

*Marlene's*TM

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

May 2024

**Women's health • Pranic healing
Soothing anxiety • Seeing clearly**

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

A Letter From Us

May bursts onto the scene with fresh outdoor color, from the bloom of flowers to delicious produce. At Marlene's, we're thrilled to celebrate the season with you!

This month, Mother's Day takes center stage. Spoil the amazing moms in your life with delicious treats and beautiful gifts from our selection of Fair Trade products and gluten free goodies. And we have everything you need to create a truly special brunch or dinner.

As the weather warms, our focus naturally shifts to vibrant, organic spring produce. From colorful, juicy berries and tender asparagus to crisp lettuces and leafy greens, your senses are in for a treat!

May is also National Salad Month – the perfect excuse to explore the endless possibilities of creating healthy, flavorful, and robust salads. We have several hearty recipe suggestions with refreshing and creative combinations, so don't miss them on pages 4 & 5. Remember, our salad bars are full of wonderful options for a build-your-own experience.

Get ready to embrace the sunshine, celebrate the warmth of May, and nourish your body with the best that nature has to offer. Drop by soon and see what's fresh!

Be well and take care of each other,

Lisa

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Women and Aging: Heart Health Matters

by Terry Lemerond, Founder and President of EuroPharma, Inc.

When we talk about healthy aging for women, conversations tend to focus on menopause, hormones, and breast and bone health. While these are all important topics regarding women and aging, we can't forget to look at some other crucial areas regarding a woman's overall health and longevity. Heart health in particular is an important—but often sidelined—topic when it comes to women's health.*

While it can seem like we have no control over how well we age, there are vital steps a woman can take to do her best to ensure heart health throughout her lifetime. Focusing on a healthy diet and consistent exercise, while also managing mental and emotional well-being, are critical to maintaining heart health. There are also powerful supplements that women can incorporate into their daily health routines to support cardiovascular wellness and overall healthy aging.*

Olive Extract EP20™ for Overall Healthy Aging*

Nothing says healthy aging quite like the Mediterranean diet, full of lean proteins, healthy fats, and antioxidant-rich dietary staples. If you're looking for a way to reap some of the benefits of the Mediterranean diet yourself, try Olive Extract EP20. This exciting new formula supports an array of healthy aging benefits, including immune function, balanced cholesterol levels, and overall cardiovascular health.*†

The monounsaturated and polyunsaturated fats in olives and olive oils provide many health benefits, but those aren't the only healthy components that make up these healthy foods. Polyphenols and other compounds in olive fruits and leaves (including oleonic acid, oleuropein, hydroxytyrosol, and alpha tocopherol) support healthy aging, cognitive function, and the cardiovascular system, plus protect against the risk of oxidative stress. Because Olive Extract EP20 delivers a full spectrum of olive fruit and leaf compounds in one concentrated supplement, it provides a convenient, consistent source of these nutrients daily.*

Aronia Berry Complex™ for a Strong Heart*

Another simple way to support heart health as you age is with Aronia Berry Complex. This product combines Aronia Berry Extract AB40™ with French Grape Seed Extract VX1® to deliver powerful antioxidant protection and support virtually every aspect of cardiovascular health.*

Aronia berries by themselves have an incredible antioxidant ORAC value, outshining the benefits of many other berries, including strawberries, blueberries, and cranberries. But they also have a tart taste that many people don't enjoy. In order to make aronia berries palatable, they'd need to be blended with a high quantity of sugar, which would diminish any health gains from the botanical. Additionally, with berries, your intake of compounds would vary greatly depending on when and where the berries were harvested. That's why an aronia extract standardized for 40 percent polyphenols—like Aronia Berry Extract AB40—is a better choice. It provides a

consistent level of beneficial compounds in a convenient form.

The other ingredient in Aronia Berry Complex—French Grape Seed Extract VX1—features powerful health-promoting nutrients called oligomeric proanthocyanidins (OPCs) that support a wide range of health needs for women. These OPCs are small and easily absorbable, allowing them to deliver maximum benefits. Taken on a daily basis, this supplement supports weight management††, cholesterol balance†, focus and concentration, blood pressure health†, cellular protection^, and healthy immune function.*

Red Sage Plus for Healthy Blood Flow*

A critical component of cardiovascular health as you age is healthy blood flow. Red Sage Plus was developed to support nitric oxide production for healthy blood flow and circulation. This formula combines two heart-friendly botanicals, HRS65™ red sage and HRG80™ red ginseng, to support strong, flexible blood vessels and arteries.*

HRS65 red sage is a trusted botanical that delivers powerful, cell-protecting^ antioxidants to support healthy blood vessels and blood pressure levels, healthy cholesterol and lipid balance†, and nitric oxide production for optimal blood flow.* In addition to maintaining overall heart health, this botanical also supports kidney and brain function to further assist in healthy aging.*

The other important component of the Red Sage Plus formula is HRG80 red ginseng—a clinically studied adaptogen that can help you stay resilient in the face of occasional stress. This is incredibly crucial to overall healthy aging, as stress is a major factor in heart health—and many other facets of health, too.‡ HRG80 red ginseng also supports healthy heart muscle function and nitric oxide production for healthy energy and circulation.*

Both the red sage and red ginseng in this formula are grown hydroponically, to prevent contamination and pesticide exposure that is commonly seen in these types of plants. Plus, this unique growing method helps concentrate the beneficial compounds of each botanical, so they are able to deliver optimal benefits in supplement form.*

Terry Lemerond, founder and president of EuroPharma, Inc.®, brings over 55 years of natural health expertise. As a trailblazer, he introduced glucosamine sulfate, IP-6, and standardized Ginkgo biloba to the U.S. market. Terry's Curamin® and CuraMed® products have garnered awards and sustained success for over 16 years. A prolific author and commentator, Terry hosts a popular weekly radio show. Honored with inductions into the Hall of Legends at Natural Products Expo West 2017, he continues his mission to improve America's health with dedication and zeal.

†Supports healthy levels already within normal range. ††In conjunction with a healthy diet and exercise regimen. ‡Occasional stress or fatigue.

^Protection from oxidative stress and damage.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

A Fresh Approach to *Spring Salads!*

It is time to dig into hearty spring salads that truly satisfy and nourish! Salad doesn't have to be a boring, endless sea of greens. From protein-packed bowls adorned with fresh vegetables and grains, to vibrant fruits balanced with savory flavors, each recipe is a celebration of abundance. Whether you're seeking a delicious meal or a rejuvenating side dish, these fantastic salads are sure to delight your senses. Grab a fork and dive into these satisfying and nutritious combinations!

Grain-Free, Herbal Tabouli

Awakened Almonds are sprouted and dried almonds that you can find in the bulk department at Marlene's. They have a light saltiness from their curing process and a natural crisp texture that is irresistible in this recipe. If you substitute raw or toasted almonds, you may want to add a bit more salt on the final toss before serving.

- 1 medium lemon, zested and juiced
- ¼ cup olive oil
- ¼ tsp black pepper
- ½ tsp sea salt
- 1 bunch flat leaf parsley
- 1 bunch mint
- 1 bunch dill
- ½ cup **Awakened Almonds**, coarsely chopped
- ¼ cup hemp seeds
- 2 Roma tomatoes, diced, or ¾ cup cherry tomatoes, quartered
- 1 large cucumber, peeled and diced
- ½ cup red onion or green onions, finely diced

In a small bowl, whisk together lemon juice and zest, olive oil, sea salt and pepper.

Stack bunched parsley, mint, and dill together. Beginning at the leafy tops, chop down the bunch, until you reach the point of few leaves and mostly stems. (Set stems aside for another use or discard.) Place chopped herbs in a large bowl.

Gently whisk all other ingredients in a small bowl.

Drizzle lemony dressing over parsley mixture and toss until evenly coated.



4 MAY

Loaded Roasted Broccoli Salad

A total game-changer for even non-broccoli lovers!

- 5 cups broccoli florets, chopped
- 1 Tbl olive oil
- ¾ tsp sea salt, divided
- 3 slices of bacon or tempeh bacon, cooked to crispy
- ½ cup plain, full-fat Greek yogurt
- 1 Tbl apple cider vinegar
- ½ tsp black pepper
- ¼ cup red onion or green onions, finely diced
- ¼ cup sunflower seeds
- ½ cup extra-sharp cheddar cheese, shredded

Preheat oven to 425°. Toss broccoli with olive oil and 1/4 tsp sea salt. Spread evenly on a baking sheet. Roast for 10-12 minutes, until broccoli begins to char and soften. Set aside to cool.

In a large bowl, whisk together Greek yogurt, apple cider vinegar, black pepper, and ½ tsp sea salt. Fold in roasted broccoli, crumbled bacon, red onion, sunflower seeds and extra-sharp cheddar cheese shreds. Toss until evenly coated.



Cowboy Caviar

You don't have to feel guilty about nachos for dinner with this amazing salad! It's loaded with antioxidant-rich vegetables and herbs. You're even getting a generous amount of protein and healthful plant fats. So grab a bag of your favorite chips for scooping, or maybe just a spoon, because this delicious combination can easily stand on its own!

- 1 15 oz can **Eden Black Eyed Peas**
- 1 15 oz can **Eden Black Beans**
- 1 cup tomatoes, diced
- 2 cups corn, fresh or frozen
- 1 3.8 oz can sliced black olives
- 1 avocado, diced
- 1 red bell pepper, diced
- 1 jalapeno, seeded and minced
- 1 bunch cilantro, minced
- ½ cup red or white onion, finely diced
- 2 limes juice and zest

- 1 Tbl maple syrup
- 1 tsp each cumin, chili powder, smoked paprika and sea salt
- ¼ cup olive oil

In a large bowl, add black eyed peas, black beans, tomatoes, corn, olives, avocado, bell pepper, jalapeno, cilantro and onion.

In a small bowl, whisk together remaining ingredients. Pour over contents of large bowl and gently mix. Serve cold with chips or pita wedges.

Buddha Bowls

A bowl full of satisfaction with endless possible combinations! This tasty meal is limited only by your imagination. Choose one or more of each category:

Grains or noodles: rice, quinoa, farro, barley, millet, teff, bulgur, buckwheat

Proteins: tofu, tempeh, seitan, beans, eggs, cheeses or other proteins

Fresh (or roasted) vegetables: choose hearty ones like broccoli, cauliflower, beets, carrots, asparagus, corn, peas, celery, cucumber, mushrooms, onion, tomato, fennel, sweet potato, squash, etc.

Greens: cabbage, herbs, microgreens, sprouts and leafy greens

Nuts and seeds: pumpkin seeds, hemp seeds, sesame seeds, sunflower seeds, pecans, almonds, walnuts, peanuts, etc.

In a class of its own: avocado

Dressing or sauce of your choice



Refreshing Fruit & Feta Salad

Salads don't have to be vegetable based! Succulent seasonal fruits make a wonderful foundation for a nutritious dish. Their natural sweetness is balanced perfectly with the salt, fat and savory flavors of these suggested ingredients. Enjoy!

- 4-5 cups mixed fresh fruit and berries, cut into bite-sized pieces (stone fruits, grapes, figs, melons and strawberries are great choices)
- 3 Tbl mint leaves, sliced into thin ribbons
- 3 Tbl basil leaves, sliced into thin ribbons
- 4 oz feta cheese, crumbled
- 2 Tbl olive oil

- 1 Tbl aged balsamic vinegar (**Napa Valley Naturals Grand Reserve Balsamic Vinegar** is sweet, thick and syrupy and an excellent choice!)

Place fruit in a large bowl. Sprinkle with mint, basil and feta. Drizzle with olive oil and balsamic vinegar. Gently mix until evenly distributed. Chill until ready to serve.

Fish Oil or Flax Oil: Which is Right for You?

by Barlean's



The scientific evidence is in—we all need Omega-3s. That's why they're called essential fatty acids. And, while there's no doubt that Omega-3s are critical for staying healthy, they cannot be made in the body. You must get them from your diet or supplements, but should you take flax oil or fish oil to get what you need?

The vegan option

For vegetarians and vegans, the answer is easy—flax oil is pressed from flaxseeds and it is chock full of the parent Omega-3 called ALA (alpha-linolenic acid). It's the perfect choice for a vegetarian Omega-3. But what about everyone else? Should they use flax or fish?

It's not whether people get Omega-3s from fish or flax, but how much Omega-3 they need. The answer is MORE!

Most people are Omega-3 deficient

Studies have shown that 95% of Americans are very deficient in Omega-3 fatty acids.¹ In fact, according to study, Omega-3 deficiency is the eighth leading cause of preventable death in the US.² Now that's serious! So how do we boost our Omega-3 intake to turn the tide away from deficiency?

Build your Omega-3 team of champions

Just like any team of champions, we need important Omega-3 team members to make the cut. We enlist EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) forms of Omega-3 by choosing a reputable, potent fish oil and begin using it daily as directed. We also choose to eat fresh, cold-water fish like Pacific Salmon and Sardines (yes, sardines are super-rich in EPA Omega-3) whenever we get the opportunity.

Then, most importantly, we round out our team with a host of plant-based, parent Omega-3 from flax oil. Flax oil can be used in salad dressings, over steamed veggies and added into sauces, soups and smoothies. Ground flaxseeds can be used in baking, to add a crunch-factor to salads and, of course, mixed into a daily smoothie. In addition to packing a lot of Omega-3, these super seeds provide great fiber for better digestion. It's not one or the other, or one vs. the other; it's both. Fish and flax oil work together as a team to get the job done.

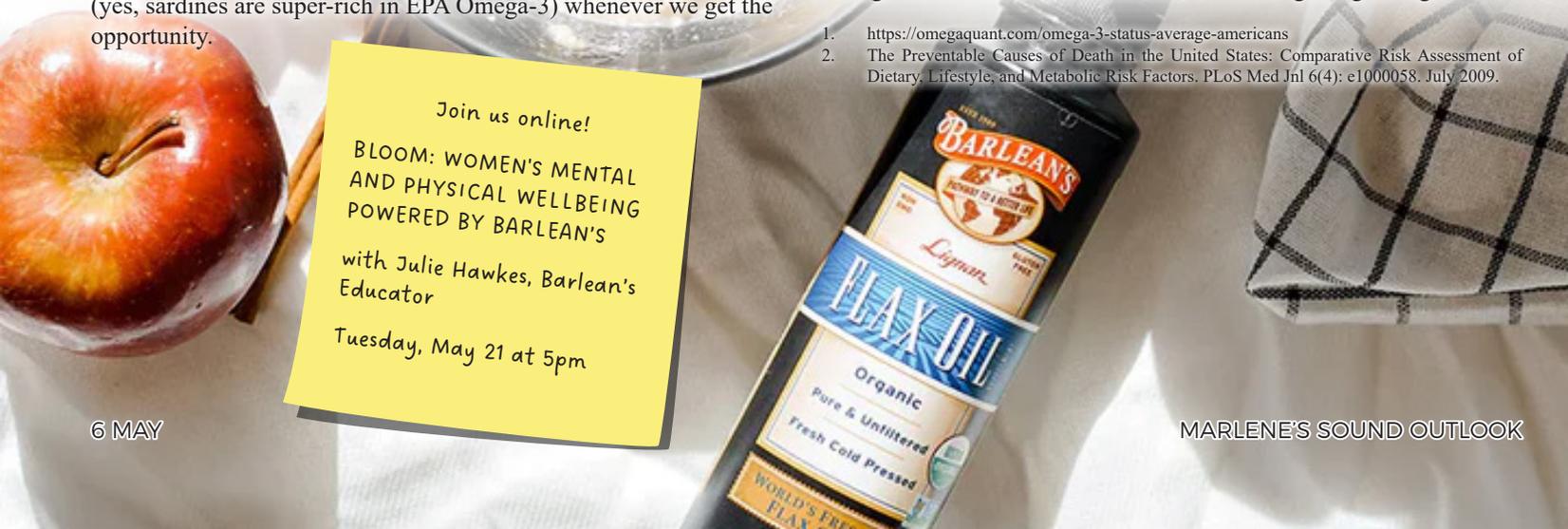
Omega-6 vs. Omega-3

It's been estimated that the average American consumes 20 times more Omega-6 than they do Omega-3. Omega-6 is a crucial member of the essential fatty acid family, but high levels and an unbalanced Omega-6 to Omega-3 ratio can negatively impact your health. Here are three easy ways that will get you on the right track to winning the real battle of too much Omega-6 vs. too little Omega-3.

- Read Labels: Omega-6s are abundant in packaged foods by way of Omega-6 dominant vegetable oils like corn, soybean or sunflower oil.
- Be Aware of Fast Food: Fast food is often deep fried in these Omega-6 dominant oils, which significantly increases your Omega-6 load.
- Increase Omega-3s: Consciously look for places to add flax oil into your diet. Add some fish-focused meals when you can, and take your fish oil supplement faithfully.

At the end of the day, we need to transform the conversation about Omega-3s. It's not about the source; it's about getting enough!

1. <https://omegaquant.com/omega-3-status-average-americans>
2. The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors. *PLoS Med* 6(4): e1000058. July 2009.



Join us online!
BLOOM: WOMEN'S MENTAL AND PHYSICAL WELLBEING POWERED BY BARLEAN'S
with Julie Hawkes, Barlean's Educator
Tuesday, May 21 at 5pm

A SKEPTIC'S JOURNEY TO PRANIC HEALING

by Eduardo Sztokbant, Associate Pranic Healer

I discovered Pranic Healing by chance, more than nine years ago in Brazil, where I'm originally from.

As a successful software engineer for more than two decades, I had always been very skeptical about anything that was not palpable or fully endorsed by western science.

After stumbling upon an article featuring a Harvard study on the benefits of meditation, I decided I had to give it a try. So, I reached out to this genius childhood friend of mine who simply told me to take a Pranic Healing Level 1 class, and my journey began.

I registered without thinking and barely read what the class was about, so I had no idea what to expect of this weekend-long work-shop. Perhaps some new age, handholding, "let's get together and feel all right" kind of thing? It couldn't be farther from that!

In a Pranic Healing class the human energy anatomy is taught very methodically and with a high level of detail. We learn about the 11 major chakras (energy centers), their physical and psychological functions, plus practical and powerful no-touch hand movements to remove energy blockages and improve the quality of the energy flowing through a person's body. Ultimately, a Pranic Healing session can lead to an accelerated rate of self-healing, substantially improving the quality of one's health, both physically and emotionally.

As cool as this may sound, my engineer's mind instantly rejected it all. I even considered not returning for the second day

of class, but there was something inside telling me to "finish what I had started". Besides, on the second day we would learn the Meditation on Twin Hearts, my main goal from the very beginning.

After the class I was still unconvinced, but my friend then encouraged me to validate



by myself what I had just learned. His challenge: practice that meditation on a daily basis for about 1-2 months and make my own conclusion, for "disbelieving things without experimenting" is just as unscientific as "believing things blindly".

It didn't take long for the benefits to start to show. In just a few weeks of practice, I had an outstanding experience, very hard to put down in words: I felt an amazing sensation originating from my crown and flowing down through my whole body – I later learned that's what is called "bliss" in some traditions.

Other than this fantastic episode, I started to notice an increasing sense of inner peace and emotional resiliency, making a positive impact to most of my activities and relationships. It was clear the meditation was somehow rewiring my brain. When there was no more doubt that these teachings were "the real deal", I contacted the local Pranic Healing center and signed up for all the classes they offered. I had to see how deep the rabbit hole would take me! The rest is history...

Today, these teachings continue to permeate my life on all levels, helping me become the best version of myself I've ever been, with more intelligence, loving-kindness, and willpower. Out of gratitude to Master Choa Kok Sui, it is my greatest pleasure – and moral duty – to share Pranic Healing!

I'm currently an Associate Pranic Healer and have my private practice. I also help organize events in the Seattle area, like introductory classes and meditation nights.

If you want to learn more about Pranic Healing or about my journey, don't hesitate to reach out.

I'll be happy to help you realize by yourself how these amazing teachings can improve your life to levels you had never imagined before!

Join us online!
PRANIC HEALING
with Eduardo Sztokbant,
Associate Pranic Healer
Thursday, May 2 at 5 pm
Federal Way & Online

NURTURING MENTAL & EMOTIONAL WELLBEING AT THE TABLE

In today's fast-paced world, the pursuit of holistic wellness encompasses not only physical health but also mental and emotional wellbeing. Emerging research underscores the profound impact of diet on mental and emotional health, highlighting the interconnectedness of what we eat and how we feel. As we look into this intricate relationship, a deeper understanding emerges, revealing how the foods we consume can serve as powerful allies in nurturing both our minds and bodies.

Fueling Brain Health and Balancing Mood

It's no secret that the brain requires optimal nutrition to function at its best. Nutrient-rich foods such as fatty fish, nuts, seeds, and leafy greens offer a bounty of vitamins, minerals, and essential fatty acids crucial for cognitive function and mood regulation.

The gut-brain connection, often referred to as the "second brain," highlights the intricate relationship between our digestive system and mental health. Probiotic-rich foods like yogurt, kefir, and fermented vegetables foster a thriving gut microbiome, which plays a pivotal role in mood regulation and stress management. By nourishing the gut with probiotics and fiber-rich foods, we promote a harmonious balance within the body, bolstering resilience against mood fluctuations and emotional distress. Incorporating these foods into our diets can support mental clarity, focus, and emotional resilience, laying the foundation for overall wellbeing.

- Support your gut health with probiotic-rich foods like yogurt, kefir, and kimchi. These foods promote a healthy balance of gut bacteria, which is linked to improved mood and reduced symptoms of anxiety and depression.
- Incorporate fiber-rich foods like whole grains, legumes, fruits, and vegetables into your meals. Fiber nourishes beneficial gut bacteria and supports overall digestive health, which is closely linked to mood regulation.
- Limit your intake of processed foods, refined sugars, and artificial additives, as these may disrupt gut health and contribute to mood swings and mental fog.

Stress Reduction

In times of stress, the body's nutritional needs often shift, necessitating a strategic approach to diet. Incorporating foods such as avocados, berries, and dark chocolate can help mitigate the impact of stress on both the body and mind. These nutrient-dense foods contain compounds that promote relaxation, reduce inflammation, and enhance mood, offering a natural antidote to the demands of modern life.

- Enjoy stress-reducing foods like avocados, which are rich in magnesium and potassium, helping to regulate stress hormones and promote relaxation.
- Indulge in antioxidant-rich berries, which combat oxidative stress and

inflammation in the body, promoting resilience against stress.

- Savor a square of dark chocolate, which contains compounds like flavonoids and theobromine that can help reduce stress and improve mood.

Cultivating Mindful Eating

Beyond the nutritional value of food lies the practice of mindful eating—an approach that encourages presence, awareness, and gratitude during meals. By tuning into our body's hunger cues, savoring each bite, and appreciating the nourishment before us, we foster a deeper connection with food and its inherent healing properties. This mindful approach to eating not only enhances digestion but also promotes a sense of fulfillment and satisfaction, contributing to overall mental and emotional balance.

- Practice mindful eating by slowing down and savoring each bite. Pay attention to the taste, texture, and aroma of your food, fostering a deeper connection with the eating experience.
- Listen to your body's hunger and fullness cues. Eat when you're hungry and stop when you're satisfied, avoiding mindless snacking or overeating.
- Express gratitude for your food and the nourishment it provides. Take a moment to appreciate the effort that went into growing, preparing, and serving your meal, cultivating a sense of mindfulness and appreciation.

In essence, the journey to optimal wellness encompasses a holistic approach that acknowledges the profound connection between diet and mental and emotional wellbeing. By prioritizing nutrient-dense foods, fostering a healthy gut microbiome, and embracing mindful eating practices, we empower ourselves to thrive both mentally and physically. As we navigate life's ups and downs, let us remember the transformative power of food in nourishing not only our bodies, but also our minds and souls.



REDD REMEDIES STRESSED OUT NEW MOMS AND MOMS-TO-BE REJOICE!

Chronic and excessive stress can build over time and become harder for our bodies to adapt and cope. While men and women share many of the same stresses, studies show that women are more affected by high levels of stress than men.

The most common symptoms of stress women experience are fatigue, irritability, sleep issues, lack of motivation, digestive challenges and nervousness. In addition, there are life experiences unique to women that bring their own set of stresses – namely pregnancy and motherhood.

Let's take a look at some effective traditional and modern remedies compounded by Redd*:

Lactium®

This patented, clinically studied ingredient is a unique bioactive peptide called α -caseozepine. Peptides are short chains of amino acids. This particular peptide is also made naturally in babies tummies and creates that blissful peace babies experience when nursing.

Lactium® has been clinically studied and proven to reduce perceived stress in women and promote restful sleep which improves women's quality of life. Lactium® is a mom's ally in any stressful situation. *

Ginger Root

Historically, Ginger Root has been cultivated and used in Traditional Chinese Herbalism and Ayurveda for over 5,000 years to support healthy blood flow to the limbs and support a calm, healthy digestive system.*

Lemon Balm

Lemon Balm has safely been used for centuries to support digestive health and emotional wellness. Traditionally, it has been used to

soothe occasional restlessness, irritability, and nervousness.*

B Vitamins

B Vitamins play an important role in the production and regulation of our neurotransmitters, which play a role in promoting a positive mood for women and for pregnant moms, they are also important for a baby's development.*

That's why we created Peaceful Mama™.

Master Herbalist Stacey Littlefield is our award-winning formulator who developed Peaceful Mama™. But what does "Master Herbalist" mean? It means not only does Stacey know the correct proportion of each herb required to produce optimum results, she also knows exactly where to find the best herbs available from around the world. Redd Remedies has brought them together to create this wonderful, supportive herbal supplement, available at Marlene's!

Consulting your healthcare provider regarding specific supplements and dietary recommendations is always encouraged.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Join us online!
WOMEN'S HEALTH AND
HORMONES
with Stacey Littlefield,
Master Herbalist
Tuesday, May 14 at 5 pm



May Events & Education

Online class registration available at: marlenesmarket-deli.com/classes.

PRANIC HEALING



with Eduardo Sztokbant, Associate Pranic Healer



**Thursday, May 2 at 5 pm
FEDERAL WAY & ONLINE**

Learn to use Pranic Healing® to accelerate the body's ability to heal itself. After reviewing the basics of energetic anatomy, Eduardo will discuss how to do a "body scan," give yourself a quick energy boost and disconnect with those who may be draining your energy. Eduardo will also lead a meditation that creates peace, stillness, and bliss.

SUMMER BOUNTY SECRETS: PLANTING FRUITS AND VEGGIES



with Laura Matter, Garden Hotline Educator

**Saturday, May 4 at 10 am
ONLINE**

Unlock your garden's potential in our online class! Dive into the art of cultivating summer delights with insights on strategic planting, soil enhancements, organic nourishment, precise watering techniques, and vigilant pest management. Elevate your green thumb skills for a thriving, delectable harvest!

SUPER SENIOR SUNDAY

Sunday, May 5

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

UNDERSTANDING YOUR ANIMALS: SENIOR CARE



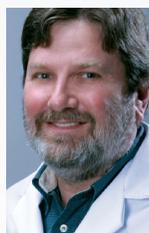
with Lesia Alexander, MA, HTACP, Animal Communicator and Energy Healer of Heart and Soul with Animals

**Tuesday, May 7 at 5 pm
ONLINE**

We love our senior pets and know they need special care.

We worry whether we're meeting these needs. We wonder what their changing behaviors mean. How do we know when what we're giving them is too much or not enough? Join Lesia for answers to these questions and more. Discover ways to support your elder animal companions. Have your pet close to receive healing for them.

NUTRITION TO SUPPORT WOMEN'S LIFE STAGES



with Neil Levin, CCN, DANLA, NOW® Health Group's Senior Nutrition Education Manager

**Thursday, May 9 at 5 pm
ONLINE**

A healthy diet can provide all the nutrients a woman needs to maintain good health throughout

her life, but that may be easier said than done. Lifestyle choices and demands, health conditions, and other factors may necessitate greater intake of certain nutrients, especially at specific stages of life. This is where dietary supplements can play a key role in adapting nutrition for women's life stages: - Adolescence - Young Adulthood - Child-Bearing Years - Menopause - Post-Menopause - Mature

MOTHER'S DAY HANDMADE PHOTO JOURNALS



with Dianne Aoki, Local Artist and Owner of Studio Aoki



**Saturday, May 11 at 12 pm
TACOMA \$35**

Create a special Mother's Day photo journal in the form of a

Diamond Fold artists' book. Bring photos, poems, 2-D memorabilia, or use the workshop collage materials to create a personalized gift full of love. The class itself is a gift itself! Space is limited, inquire about age limit.

UNIFORM MONDAY

Monday, May 13

10% off to all firefighters, police and military!

WOMEN'S HEALTH AND HORMONES



with Stacey Littlefield, Master Herbalist and Educator with Redd Remedies

**Tuesday, May 14 at 5 pm
ONLINE**

Join Master Herbalist, Stacey Littlefield, to learn how chronic stress affects women's

health, from hormones, to PMS and beyond. Stress affects women in unique and different ways compared to men. Through nutrition and botanicals, women can combat the negative impacts of chronic stress in their daily lives, achieve better health, and improve their quality of life throughout every stage of womanhood.

May is...

- National Physical Fitness and Sports Month. Aim to engage in at least 30 minutes of moderate-intensity exercise, such as brisk walking, jogging, or cycling, on most days of the week.
- National Mental Health Awareness Month. Take time each day to prioritize your mental well-being by practicing self-care activities such as meditation, journaling, deep breathing exercises, or spending quality time with loved ones. Reach out to a mental health professional if you're feeling overwhelmed or struggling with your mental health.
- A really great time for fresh organic produce! Visit Marlene's Market & Deli to stock up on fresh seasonal fruits and vegetables. Incorporate more of these nutritious ingredients into your meals and snacks throughout the month, aiming for a colorful variety to ensure a diverse range of vitamins and minerals in your diet.

BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

Federal Way

2 pm - 4 pm

Friday, May 3
Friday, May 17
Friday, May 31

Tacoma

2 pm - 4 pm

Friday, May 10
Friday, May 24

BLOOMING WELLNESS: EXPLORING BOTANICAL MEDICINE FOR WOMEN'S HEALTH



with Shizue Haffeman-Udagawa, ND at Federal Way Naturopathy

**Thursday, May 16 at 5 pm
ONLINE**

Take a deep dive into the art and science of herbal remedies, exploring plants and herbs that support women's well-being.

Gain insights into harnessing the healing potential of botanicals for hormonal balance, menstrual health, and navigating the various stages of a woman's life. Whether you're seeking natural alternatives or simply curious about harnessing the power of nature, this class offers practical insights and holistic approaches to nurture your mind, body, and spirit.

SOUND FOR HEALTH AND SELF CARE



with Francesca Siena, RF, Reiki Master Teacher, Cranial and Sound Practitioner, founder of Artemisia Healing Arts



**Saturday, May 18
11 am – 12 pm, Tacoma**

Join us for an exploration of the uplifting properties of sound and its applications in healing therapies. We'll discover the sounds of Himalayan singing bowls, crystal bowls, tuning forks and gongs. Learn and experience how these gentle yet powerful vibrations can assist us in everyday wellness practices. You're welcome to bring your own singing bowl to class! Age range is 13 and older, space is limited. Please pre-register. This class is offered free of charge and in the spirit of reciprocity, it's encouraged to donate to your favorite charity/non-profit or come to class and suggestions can be provided!

BLOOM: WOMEN'S MENTAL AND PHYSICAL WELLBEING POWERED BY BARLEAN'S



with Julie Hawkes, Barlean's Educator

**Tuesday, May 21 at 5 pm
ONLINE**

Bloom - a class for enhancing women's mental and physical well-being. Discover lifestyle and nutrition tips for solving issues such as stress while improving feminine vitality. Barlean's shares how their products

with essential fatty acids and beneficial seed nutrition promote hormonal balance and mood. Leave feeling empowered and equipped to nourish inner/outer health for optimal flourishing.



These plants have a long history of traditional use for various health purposes, but it's important to consult with a knowledgeable herbalist or healthcare professional before using them medicinally, especially if you have any underlying health conditions or are taking medications.

1. **Salmonberry** (*Rubus spectabilis*): Known for its delicious berries, salmonberry leaves are used traditionally for making teas to alleviate diarrhea and aid digestion. If you can catch the plants sprouting in early spring, the peeled young shoots make a tender, asparagus-like vegetable called 'bear candy' by Salish tribes.
2. **Devil's Club** (*Oplopanax horridus*): This spiny shrub's roots and inner bark are utilized in traditional Native American medicine for various purposes, including inflamed joints and respiratory ailments.
3. **Oregon Grape** (*Mahonia aquifolium*): Its roots contain berberine, a compound with antimicrobial properties, making it valuable for addressing issues like digestive discomfort and skin conditions.
4. **Licorice Fern** (*Polypodium glycyrrhiza*): The rhizomes of this fern have a sweet taste reminiscent of licorice. They have been historically used by indigenous peoples for treating coughs and sore throats.
5. **Stinging Nettle** (*Urtica dioica*): Despite its sting, stinging nettle is prized for its medicinal properties and as a rich source of vitamins and minerals.
6. **Red Alder** (*Alnus rubra*): The bark of red alder contains tannins that have astringent properties, making it useful for treating minor wounds and skin irritations.
7. **Red Elderberry** (*Sambucus racemosa*): While its berries are toxic when raw, red elderberry has been traditionally used by indigenous peoples for treating a variety of ailments, including colds, flu, and inflammation, after proper preparation.
8. **Douglas Fir** (*Pseudotsuga menziesii*): The Spring tips of Douglas fir needles are rich in vitamin C and can be made into a soothing tea that's used for respiratory congestion and as a general tonic.
9. **Wild Ginger** (*Asarum caudatum*): Wild ginger has a spicy aroma and is used in traditional medicine for its digestive and anti-inflammatory properties. It's often brewed into a tea or used topically.

Protecting Our Eyes in the Digital Age

Our vision, the cornerstone of how we experience the world, is challenged in today's technology-driven society. Research suggests a profound deterioration in vision in recent years, particularly among young people. In fact, a study by the Singapore National Eye Institute (SNEI) found that myopia, or nearsightedness, has increased significantly in recent decades, affecting nearly 90% of students by the age of 17. Another study in California found an increase of 56% in the last decade of students having developed myopia.

Why is this happening?

- **Increased Screen Time:** Extensive exposure to digital screens, from smartphones and computers to televisions, puts a strain on our eyes. Focusing on close objects for prolonged periods triggers the eye to constantly adjust, leading to eye fatigue and potentially myopia progression.
- **Reduced Outdoor Activity:** Children today spend less time outdoors compared to previous generations. Sunlight exposure, particularly blue light wavelengths, plays a major role in regulating dopamine production, which influences eye development. Reduced outdoor time can disrupt this process and contribute to myopia development.
- **Dietary Factors:** A balanced diet rich in essential nutrients is crucial for overall health, including eye health. Deficiencies in vitamin A, lutein, zinc, and omega-3 fatty acids have been linked to an increased risk of age-related macular degeneration (AMD) and cataracts.

- Recognizing the growing concern of myopia, Singapore implemented a comprehensive School Eye Care Program that has proved very effective in reversing the trend. The program involves:
 - **Regular eye screenings:** Students undergo mandatory vision screenings at specific intervals throughout their school years.
 - **Parental education:** Parents receive information and resources on myopia prevention and management.
 - **Promotion of healthy habits:** Schools require children to take breaks from digital screen work to participate in outdoor activities. They are encouraged to maintain a healthy diet.

Steps that we can choose to take to protect our eyes and promote healthy vision:

Diet

- Incorporate plenty of fruits and vegetables - Aim for a rainbow of colors on your plate, especially dark leafy greens like spinach and kale, rich in lutein and zeaxanthin, which may help protect against AMD.
- Include oily fish - Salmon, tuna, and sardines are excellent sources of omega-3 fatty acids, which may play a role in preventing dry eyes and potentially slowing myopia progression.
- Choose whole grains over refined ones. Whole grains provide vitamin E and other essential nutrients beneficial for eye health.

Supplements

While a balanced diet is crucial, consulting an eye doctor or healthcare professional might be necessary to determine if specific supplements are beneficial. They might recommend:

- **Lutein and zeaxanthin:** These antioxidants may help protect against AMD.
- **Omega-3 fatty acids:** These can help maintain healthy tear production and potentially slow myopia progression.
- **Vitamin A:** This vitamin is essential for maintaining good vision, especially night vision. However, excessive intake can be harmful, so consulting a healthcare professional is crucial.

Physical Habits:

- Practice the 20-20-20 rule - Every 20 minutes of screen time, look away for 20 seconds at something 20 feet (6 meters) away. This helps relax the focusing muscles of your eyes.
- Get enough sleep - Aim for 7-8 hours of sleep each night. During sleep, the body repairs and rejuvenates itself, including the eyes.
- Spend time outdoors - Aim for at least 2 hours of unfiltered sunlight exposure each day, following sun safety guidelines.

Remember, consulting a vision specialist for regular checkups is crucial for maintaining optimal eye health.

Stop by our supplements department for digital age eye support!



Adaptogens & Resilience

by Dr. Tori Hudson



There has been much talk about resilience over the last few years. 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 under conditions more dire than ours. 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.



Wild rhodiola rosea

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 Vitanica. 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 40 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 Vitanica.

This article was originally written and printed in 2021.

Dauids Toothpaste

Dauids is high performing natural oral care, that works.

Our high-performance formulas use naturally sourced & derived ingredients to effectively whiten teeth, fight plaque, & freshen breath.

Whitening

Dauids uses premium micro abrasives made from natural sandstone and quartz powder to polish the surface stains from teeth and naturally whiten without the use of chemicals. More importantly, these micro abrasives safely polish away the plaque on teeth. You know that feeling of smooth plaque free teeth after going to the dentist for a cleaning.... this is the feeling you get each time when brushing with Dauids!

The number one thing that causes cavities is plaque, Dauids is formulated to be an antiplaque toothpaste. In order to effectively remove plaque, there needs to be a certain level of abrasiveness.... not too abrasive, and not under abrasive.

The American Dental Association (ADA) has developed a rating system where they recommend that toothpaste not have an RDA rating above 200 to be safe for the teeth. Any toothpaste under 200 is generally considered safe for daily brushing and not overly abrasive. Dauids is in the range of 100 RDA, so is in the sweet spot of being safe for your teeth, but abrasive enough to remove the plaque.

Enamel Health

Dauids sensitive+Whitening toothpaste is the best nano-hydroxyapatite toothpaste to repair sensitive teeth and remineralize enamel. Hydroxyapatite is a natural mineral that makes up 97% of tooth enamel.

Nano-hydroxyapatite has been added to Dauids toothpaste to repair the tubules and block the passageways to the nerves.



Nano-hydroxyapatite was first developed by NASA to help repair and strengthen the teeth of astronauts returning from zero-gravity environments, and we are proud to make this same modern science available in our Dauids Sensitive+Whitening Nano-Hydroxyapatite toothpaste.

This high-performance, fluoride free toothpaste takes a revolutionary approach to relieving sensitive teeth. With its unique ability to bind to enamel and smooth out micro-imperfections, nano-hydroxyapatite actively works to repair the enamel and block the nerve passageways to relieve tooth sensitivity.

With all the benefits of the original Dauids Natural Toothpaste, plus the regenerative and remineralizing powers of nano-hydroxyapatite, regular brushing with Dauids Sensitive+Whitening Nano-Hydroxyapatite toothpaste leaves your mouth feeling relieved from pain, enamel smooth and restored, and teeth naturally white and clean.

Sensitive + Whitening toothpaste

- Reduces Teeth Sensitivity - Repairs teeth by blocking the passageways to teeth nerves, relieving tooth pain.
- Enamel Health - remineralizes the enamel for optimal tooth health.
- Removes Plaque - bonds to plaque to aid in its removal during brushing.
- Beautiful Teeth - smooths the tooth surface and naturally whitens.
- Mineral Supply - supplies building block material for healthy teeth.

did you know?

Instead of using potassium nitrate found in most other sensitive toothpaste to numb the nerves, Dauids uses Nano-Hydroxyapatite to repair the enamel & block the passageways to the teeth nerves.

Dauids's definition of natural

- Ingredients sourced and derived from nature.
- Formulas free of artificial flavors, artificial preservatives, artificial colors, and artificial sweeteners.
- Free from animal derived ingredients (vegan).
- Not tested on animals (cruelty free).
- Use of sustainable packaging.

Bodyceuticals: In the Company of Calendula



Bodyceuticals started over 20 years ago on a beautiful Snoqualmie Valley farm owned by the Saffle family. This region of Western Washington is part of the Cascade mountain range, and it is a remnant of an oceanic plate volcano. The resulting mineral rich, fertile soil made it an ideal place for the Saffles to farm their beloved nutrient-dense calendula flowers.

Bodyceuticals is now proudly owned and operated by the Herrera family in Santa Maria, California. The family carries on the tradition of high-quality Calendula skincare, still sourcing from only USDA Certified Organic Farms and certified Bee Friendly gardens. The Herreras also proudly work alongside the original founder and uphold high standards for their family, their community and the greater environment.

Flower of the Sun

Calendula officinalis has been used for centuries on multiple continents and is one of the most versatile herbs in the plant kingdom. This healing phenom is known as the “flower of the sun.” Calendula has an amazing history of documented healing. Its most outstanding distinction is its ability to repair and protect the skin.* It has no known drug interactions, no toxic effects, and no known adverse effects for long term use.

The chemical compounds in calendula’s resin are comprised of fatty acid esters, carotenoids including beta-carotene, lutein (it’s golden color), lycopene, flavonoids (antioxidants that protect cells against

damage), quercetin (anti-inflammatory), rutin (antioxidant), ubiquinone (CoQ10), iodine and manganese.

Here’s how calendula’s potent and complex array of phytonutrients helps facilitate the skin’s restorative cycle:

Prevents infection - inhibits bacterial, viral, and fungal microorganisms. This helps prevent infection of injured tissue.

Repairs damage multiple ways - reduces inflammation of the tissue by inhibiting lipoxygenase, an enzyme that damages cell wall structure. It contains high amounts of flavonoids, plant-based antioxidants that protect the body against free radical cell damage. It’s also amazingly effective on sunburn.

Encourages white blood cell activity - stimulates the appetite of lymphocytes which helps rid wounds of dead cells and debris.

Collagen formation - increases the collagen level in a wound, prevents the formation of scar tissue and assists the healing tissue in remaining supple.

Encourages blood supply to affected areas- stimulates the growth of new blood vessels and nerve cells in damaged tissue (angiogenic activity). The sooner a high-potency calendula is used following skin trauma, the less scarring will occur. Scarring can sometimes be prevented entirely.

Bodyceuticals products are made in small batches, using the same effective formulations for 15 years and counting. All

artisan products are crafted with superior ingredients and the highest integrity manufacturing processes. Ingredients used are USDA Certified Organic or wildcrafted, Kosher, raw and nutrient-dense, and essential oils are therapeutic grade only.

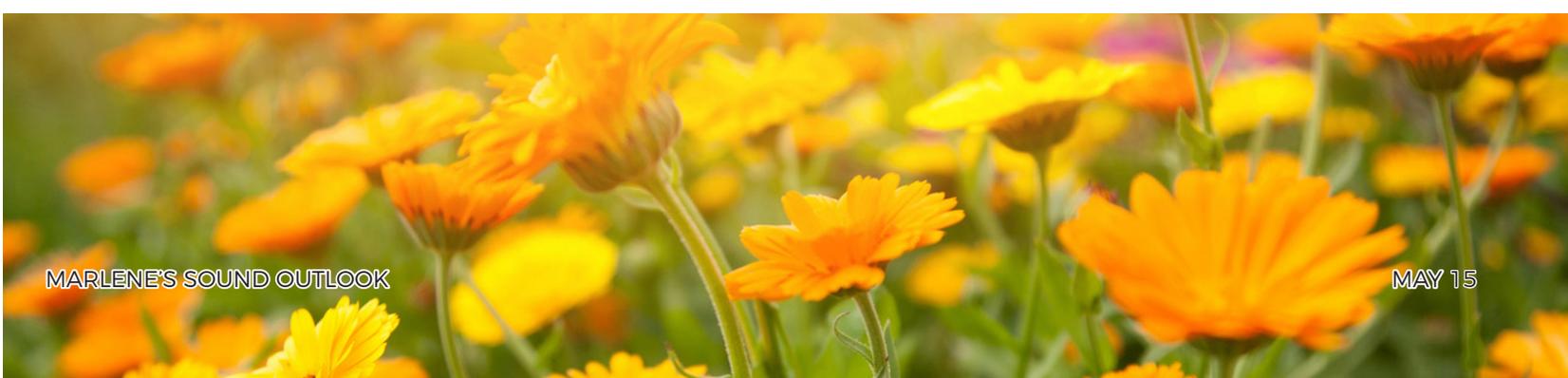
Environmentally Conscious

Bodyceuticals knows how precious our Earth is and is committed to its preservation. Here are some ways the company is living up to environmentally friendly values:

- All packaging is 100% recycled, shipping materials are recyclable or reusable. Extra packaging is avoided.
- NO petrochemicals or mineral oil are used in Bodyceuticals’s products.
- Vegan & renewable plant sources, no animal products
- Supporting small, sustainable, family-owned farms
- Utilizing cleaner, renewable energy sources
- Supporting local energy projects including wind, solar, and biomass and employing local people

Bodyceuticals calendula-based body care is on sale this month at Marlene’s!

*International Herb Association, Calendula – 2008 Herb of the Year





COCOKIND
Skin Care
Assorted sizes and varieties

30 % off

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



BODYCEUTICALS
Calendula Skin Care
Assorted sizes and varieties

15 % off

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



ANDALOU
Skin & Body Care
Assorted sizes and varieties

30 % off

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



EVAN HEALY
Certified Organic Skin Care
Assorted sizes and varieties

20 % off

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

Locally Made!



MOON VALLEY ORGANICS
Certified Organic Body Care
Assorted sizes and varieties

20 % off

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



SOUTH OF FRANCE
French Milled Bar Soap & Hand Soap
Assorted sizes and varieties

30 % off

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



NATURULZ
All Natural Healing & CBD Creams
Assorted sizes and varieties

15 % off

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



HERBATINT
Permanent Hair Color
Assorted sizes and varieties

20 % off

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



**DAVIDS
Oral Care**
Assorted sizes and varieties

20 % off

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



**4505 MEATS
Pork Rinds &
Chicharrones**
4.5 oz Assorted varieties

25 % off

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



**AURA CACIA
Pure Essential Oils
& Body Care**

Assorted sizes and varieties

30 % off

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



**SIETE
Tortilla Chips &
Potato Chips**
Assorted sizes and varieties

25 % off

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



**SIMPLE MILLS
Gluten Free
Crackers, Cookies,
& Bars**

Assorted sizes and varieties

25 % off

Nothing
Artificial
EVER!

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

Grown, roasted, packaged, and directly shipped with 90% of profits used to transform lives in Mozambique Africa!

**SUNSHINE NUT
COMPANY
Roasted Cashews**

Assorted sizes and varieties

25 % off



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



**BOB'S RED MILL
Bob's Bar Peanut
Butter & Oats**

Assorted sizes and varieties



30 % off

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



**TCHO
Organic Chocolate**

Assorted sizes and varieties

Fair Trade!

25 % off

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

Made with herbs,
fruits, & flowers!



**AURA BORA
Sparkling Water**

12 oz Assorted varieties
Reg. \$2.39

1.69

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



**BACHAN'S
Japanese BBQ
Sauce**

17 oz Assorted varieties
Reg. \$10.19

7.29

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

Sourced and
bottled in
the beautiful
PNW!



**CASCADE
MOUNTAIN
Sparkling
& Spring Water**

28 oz Assorted varieties
Reg. \$3.39

2.39

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



**NIXIE
Organic
Sparkling Water**

Assorted sizes and varieties

25 % off

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



**PRIMAL KITCHEN
Condiments,
Dressings &
Sauces**

Assorted sizes and varieties

20 % off

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



**RAO'S
Pasta Sauce**

Assorted sizes and varieties
Reg. \$12.49

8.99

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



**RW KNUDSEN
Just Juice**

Assorted sizes and varieties

25 % off

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



**TRUFF
Truffle Sauces
& Oil**

4.4 oz Assorted varieties
Reg. 6.69

20 % off

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



TRU FRU
Frozen & Freeze Dried Fruit
Assorted sizes and varieties

25 % off

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



VISTA HERMOSA
Tortillas
Assorted sizes and varieties

25 % off

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



CANYON BAKEHOUSE
Gluten Free Bread & Rolls
Assorted sizes and varieties

25 % off

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



DAIYA FOODS
Plant Based Cheese
Assorted sizes and varieties

25 % off

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



RUMIANO CHEESE
Organic Cheese
Assorted sizes and varieties

25 % off

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



WILDBRINE
Organic Fermented Vegetables
Assorted sizes and varieties

25 % off

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



WATERLOO
Sparkling Water
Assorted sizes and varieties

20 % off

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

Also on sale in May!

- Larabar
- Theo Chocolate
- Capello's
- Seattle Gummy
- LOVO
- Cosmic Bliss
- Lotus Foods
- Alex's Awesome Sourdough
- Evergreen

- Inka Crops
- Wild Carrot
- Shephard Moon Bath Remedies
- Inesscents
- Pranarom
- Jeffrey James
- Trilogy
- Badger Sun Care
- Aloe Life

Marlene's
 MARKET & DELI
 — shop local, eat organic —



**RIDGECREST
 HERBALS
 Supplements**
 Assorted sizes and varieties

20 % off

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



**OM MUSHROOM
 Supplements**
 Assorted sizes and varieties

20 % off

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



**CARLSON
 Supplements**
 Assorted sizes and varieties

25 % off

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



**SUNWARRIOR
 Supplements**
 Assorted sizes and varieties

25 % off

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

**Hyaluronic Acid
 Advanced Formulas**
 SUPPORT YOUR JOINTS, HAIR, SKIN & NAILS



NEW!

25% OFF!
 All Hyalogic Products

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



**VITANICA
 Supplements**
 Assorted sizes and varieties

20 % off

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

Also on sale in May!

- Ancient Nutrition
- Nordic Naturals
- BioSil
- Living Alchemy
- Herb Pharm
- Superieur
- Buddha Teas
- Wiley's Fish Oil
- Flora
- New Chapter

Marlene's
— MARKET & DELI —
shop local, eat organic



**BARLEAN'S
Supplements**

Assorted sizes and varieties

20 % off

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



**BOIRON
Homeopathic
Supplements**

4.5 oz Assorted varieties

25 % off

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



**IRWIN
Supplements**

Assorted sizes and varieties

25 % off

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

HOT DEAL on
Women's
Wellness Solutions

30% OFF

ESTROSENSE
WOMENSENSE
hormone balance
Promotes healthy estrogen balance during PMS or menopause.
Non-estrogen, gluten-free.
NO SYNTHETIC COMPONENTS

TOTAL BODY MULTI COLLAGEN PROTEIN
Types I, II, III, V, X
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18 DAYS TO REDUCE DEEP WRINKLES
UNFLAVORED
natural Factors

This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



**DR. MERCOLA
Supplements**

Assorted sizes and varieties

25 % off

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



**REDD REMEDIES
Supplements**

Assorted sizes and varieties

25 % off

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

**GARDEN OF LIFE
Supplements**

Assorted sizes and varieties

30 % off

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

The Sunshine Nut Co.

A Journey of Purpose in Mozambique



Don Larson's path to founding Sunshine Nut Company was marked by a deep sense of purpose and a desire to make a tangible difference in the world. With a successful 25-year career in the corporate food industry, including a stint as Director of Cocoa Operations at Hershey, Don had ample experience navigating the complexities of the food business. However, it was his encounters with extreme poverty during his travels to developing nations that stirred something profound within him.

Driven by a calling to address the root causes of poverty and empower vulnerable communities, Don embarked on a spiritual journey in 2007 to seek clarity on his life's purpose. It was during this period of introspection that he received a clear directive: "Go and build food factories in developing nations to bring lasting economic transformation." Inspired by this revelation, Don developed the Sunshine Approach business model, centered on holistic community development and economic empowerment.

In 2011, Don and his family made a bold move, relocating to Mozambique to establish Sunshine Nut Co. Their mission was twofold: to produce premium cashew nuts and to uplift the local community. Mozambique, with its abundant cashew resources and resilient spirit, provided the ideal backdrop for their endeavors.

The journey in Mozambique was not without its challenges. The aftermath of a devastating civil war had left the country grappling with poverty, fragmented families, and underdeveloped infrastructure. However, Don saw potential amidst the adversity.

Cashew farming, once a thriving industry in Mozambique, had suffered a decline during the war but was now experiencing a resurgence. For over one million rural farmers, the revival of the cashew industry offered a glimmer of hope for economic stability and prosperity. The formation of the Sunshine Approach Foundation further solidified Sunshine Nut Co.'s commitment to community development.

As a 501(c)(3) non-profit organization, the foundation focuses on addressing the basic needs of the poor and orphaned in Mozambique. Through strategic partnerships and collaborations, the foundation implements projects in areas such as healthcare, education, and agriculture, aiming to uplift communities and break the cycle of poverty.

At the heart of Sunshine Nut Co.'s operations lies a profound sense of social responsibility. By employing adult orphans and dedicating 90% of profits to community projects, the company integrates profit-making with purpose-driven initiatives. Terri Larson, Don's wife, plays a pivotal role in overseeing the philanthropic efforts, ensuring that Sunshine Nut Co.'s impact extends far beyond the realm of business.

Spearheading what was to become the Sunshine Homes Project, Sunshine Nut Co. ventured beyond conventional philanthropy to create sustainable solutions for vulnerable children. By refurbishing houses and providing caretakers, often widows or abandoned women, Sunshine Nut Co. sought to create nurturing family environments where orphaned or vulnerable children could thrive.

The journey of Sunshine Nut Co. serves as a testament to the transformative power of entrepreneurship infused with compassion. From humble beginnings to impactful endeavors, Don Larson's vision has sparked a ripple effect of change in Mozambique. With each bag of cashews sold, Sunshine Nut Co. not only delivers quality products but also embodies a beacon of hope for a brighter future in Mozambique.

As Sunshine Nut Co. continues to grow and expand its reach, its legacy of purpose-driven entrepreneurship remains a guiding light for businesses seeking to make a meaningful difference in the world. In Mozambique, where challenges abound but resilience reigns supreme, Sunshine Nut Co. stands as a shining example of how business can be a force for positive change.



May Calendar of Events

Class registration at:
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	Pranic Healing with Eduardo Sztokbant, Associate Pranic Healer 5 pm, Federal Way & Online	Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm	Summer Bounty Secrets: Planting Fruits And Veggies with Laura Matter, Garden Hotline Educator 10 am, Online
FELIZ CINCO DE MAYO Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		Understanding Your Animals: Senior Care with Lesia Alexander, MA, HTACP, Animal Communicator and Energy Healer of Heart and Soul with Animals 5 pm, Online		Nutrition to Support Women's Life Stages with Neil Levin, CCN, DANLA, NOW® Health Group's Senior Nutrition Education Manager 5 pm, Online	Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm	Mother's Day Handmade Photo Journals with Dianne Aoki, Local Artist and Owner of Studio Aoki 12 pm, Tacoma \$35
HAPPY MOTHER'S DAY!	Uniform Monday 10% off to all firefighters, police and military!	Women's Health and Hormones with Stacey Littlefield, Master Herbalist with Redd Remedies educator 5 pm, Online		Exploring Botanical Medicine For Women's Health with Shizue Haffeman-Udagawa, ND with Federal Way Naturopathy 5 pm, Online	Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm	Sound for Health and Self Care with Francesca Siena, RF, Reiki Master Teacher, Cranial and Sound Practitioner, founder of Artemisia Healing Arts 11 am - 12 pm, Tacoma
		Bloom: Women's Mental And Physical Wellbeing Powered By Barlean's with Julie Hawkes, Barlean's Educator 5 pm, Online			Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm	
					Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm	

BODYWORK SCHEDULE

TACOMA

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

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

FEDERAL WAY

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

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

Reservations may be required.



FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

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

Deli Hours

Monday - Saturday 8 am - 4 pm
Sunday 9 am - 4 pm

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

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

Deli Hours

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

Grab and go options available until closing.

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



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May 2024

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MOTHER'S DAY IS SUNDAY, MAY 12!

Spring Bouquets at Marlene's

Celebrate Mom with our beautiful floral bouquets - a blooming gift from nature!

