herron, and I am an orthopedic and pelvic health physical therapist (PT) at Northwest Wellness. My specialty is treating patients experiencing conditions such as urinary incontinence, painful sexual intercourse, diastasis recti, period pain, constipation, vulvar pain, and pregnancy related low back pain and pelvic organ prolapse (POP). POP refers to the descent of the bladder, bowel or uterus into the vaginal canal. If the pelvic organs move into a prolapse, the bladder typically “falls” into the front of the vaginal canal, the uterus moves down from the “roof” of the vaginal canal and the bowel “falls” into the back wall of the vaginal canal. Depending on the severity of prolapse, individuals 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 that 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!

Vaginal childbirth, 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 muscle 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](http://www.pelvicrehab.com).

*If you are interested in scheduling a pelvic health physical therapy evaluation, please contact my clinic at 253.927.0660 to set up an appointment with me or our other pelvic health physical therapist, Dr. Lesley Weinberg, PT, DPT.*



Join Dr. Herron online!  
**Pelvic Floor Health**  
Thursday, May 19  
at 5 pm  
Details at  
[marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

# IT TAKES A VILLAGE:

## Alaffia Grows a Community and Gives Back



Alaffia's story begins with Olowo-n'djo Tchala, who grew up in Togo, West Africa, sharing a small room with his mother and seven siblings. He was inspired by his mother, who continuously found ways to demonstrate kindness and generosity to those around her. After dropping out of school in sixth grade to help support his family through farming and collecting shea nuts, he witnessed the unfair systems

that the women around him faced when trading valuable indigenous resources.

Olowo-n'djo met Rose Hyde, the organization's co-founder in his home village of Kaboli, Togo in 1996. She had been invited there to serve as an environmental volunteer in the Peace Corps. From the beginning, the two shared a desire to positively impact humankind.

A decade later, they returned to the U.S., determined to make a difference in West Africa. While earning his bachelor's degree, Olowo-n'djo realized he could not ignore the yearning he felt to contribute to improving the way of life for communities in Togo. He was compelled to fight the injustices he faced and witnessed growing up, including gender inequality, through sustainable health, education, and environmental initiatives. In 2004, armed with their understanding of the value of indigenous West African resources and sustainable business ideologies, they launched Alaffia's first collective.

Alaffia defines itself as "a social enterprise on a mission to invest in a more equitable future". The company aims to alleviate poverty and advance gender equality through the Certified Fair Trade of indigenous resources and community empowerment projects. The organization's cooperatives employ thousands of women and indirectly impact the tens of thousands more.



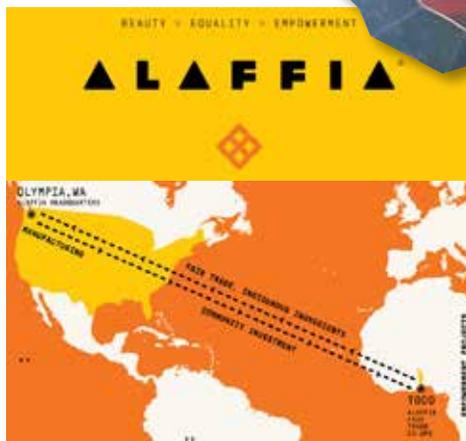
Join Olowo-n'djo online!  
**A Calling to Do Good:  
Fair Trade Body Care**  
Tuesday, May 10 at  
5 pm  
Details at  
[marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

In the Alaffia Village Co-op in Togo, members handcraft indigenous ingredients using traditional African recipes and methods with products finished at the organization's U.S. headquarters in Olympia, WA. These

award-winning products are cruelty-free and do not contain sulfates, parabens, phthalates, mineral oil, artificial color or synthetic fragrance.

Alaffia's empowerment projects are the organization's mission in action, funded by the sale of its products, which allows Togolese communities to provide their skills and knowledge to the rest of the world and rise out of poverty. These initiatives include maternal health care, education, eyeglass distribution, reforestation, regenerative agriculture and bicycle donations.

Together with its partners and community, Alaffia is cultivating beauty, equality and empowerment in Togo, West Africa.



# May Events & Education

All May classes will be held online. Register at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

## THE INCREDIBLE BENEFITS OF A REGULAR YOGA PRACTICE

with Allison Whiteley, Certified Advanced Purna Yoga Instructor 500

**Saturday, May 7 at 11 am**



Get a gentle introduction to yoga and feel your stress melt away! Three Trees Yoga instructor, Allison, will guide you through stretches and strengthening movements that promote peace and calmness. This class includes a short, accessible yoga practice that you can do from your chair. This will be an interactive opportunity, so bring your curiosity, questions and an open mind and heart.

## MOMDALAS PAINT-ALONG

with Nancy Franklin and Terry Kay, Owners of Dazed and Reused

**Saturday, May 7 at 1 pm - \$30**



Enhance your self-care and mental health routine with art! Join Nancy Franklin and her mom for a discussion of how to harness the therapeutic benefits of art in your life. Then get your art supplies out for an interactive and creative paint-along session of a mandala. Supplies are included and will be provided on registration:

- 8 craft acrylic paint colors
- Dotting kit
- Rock or 3x3 canvas
- Practice sheet of paper
- Stick for blending colors
- Paper towel for wiping sticks
- (Not included in kit, but helpful: hair dryer for speed drying)

## THE AMAZING LYMPHATIC SYSTEM

with Nicole Wirth, LMP, Lymph Drainage Therapist

**Tuesday, May 10 at 2 pm**



You never get sick. Or, maybe you feel sick every day. Both of these scenarios can indicate an imbalance in the lymphatic system. Join Nicole for a deep dive into this crucial immune system component. Learn why cleansing and unblocking the lymphatic system is so important to the body's ability to fight off viruses.

## A CALLING TO DO GOOD: FAIR TRADE BODY CARE

with Olowo-n'djo, Cofounder of Alaffia

**Tuesday, May 10 at 5 pm**



Alaffia is built on a philosophy of fair trade. Their women's cooperatives in West Africa handcraft indigenous raw ingredients, then their team in Olympia creates the finished products. Alaffia returns the proceeds from the sale of these products to their cooperatives to fund community empowerment and gender equality projects. Join the founder for an amazing journey into beauty, equality and empowerment.

## HORMONE MANAGEMENT FOR CHRONIC FATIGUE

with Lisa Shank, Femmenessence Educator

**Thursday, May 12 at 5 pm**



Fatigue is one of the most common symptoms of a hormone imbalance. Symphony Natural Health and their team of medical doctors specialize in helping their customers overcome health and challenges with the help of unique and potent Femmenessence maca formulations. Learn more about the root cause of long term fatigue and what options may be available to you.

## EDIBLE GARDENS IN URBAN SPACES

with Laura Matter of The Garden Hotline

**Saturday, May 14, noon - 1:30 pm**



Space and sunlight are often limited in urban spaces, but that doesn't mean you can't grow your own edible garden! Learn how to assess and plan within your space, get resource guides for supplies and soil products, and discover which culinary plants are right for you and your space. This will be fantastic information for spring, summer and fall, while people are actively gardening!

## HOW TO END FOOD OBSESSION, BINGE EATING, OVEREATING AND RESTRICTIVE DIETING FOR GOOD

with Michelle Kester, Health Coach of Beometry

**Tuesday, May 17 at 5 pm**



Health Coach, Michelle Kester will share her proven system for ending binge eating, food obsession and yo-yo-dieting cycles. Michelle struggled with binge eating and restrictive dieting for 8+ years of her life. At her worst, she ate "healthy" all day, only to binge every night until she felt sick and ashamed.

Finally, she hired a coach and learned how to change not just the way she ate, but how she thought about food, and that turned her life around. She was free in 3 months! Now, 4 years later she is passionate about helping others break free of food obsession, guilt, shame, overeating, and restriction so that they can feel confident and live a full life again. Through her experience mentoring and working alongside some incredible trainers and coaches while helping clients break free from similar issues, she created a proven process for ending binge eating, not just managing it.

## PELVIC FLOOR HEALTH

with Rachel Herron, DPT, PT  
**Thursday, May 19 at 5 pm**



Join Dr. Herron, a pelvic health physical therapist at Northwest Wellness, for an interesting 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.

## FOOD(S) FOR THOUGHT AND FOCUS

with Cathy Raymer, Holistic Health Coach and Chef  
**Saturday, May 21 noon - \$25**



Did you know our brains can grow younger? Food has the power to influence how we age! Join nutrition educator, Cathy Raymer to learn about preparing brain-fueling recipes to increase focus when needed and deepen restoration during rest. Rediscover some familiar foods high in antioxidants and create an amazing baked salmon with Chinese five-spice, delicious greens with garlic, and a fabulously smooth avocado gelato!

## NUTRITION FOR HEALTHY AGING

with Cathy Hains, Registered Dietitian  
**Tuesday, May 24 at 5 pm**



As we get older our bodies have changing needs, but good nutrition remains vitally important to staying active and independent into our best years! This can be especially true if one is dealing with chronic health issues. Join senior nutrition expert Cathy Hains to learn how to tailor your diet to your needs.

## NATURAL APPROACH TO WOMEN'S HEALTH AND PELVIC FLOOR

with Elizabeth Beatt, ND, at Federal Way Naturopathy  
**Thursday, May 26 at 7 pm**



Dr. Beatt is a resident physician at Federal Way Naturopathy with a passion for women's health and integrative pelvic therapy. In her presentation, she will discuss the muscles of the pelvis and pelvic floor, describe symptoms of pelvic dysfunction, and introduce the basics of and indications for pelvic floor therapy.

## DIY KITCHEN ESSENTIALS: SAUCES AND SPICES

with Tyrone Brown, Soul Ty's Custom Catering  
**Saturday, May 28 at noon - \$25**



Join Chef Tyrone of Soul Ty's Custom Catering to learn about the importance of food for our health and how we are all connected through foods. In this class, we will create some essentials for every kitchen! First, we'll make delicious spice blends from scratch. Then we'll create a homemade sauce that can be transformed into an elegant dish!

## UNDERSTANDING THERMOGRAPHY

with Shanna Rivera, CTT and Linda Huxtable, ND  
**Tuesday, May 31 at 5 pm**



Join Shanna Rivera, Certified Thermographic Technician, and Dr. Linda Huxtable, to learn the benefits of monitoring our heat signatures with Medical Thermography! Measuring temperature variations at the body's surface can help provide early detection of many health concerns. The importance of having a free-flowing lymphatic system and ways we can enhance lymph flow will also be discussed.



## BEER & WINE TASTING

<b>Tacoma Location</b> 2 pm - 4 pm Friday, May 13 Friday, May 27	<b>Federal Way Location</b> 2 pm - 4 pm Thursday, May 5 Friday, May 20
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# Improve Your Life with Food Sensitivity Testing

by Cathy Hains, MS, RDN, CLT, CDN

Frank and Emma have invited Susan over for dinner. On the menu is lasagna with tomato sauce, a mixed greens salad and all the trimmings. Everyone else who eats the meal feels fine the next day, but Susan has a headache, cramping and bloating.

Susan has known for a while that she feels bad after certain foods, but she's never been able to pinpoint exactly what was causing what. After hearing so many negative things going around about wheat and dairy, she figures it must have been the wheat and the cheese in the lasagna she ate the previous night. She decides to eliminate wheat and reduce her dairy intake for a while. Soon, she actually starts to feel better! That is, until she gets the symptoms eating something else, even though she's been avoiding wheat and dairy.

If Susan had gotten a LEAP MRT® (Mediator Release Test), which tests for inflammation caused by 170 foods and food chemicals, the test would have shown her that it's not the wheat or dairy, but actually the tomato in the sauce that was causing her symptoms from Frank and Emma's dinner. So now Susan has been mistakenly avoiding all dairy and wheat for nothing. For others with similar problems like Susan, it could have even been baker's yeast or polysorbate 80 (an additive) in the bread, but not the wheat itself.

Have you ever related to Susan's plight in trying to pin down what food or food chemical is causing your inflammatory symptoms? You go to doctors and specialists, and everyone's scratching their heads. Sometimes they help, but other times they tell you to "try avoiding dairy and wheat," and to keep a food journal.

Perhaps you have already gotten food sensitivity testing, like the ever-popular IgG (Immunoglobulin A) testing. The problem with this more common testing is that it only shows you what you ate, which isn't very useful in helping you find out the cause of your inflammation.

Food and food chemical sensitivities, frequently confused with "food allergies," are non-allergic, non-celiac inflammatory reactions that can involve both innate and adaptive immune pathways. Since the intestinal tract lining is extremely thin, anything could cause a "leaky gut affect" and lead to improper digestion of food molecules. A variety of triggering mechanisms could then prompt reactions in your white blood cells, which can lead to the release of pro-inflammatory and pro-algesic (pain-causing) mediators, such as cytokines, leukotrienes, and prostaglandins. This ultimately results in pain and discomfort all over the body or in specific areas.

Food sensitivities are one of the most common causes of inflammation and symptoms across a wide range of chronic inflammatory conditions. Some of these include irritable bowel syndrome (IBS), migraine, fibromyalgia, arthritis, gastroesophageal reflux disease (GERD/heartburn), obesity, metabolic syndrome, ADD/ADHD and autism, to name a few. The role of food sensitivities in these conditions and others is not addressed in conventional medicine very deeply at this time.

So, what's the big deal about reducing inflammation? Lots! Inflammation can be an exacerbating factor behind being overweight or obese, cause a myriad of unpleasant symptoms, joint pain, headaches, gastrointestinal symptoms and even increase risk of cancer and other diseases.

As a registered dietitian in private practice, I, as well as so many other dietitians across the country, have been fortunate enough to see numerous case reports of clients greatly improving their conditions with LEAP MRT®. The test, although proven highly successful, has been in experimental phase for a long time, which is why insurance has not covered it. That said, we are excited there are peer-reviewed studies being planned to make the test and diet therapy much more recognized. This test not only tells you what *not* to eat, but also what *to* eat. Luckily, many whole and specialized foods can be found at Marlene's Market & Deli!

I like to call the protocol "the ultimate detox." It's the elimination diet without being blind. While others are detoxing in an unscientific and unhealthy fashion, or avoiding foods they don't need to avoid, LEAP MRT® testing looks at which foods and food chemicals affect you personally, to create a diet that causes the least amount of inflammation - for *you!*

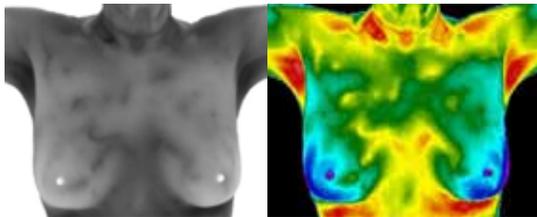
*Cathy Hains, MS, RDN, CLT, CDN, is a registered dietitian-nutritionist who has practiced in her own clinic, Lighthouse Nutrition and Wellness in Gig Harbor, since 2010. She helps clients there and elsewhere lose weight, prevent diabetes and cardiovascular disease, treat digestive issues and pinpoint food sensitivities. She's married with three kids, two cats, loves eating at Marlene's, watching movies, music, playing drums and traveling. She can be reached at 253.269.8888.*



# Thermographic Screening for Happy, Healthy Breasts

by Shanna Rivera, Medical Thermographer

Do you get an annual breast screening? Most patients contact us because they have found a lump in their breast or they know someone who has cancer. These people begin doing research or they want to be proactive with their health. Through these efforts, they discover the benefits of our valuable screening tool. At Flow Well, we offer medical thermography screenings for possible cancer detection, but it is ideally used for preventing future issues. Thermography uses an infrared camera to take a series of images of your body. These images detect the physiology of your body. Our interpreting doctors analyze the heat signatures in your images. You can tell from our reporting what is unusually hot or unusually cold. From there, you will work with your doctor or other wellness professionals to balance things out for your follow up screening. Thermography is most well-known for breast thermography but it is beneficial for the entire body for men, women, and children.



When you head towards optimal health, you will thrive in your life with vitality!

We invite you to learn more about Shanna and medical thermography at her free, online class on May 31st at 5 pm. Learn about the benefits of medical thermography and other health

tips for your entire body. You will receive valuable education on breast thermography and how it relates to the entire body in achieving happy, healthy breasts.

Always check with your doctor or wellness professional before starting anything new.

At Flow Well, we work with many physicians who use thermography in their practice on a regular basis. If your doctor is not familiar with the benefits of thermography, ask us for a referral.

Most patients use thermography to assess their health. Thermography is considered an adjunctive screening tool to anatomical testing. There is no contact, no radiation, and no compression with infrared imaging. During these times it is more important now than ever before to analyze your health. When you get a thermography screening that shows optimal balance in the body, your immune system is then ready to tackle anything that comes your way.

During the review of your thermography report, we consider your diet, exercise frequency, current detox routines, destressing needs, and sleep quality to see what can be done about any abnormal findings.

*Shanna Rivera is a Medical Thermographer and the founder of Flow Well. She is devoted to her mission of improving her own health as well as her patients' health using medical thermography and other health-enhancing modalities. Flow Well has become a resource for connecting patients with local practitioners and wellness professionals who can guide the patient toward improving their thermography screenings if they need a referral. Shanna works at wellness clinics from Tacoma to Seattle, in North Bend and many in between in Washington state. Other Flow Well technicians service South Carolina, Georgia, and Florida. Visit [FlowWell.org](http://FlowWell.org) to find a location near you. Call 877.315.7226 Ext. 447 for more information or to schedule an appointment.*



Join Shanna and Dr. Huxtable online!  
**Understanding Thermography**  
Tuesday, May 31 at 5 pm  
Details at [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

# The Vibrant Green Energy of DōMatcha®

DōMatcha® is 100% authentic Japanese stone-ground green tea, directly from Kagoshima and Uji, Kyoto where Japanese matcha originated, and where most premium matcha is produced today. It is a delicious and nutrient dense tea and the ideal complement to a lifestyle that aims for health and vitality.

One of the most unexpected benefits of matcha tea is that drinkers experience a boost of energy throughout the day. In one study, researchers had thought that this was from the caffeine in matcha, but they found that it was actually the combination of matcha's other natural properties. Matcha even improved physical endurance by up to 24%!



Another study featured in the American Journal of Clinical Nutrition found that consuming matcha green tea can increase thermogenesis (the body's own rate of burning calories) from a normal 8%-10% of daily energy expenditure, to between 35% and 43% of daily energy expenditure.

And that's not all:

Matcha powdered green tea has 137 times more antioxidants than regularly brewed green tea.

One cup of matcha = 10 cups of regularly brewed green tea in terms of nutritional content.

When you drink matcha, you ingest the entire leaf and receive 100% of the nutrients of the leaf.

As the weather gets warmer, try DōMatcha® in your favorite iced beverages!



## Jade Lemonade

by DōMatcha®

A simple, yet brilliant combination; tangy lemonade meshes with the mellow, earthy flavors of matcha. Just sip, and relax!

- Juice of 1 lemon (about 2-3 Tbl)
- 2 Tbl of maple syrup or honey
- 2 tsp DōMatcha®
- 16 oz water

Mix lemon juice and maple syrup (or honey) until blended.

Whisk the matcha with 2 Tbl water until clumps are dissolved. Add to sweetened lemon mixture.

Add remaining water, mixing well. Chill and serve over ice. Makes two servings.



We continue to do our best to make sale priced items available all month. Due to currently uncertain supply and delivery chains, availability and promotional pricing are not guaranteed. Thank you for understanding.



**PRANAROM**  
**Pure Aromatherapy**  
**Oils & Body Care**

Assorted sizes  
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**20%  
off**

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**MINERAL FUSION**  
**Skin Care &**  
**Cosmetics**

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**Skin, Hair &**  
**Body Care Made**  
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**Rosewater Skin**  
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**Hair, Skin &**  
**Body Care**

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**All Natural**  
**Body Care**  
**for Adults**  
**& Children**

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and varieties

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off**

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**French Milled Soap & Hand Wash**  
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NFCO  
**All Natural Dental Care**  
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**Permanent Hair Color**  
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CASCADIAN FARM  
**Organic Cereal  
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for



DOMATCHA  
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Green Tea**  
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and varieties

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**Organic  
Popcorn**  
Assorted varieties  
5 oz  
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3<sup>39</sup>



ANNIE'S  
HOMEGROWN  
**Organic Mac &  
Cheese**  
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6 oz

2 \$6  
for



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**Stevia  
Sweetener**  
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and varieties

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**Organic Crackers**  
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**4<sup>79</sup>**



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**Gluten Free Chips, Sauces & Tortillas**  
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**Licorice**  
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**Organic Candy Bar**  
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**1<sup>49</sup>**



**THEO**  
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**Cookies & Brownie Bites**  
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**BioDynamic Baby Food**  
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**Gluten Free Waffles**  
Assorted varieties  
9 oz  
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**3<sup>49</sup>**

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WILCOX FAMILY FARMS  
**Mobile Pasture-Raised Eggs**  
Dozen  
Reg. \$7.65

**5<sup>79</sup>**



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BAKEHOUSE  
**Gluten Free  
Bread, Bagels  
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and varieties

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and varieties

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FORAGER PROJECT  
**Dairy Free  
Yogurt & Milk**  
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**Organic  
Fermented  
Cashew Cheese**  
Assorted varieties  
4.2 oz  
Reg. \$8.99

**6<sup>99</sup>**



PETIT POT  
**Organic French  
Dessert Cups**  
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EQUAL EXCHANGE  
**Organic  
Packaged  
Tea, Coffee &  
Chocolate**  
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and varieties

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Dog & Cat Food**  
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and varieties

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Fertility Support  
Supplements**  
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and varieties

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**BOIRON  
Homeopathic  
Seasonal  
Support**  
Assorted sizes  
and varieties

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**ION BIOME  
Gut Health  
Support**  
Assorted sizes  
and varieties

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**GENUINE HEALTH  
Fermented  
Organic Protein  
Powder**  
Assorted varieties  
Reg. \$43.99

**27<sup>99</sup>**



**SOURCE NATURALS  
Essential  
Enzymes**  
120 ct / 240 ct

**40% off**

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Supplements**  
Assorted sizes  
and varieties

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**KAL Supplements**  
Assorted sizes and varieties

**30% off**

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



**HYALOGIC Hyaluronic Acid Supplements & Topicals**  
Assorted sizes and varieties

**35% off**

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

## Experience Marlene's CBD!



Marlene's is happy to be bringing you our own top-quality line of CBD! Available in liquid in a broad range of concentrations, we're confident we have an effective solution for your CBD needs.

The quality of our CBD begins with plants, soil and farming techniques involved in its production. All of our hemp is sourced from organic farms exclusively. You won't have to worry about ingesting unnecessary or potentially toxic chemicals or contributing to destructive commercial farming practices! We have done our homework.

Hemp flowers designated for our CBD products are picked at their peak state of ripeness and flash frozen within 2 hours of harvesting. The plants are then processed with a low temperature and low-pressure hydrocarbon extraction method that beautifully preserves the integrity of terpenes and cannabinoids and ensures that these beneficial components are present in our

products in an easily absorbable form. The resulting product is called LIVE OIL™, and it is the highest quality and most potent concentrate available.

Third-party tested LIVE OIL™ is made using only USDA Certified Organically grown hemp that has been extracted, manufactured and tested in the U.S. Every batch is stringently tested by an Oregon-licensed, third-party laboratory to ensure:

- Highest quality, potency and purity**
- No toxins**
- No pesticides**
- No heavy metals**
- No microbial contaminants**

We are so excited to be able to bring this fantastic product to you!

Call or stop by Marlene's today and experience the difference of top quality CBD.



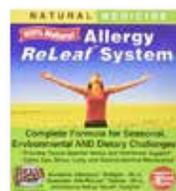


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**Mushroom Beverages & Broth**  
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HERBS ETC.  
**Allergy ReLeaf System**  
30 Ct.  
Reg. \$31.49



**21<sup>99</sup>**

HERBS ETC.  
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Reg. \$52.49

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ENZYMEDICA  
**Supplements**  
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**Maca Herbal Supplements**  
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*Women's* Health Essentials



**ThyroSense®**  
Supports healthy thyroid function

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Promotes healthy estrogen balance during PMS or menopause

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Reduces hot flashes, night sweats, and other symptoms of menopause

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*Garden of Life Products!*



Excludes bars, essential oils and coconut oil.  
In-store prices reflect discount. No additional discount at register.

# May Calendar of Events

Class Registration at  
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 1	2	3	4	<b>Beer &amp; Wine Tasting</b> Federal Way 2 pm - 4 pm 5	6	<b>The Incredible Benefits of a Regular Yoga Practice</b> with Allison Whiteley, Certified Advanced Purna Yoga Instructor 500 11 am, Online <b>Momdala Paint-Along</b> with Nancy Franklin and Terry Kay 1 pm, Online \$30 7
<b>Mother's Day</b> 8	<b>Uniform Monday!</b> 10% off to all firefighters, police, and military! 9	<b>The Amazing Lymphatic System</b> with Nicole Wirth, LMP, Lymph Drainage Therapist 2 pm, Online <b>A Calling to Do Good: Fair Trade Body Care</b> with Olowo-n'djo, Cofounder of Alaffia 5 pm, Online 10	11	<b>Hormone Management for Chronic Fatigue</b> with Lisa Shank, Symphony Educator 5 pm, Online 12	<b>Beer &amp; Wine Tasting</b> Tacoma 2 pm - 4 pm 13	<b>Edibles Gardens in Urban Spaces</b> with Laura Matter of The Garden Hotline Noon - 1:30 pm, Online 14
15	<b>Full Moon</b> 16	<b>How to End Food Obsession, Binge Eating, Overeating and Restrictive Dieting for Good</b> with Michelle Kester, Health Coach of Beometry 5 pm, Online 17	18	<b>Pelvic Floor Health</b> with Rachel Herron, DPT, PT 5 pm, Online 19	<b>Beer &amp; Wine Tasting</b> Federal Way 2 pm - 4 pm <b>Endangered Species Day</b> 20	<b>Food(s) for Thought and Focus</b> with Cathy Raymer, Holistic Health Coach and Chef Noon, Online \$25 21
22	23	<b>Nutrition for Healthy Aging</b> with Cathy Hains, Registered Dietitian 5 pm, Online 24	25	<b>Natural Approach to Women's Health and Pelvic Floor</b> with Dr. Elizabeth Beatt at Federal Way Naturopathy 7 pm, Online 26	<b>Beer &amp; Wine Tasting</b> Tacoma 2 pm - 4 pm 27	<b>DIY Kitchen Essentials: Sauces and Spices</b> with Chef Tyrone Brown, SoulTy's Custom Catering Noon, Online \$25 28
29	<b>Memorial Day</b> (Both locations open regular hours) 30	<b>Understanding Thermography</b> with Shanna Rivera, CTT and Linda Huxtable, ND 5 pm, Online 31	June 1	<b>Medicare 101</b> with Kate Espinoza-Guerrero 5 pm, Online June 2	June 3	<b>Your Vegetable Garden as a Backyard Habitat</b> with Laura Matter, Garden Hotline Educator Noon, Online June 4

## BODYWORK SCHEDULE

### TACOMA

Vitamin B and glutathione shots  
 with Voda Health  
 Tuesday, 10 am - 2 pm  
 253.225.6679  
 Iridology & Sclerology  
 with Nancy Seals  
 4th Sunday, 11 am - 4 pm  
 360.556.3556

### FEDERAL WAY

Vitamin B and glutathione shots with Voda Health  
 Wednesday, 11 am - 3 pm  
 253.225.6679  
 Seated Massage with Erica Seter  
 Tuesday, 11 am - 2 pm  
 Thursday, 2 pm - 6 pm  
 Friday, 2 pm - 7 pm  
 Saturday, 2 pm - 7 pm

Reservations may be required.



### FEDERAL WAY

2565 S. Gateway Center Place  
Federal Way 98003  
253.839.0933

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

#### Deli Hours

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

Grab and go options available until closing.

### TACOMA

2951 S. 38th Street  
Tacoma 98409  
253.472.4080

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

#### Deli Hours

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

Grab and go options available until closing.

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



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MAY 2022

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## Share something beautiful!



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These gorgeous flowers meet the highest quality of environmental, social and economic standards. Feel satisfied knowing your purchase supports safe and fair working conditions, as well as thriving farming communities and healthy ecosystems - whether indulging for yourself or someone special.

Selection varies. Check stores for availability.