



*Marlene's*<sup>™</sup>

— MARKET & DELI —  
shop local, eat organic

# SOUND OUTLOOK

November 2023

Our recipe issue • Tasty grocery offerings  
Regeneratively farmed sugar

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

## A Letter From Us

As the crisp November air settles in, we're excited to bring you our recipe issue. This edition is brimming with delightful culinary creations that celebrate the flavors of the season! From hearty main dishes to delicious sides and appetizers to decadent desserts, we've gathered recipes that are sure to warm both your heart and your kitchen. Each recipe is crafted with care, using wholesome ingredients available right here in our stores.

This time of year always takes me back to cherished moments with family and friends. The aroma of freshly baked pies, the laughter around the table, and the joy of sharing a meal and time together - these are the memories that make this season truly special.

Are you short on time, but still really want to put together a wonderful meal? Don't miss our wholesome holiday meal options on page 4 from our grocery department and our holiday deli offerings on page 3! And remember, from farm-fresh produce to luxurious body care products to quality supplements, we've got your needs covered in one stop.

So, raise your glass (some excellent suggestions about what to put in it on page 15), and let's embrace the season's bounty by creating some nourishing culinary magic together.

Be well and take care of each other,

*Lisa*

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# Thanksgiving to-go at Marlene's!

Place your order in-store or give us a call.

**Federal Way** 253.839.0933 | **Tacoma** 253.472.4080

Order while supplies last! Orders will be available for pick up after 10 am on Tuesday, 11/21 or Wednesday, 11/22.

## Traditional

### Dinner for Two

Turkey breast, cranberry orange chutney, classic gravy, smashed potatoes, green bean casserole, sourdough stuffing and pumpkin pie. Sorry, no substitutions.

**54.99**

## Gluten Free

### Dinner for Two

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, roasted vegetables, cornbread stuffing, and gluten free pumpkin pie. Sorry, no substitutions.

**54.99**



MARLENE'S SOUND OUTLOOK

## Side Dishes

Smashed Potatoes (gf)	<b>\$10.99 qt</b>
Vegan Mashed Potatoes (gf)	<b>\$10.99 qt</b>
Cornbread Stuffing (gf)	<b>\$10.99 qt</b>
Sourdough Stuffing	<b>\$10.99 qt</b>
Green Bean Casserole	<b>\$12.99 qt</b>
Broccoli Cranberry Salad (gf)	<b>\$12.99 qt</b>
Classic Gravy	<b>\$9.99 qt</b>
Turkey Gravy (gf)	<b>\$9.99 qt</b>
Cranberry Orange Chutney (gf)	<b>\$9.99 pt</b>



## Pies 29.99 each

Most can be made gluten free!

Apple	Chocolate Cream	Peanut Butter**
Banana Cream	Coconut Cream	Pumpkin
Black Bottom**	Key Lime**	Raspberry
Blackberry	Lemon Sour Cream	Triple Berry
Blueberry	Peach	

\*\* not available in gluten free



NOVEMBER 3

# For the Table

Indulge your guests with delectable, natural and wholesome selections!  
Elevate your holiday table with premium options, ethically sourced with dedication to quality and flavor.

Marlene's Market & Deli carries **Diestel** brand turkeys, which are all free range, antibiotic free and fed a 100% vegetarian diet! Slow grown in the Sierra Nevada foothills without hormones or growth stimulants - you'll be amazed at how easy it is to bring the whole family together around the table!

## Original

The bird. The myth. The legend. These all-natural, slow-grown birds are given the time and space they need to develop naturally to produce the tender, juicy, bold flavor you'd expect of a **Diestel** bird.  
Sizes range from 6-28 lbs. **4.29 lb**



## Organic

These Certified Organic Turkeys are raised the way nature intended - slowly - giving its full, hearty flavor time to develop. Non-GMO Project Verified.  
Sizes range from 10-18 lbs. **5.99 lb**



## American Heirloom

These Auburn, Black and American Bronze turkeys are rare and unique heirloom breeds that produce exquisite meat with an exceptional, rich flavor that's tender and juicy. They are Certified Organic and Non-GMO Project Verified.  
Sizes range from 10-24 lbs. **6.29 lb**



## Vegetarian Feasts

The famous **Tofurky Vegetarian Feast** with their flavorful wild rice and bread crumb stuffing, tempting brownie dessert, and Wishstix is a Pacific Northwest crafted favorite since 1995! Also available: Roast & Gravy combo and stand-alone Roasts or Gravy packages. Always non-GMO!



The **Tofurky Ham Roast** with Extra Special Beer Glaze is a tender, plant-based ham with a smoky flavor and a sweet and tangy glaze. Made with **Hopworks Urban Brewery's Velvet ESB**, this is an all ages, vegetarian holiday treat that is perfect for roasting and serving with your favorite vegetables and stuffing.



A Pacific Northwest favorite, **Field Roast** will be making an appearance this year too! Look for **Celebration Roast with Porcini Mushroom Gravy**, as well as the pastry-wrapped **Hazelnut Cranberry Roast en Croute!**



## Gourmet Options

**Beeler's** uncured and fully cooked hams are raised on a vegetarian diet with no animal byproducts, antibiotics or growth hormones. Hams are sold fresh with no nitrites or nitrates. We also feature premium, grass-fed beef and bison locally sourced from **Skagit River Ranch** and **Wild Idea Bison**. Find a variety of cuts from grass-finished to organic.



# Unlocking TMJ

By Carla Yamashiro, DDS



TMD (temporomandibular dysfunction) is a condition that affects the TMJ (temporomandibular joint) or jaw joint and the muscles controlling its movement. In the non-dental language, when people have TMD, they call it TMJ so we will be referring to TMD as TMJ for the remainder of this article. TMJ is a complex disorder with a variety of symptoms that can impact your daily life. The symptoms of TMJ can often include:

**Jaw pain or discomfort:** This pain or discomfort is different for everyone and can range from feeling of tightness to an intense pain around the jaw joint and nearby areas. TMJ can reduce one's ability to chew hard foods. TMJ is also related to teeth grinding and causes flattening of the teeth, chipping, fractured teeth and gum recession with subsequent notching of the roots of teeth.

**Headaches and migraines:** TMJ can trigger headaches that often radiate from the jaw to muscles of the head, shoulder, and neck.

**Popping or clicking sounds of TMJ:** Some individuals may experience these sounds when opening and closing their mouth. The disc between the joint may become trapped and snaps back into place; hence the pop or clicking sound as one opens or closes their mouth.

**Crepitus of the TMJ:** Some individuals experience a sort of grinding; bone on bone sound when opening and closing their mouth. In this case it is likely that the disc has been perforated. What sounds like bone on bone, really is bone on bone sounds.

**Limited jaw movement or locked jaw:** A poor functioning jaw joint can cause TMJ, limiting the mobility of the joint which can affect speaking, eating, and even breathing.

**Ear-related issues:** TMJ may lead to

sensations of fullness, ringing in the ears (tinnitus), or earaches.

## Causes of TMJ

While the exact causes can vary from person to person, some common factors can contribute to TMJ.

**A dysfunctional occlusion (bite) causing dental misalignment:** Irregularities in dental and jaw alignment can impact the functioning of the jaw joint.

**Stress and tension:** Emotional and physical stress can lead to clenching and grinding of the teeth as well as tightness in the muscles placing strain on the jaw joint.

**Poor posture:** Incorrect posture can affect the alignment of the jaw and contribute to TMJ symptoms.

**Inflammation:** Conditions like arthritis can lead to inflammation and degradation of the joint complex.

## Treatments for TMJ

Discovering the root causes of TMJ can provide lasting relief when treated. Our holistic approach to treating TMJ embraces natural methods to alleviate pain and restore balance.

**Mindfulness and relaxation techniques:** Stress management can play a crucial role in TMJ care. Relaxation techniques may help to reduce stress and tension.

**Gentle jaw exercises:** Targeted exercises can improve jaw mobility, strengthen muscles, and promote proper alignment. Massage therapy by a professional who has learned the techniques of massage in this complex area can be of great benefit.

**Nutritional guidance:** Balanced diet rich in anti-inflammatory foods can contribute to reducing TMJ-related inflammation.

**Posture correction:** Addressing posture-related issues can contribute to a healthier jaw alignment. Chiropractic care can help with correcting posture and may improve jaw alignment.

## What Can a Dentist Do for My TMJ?

There are a variety of non-invasive treatments offered by dentists. Dental orthotics can help TMJ pain by decompressing the joint allowing it the much-needed relief to heal. When a person doesn't have arch support in their feet, they use an orthotic to help support the arch. In a similar way, a dental orthotic can support the jaw joint and relieve stress on the jaw joint from teeth grinding and a dysfunctional occlusion (bite).

Although dental orthotics look like nightguards, they are not the same. While nightguards can serve as a bandage solution for teeth-to-teeth grinding and wear, it doesn't address the TMJ itself. Nightguards may also inhibit the airway making it more difficult to breathe.

Unlock the mysteries of TMJ with a comprehensive assessment including the TMJ complex, occlusion (bite), and upper airway.

*Dr. Carla Yamashiro is the principal Integrative Biological Dentist at Ecologic Dentistry located in Bonney Lake, WA. Please visit [ecologicdentistry.com](http://ecologicdentistry.com) for more information.*

\*Disclaimer This article is intended for informational purposes only and should not be considered a substitute for professional medical and dental advice. Please consult with Dr. Carla Yamashiro or a qualified healthcare provider for personalized guidance on your specific condition.\*

# Do You Wonder Why Your Gut Hurts?

by Karen Masterson Koch, CN

Irritable Bowel Syndrome (IBS) is now considered a common source of gut pain, health decline, and even early death, yet it is often misunderstood and goes undiagnosed. While Advanced Inflammatory Bowel Disease (IBD) may mimic the symptoms of IBS with milder bloating and occasional pain, this condition can also seriously weaken the body by creating an environment of chronic internal inflammation.

Abdominal pain issues may have a variety of sources. For example, gallbladder disorders (including gallstones) are the most common disorders resulting in hospitalization. An inflamed gallbladder affects an estimated 10-15% of adults.

Other sources of abdominal pain include an infected appendix (in the lower right abdomen), Irritable Bowel Syndrome or IBS (known as IBD in the GI tract), acute constipation, an ulcer or ulcers, and some kinds of cancer.

Gastrointestinal malfunctions are on the rise and the source of much discomfort, at times leading to excruciating pain. Make sure you take action. If the pain is recurring, make a list of symptoms along with what you are eating and drinking and any medications. A trip to the emergency room or nearest clinic is critical if you are experiencing acute pain or a high fever.

Another common health challenge to be aware of is intestinal scarring from IBS. It can lead to bowel blockages, constipation, ulcers or diverticulitis pockets in the bowel. Sometimes these pockets fill with fluid and become infected. Left untreated, this can lead to fatigue, fever, stabbing pain or even sepsis.

People also need to be proactive, to look and test for red or black blood in the stool or for any potential cancer risk as well. Please do not skip your recommended colon cancer screenings.

Lastly, infection in the gallbladder or gallstone blockages can be very painful. Located beside the liver in the upper abdomen, pain will often radiate from this area with the sufferer experiencing

constipation and/or loose stools plus intermittent fever. A fever confirms that the immune system is fighting an infection. However, be aware that a high fever can exhaust the body and require electrolyte replenishment.

The gallbladder is designed to store bile that is made in the liver and supports fat digestion and balance pH in the gut. When it becomes overworked, it contracts and may even fold over onto itself - blocking circulation and requiring removal. The surgical procedure cholecystectomy has increased 500% in the last 20 years.

The irony is that removing the gallbladder can create even more digestive problems. This organ is essential for breaking down healthy dietary fats and oils and fat-soluble nutrients that are critical for health like vitamin A, E, and K and essential fatty acids (EFAs). Using natural protocols such as consuming Aloe Vera concentrate and reducing fried and ultra-processed junk foods from the diet is a huge step in the right direction.

Know these common risk factors for compromised digestion:

- nutrient poor or ultra-processed diet
- chronic or recurring digestive discomfort
- lack of exercise or vigorous daily movement
- people who are supplementing with estrogen or are pregnant
- obesity
- diabetes
- middle aged to elderly

Recent research states that diet, digestion and toxicity are linked to over 130 autoimmune diseases now regularly being diagnosed. Medical doctors throughout the country are alarmed with what they are seeing in recent years. Compromised organ function and glandular weakness is becoming more of the norm. Clearly we need to heal from within and get back on track. Consider researching and following the Mediterranean diet, lowering or

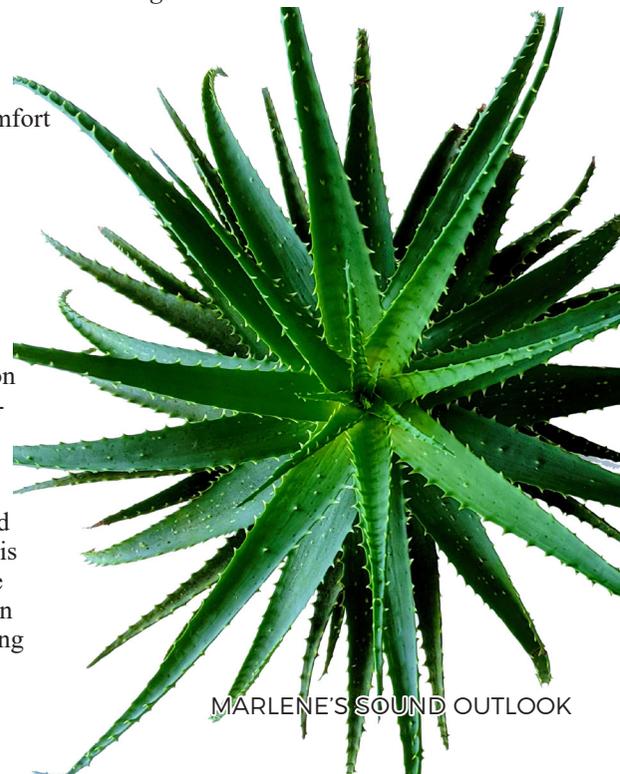


eliminating gluten consumption, and using a quality Aloe Vera concentrate to support gut renewal and whole-body rejuvenation. You can take steps today to feel good again!

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

Reference: 2011, Beyond Gluten Intolerance – GIS, K.A. Masterson Koch

*Karen Masterson Koch is a clinical nutritionist and health educator with over 35 years experience in health counseling in southern California. Karen is an expert on Aloe Vera and gluten and is the author of Beyond Gluten Intolerance GIS. Her publication is available on Amazon or by calling 1-800-414-2563.*



# Wholesome® Restores the Land and Makes Life a Little Sweeter

‘Wholesome’ means living our values and celebrating the shared enjoyment of good food. We’re a family of farmers and bakers who love to make and bake our absolute best. From the no-compromise quality of our ingredients to the way we conduct business, we’re all about putting people first.

The Wholesome® brand was founded in 2001 with a simple mission in mind: To provide high-quality baking ingredients and make life richer for everyone. We were among the first to bring Fair Trade sweeteners to the U.S. and pioneer Fair Trade standards for sugar, agave and honey, and we’ve always led the way when it comes to creating quality products and respecting the people who make them possible. And in 2023, we launched some of the first Regenerative Organic Certified® sweeteners on the market with cane sugar and turbinado sugar.

We believe the best products are made simply and purely, using consciously sourced ingredients that support the wellbeing of communities around the world. To us, Fair Trade is more than a certification. It’s foundational to who we are and what we value. Wholesome® Fair Trade premiums are paid directly to the farming cooperatives that grow and harvest our sugarcane. Fair Trade farmers vote democratically on the use of Fair Trade premiums and use them collectively to help fund education, healthcare, and other infrastructure in their communities.

Not all sugar is created equal. From the way it’s processed to the plant it’s harvested from, many factors within the sugar supply chain can impact the end product. At Wholesome®, we pride ourselves on sourcing high-quality Fair Trade and organic sugars.

When people think of sugar, they usually think of refined white sugar, which has undergone a lengthy process to remove impurities. This process often involves chemical bleaching agents to achieve a bright

white color, and the sugarcane and sugar beets used are often treated with pesticides.

**Wholesome® Organic Fair Trade Cane Sugar** is ideal for baking and cooking, as well as sweetening beverages. Rich in molasses and unrefined, it offers the same sweetness as standard commercial sugar but with a slightly warmer, more full-bodied taste. Wholesome® Organic Fair Trade Cane Sugar is grown without chemicals, herbicides, or pesticides, and is minimally processed. Most Wholesome® Organic Fair Trade Cane Sugar is hand-harvested in organic sugarcane fields in South America, where the farmers cut the fields green rather than burn them, as is often done in conventional sugarcane farming. The avoidance of burning creates more work for the farmers but helps reduce carbon footprint.

**Wholesome® Regenerative Organic Certified®** sugars supports Regenerative Organic farming practices that help build soil health, sequester carbon and ensure the fair treatment of farm workers.

Regenerative Organic farming practices like cover cropping, crop rotations, composting and more focus on regenerating soil health and increasing soil organic matter over time. Regenerative agriculture practices seek to sequester carbon below and above ground, which could be a tool to help mitigate climate change.

Our on-pack statement, “This Sugar Helps Restore the Soil,” refers to Certified Regenerative Organic farming practices, which have resulted in soil with higher levels of minerals/organic matter than traditional organic farming.

Wholesome® Regenerative Organic Certified® sugars are packaged in pouches made with a 72% plant-based resin from sugarcane, a renewable material.



WHOLESUME  
SWEETENERS

**Organic  
Sweeteners**

Assorted sizes and varieties

**30%  
off**

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

# November Events & Education

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

## HOLIDAY SURVIVAL 101



with Lisha Song, LMHC, Intuitive Trauma Therapist, and owner of Sacred Healing Place

**Thursday, November 2 at 5 pm**

Discover holistic and mindful strategies to navigate the holiday season with serenity and joy. Learn techniques for managing stress, nurturing your well-being, and fostering meaningful connections. Embrace a harmonious approach to survive the holidays with balance and mindfulness. Join Lisha for an enriching session that will empower you to kindle your inner peace and create lasting memories with deeper connections during this special time of year.

## Super Senior Sunday

**Sunday, November 6**

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

## WINTER WELLNESS



with Dr. Lexi Loch, ND and Terry Naturally Educator

**Tuesday, November 7 at 5 pm**

Boost your immune system and stay healthy, the natural way! Join licensed naturopathic physician Lexi Loch ND, to learn which natural ingredients are proven to help reduce risk of infections, how to get better faster if you do get sick and how to deal with lingering, post-infection symptoms.

## IN PERSON!

### HEALTHIER AGING USING TARGETED NUTRIENTS



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

**Wednesday, November 8 at 5 pm in Tacoma**

Join Neil to discuss the unique dietary needs of older individuals. Explore practical solutions with dietary supplements. Learn how to address common issues such as maintaining muscle mass, preserving bone density, enhancing skin health and supporting cardiovascular function. Neil will guide you in selecting the right supplements to promote overall well-being in your later years. From essential proteins like collagen to vital nutrients like Vitamins D and K2, and powerful supplements like krill oil and CoQ10, discover a tailored approach to healthy aging. Don't miss out on this opportunity to optimize your well-being as you age gracefully.

## WHAT TO DO WHEN YOU CAN'T GO #2



with Jennea Wood, ND and Heidi Ochsner, RD of the Tummy Temple

**Thursday, November 9 at 7 pm**



Slow elimination can be uncomfortable to experience and to talk about. Digestive experts Jennea Wood, ND and Heidi Ochsner, RD of the Tummy Temple will make it easy for you to get things back on track. Learn why you may have constipation and effective strategies to keep things moving including dietary

choices, lifestyle changes, bodywork suggestions and supplemental support.

## Uniform Monday

**Monday, November 13**

10% off to all firefighters, police and military!

## WHOLESOME - A SWEET STORY



with Rose Schrader, Associate Director Natural Specialty Whole Earth Brands

**Thursday November 9 at 5 pm**

Discover the diverse range of Organic, Fair Trade and Regenerative Organic Certified® sweeteners made by Wholesome. Our sweeteners enhance baking & cooking with premium quality you can taste. Learn how choosing Wholesome helps make a difference in the lives of farmers within the communities where our ingredients are sourced.

## THE POWER OF DETOXIFICATION FOR CELLULAR REJUVENATION



with Ryan Bland, DC and Functional Medicine Practitioner

**Tuesday, November 14 at 5 pm**

Detoxing can play a role in cellular rejuvenation by helping the body eliminate accumulated parasites, heavy metals, chemicals and environmental toxins which can hinder cell function and contribute to various health issues. Don't miss the opportunity to join Ryan Bland, DC, for an enlightening discussion on the transformative benefits of detoxification.

## WHY DO WE NEED TO TAKE VITAMINS? WHEN DIET ISN'T ENOUGH...



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

**Wednesday November 15 at 5 pm**

Despite our efforts, perfect diets are elusive. Labels may overstate nutrients. Non-organic or GMO foods may even further reduce nutrient density. Special diets pose deficiency risks too! Lifestyle and age pose additional nutritional needs as well. Deficiencies are common. Supplements may be a game-changer! Join Neil to discover common deficiencies and risks associated with restricted diets and learn about supplements for ensuring adequate nutrient intake.

### IN PERSON!

## DIGESTIVE RESILIENCE: ENZYMES TO TRANSFORM YOUR HOLIDAY EXPERIENCE



with Julia Craven, Enzymedica Educator

**Thursday, November 16 at 5 pm in Federal Way**

Uncover strategies to combat food intolerances, sensitivities, and restore gut balance during festive feasts. Join Enzymedica Educator Julia, to discover how enzyme supplements can support your holiday wellness, ensuring you savor the season without digestive discomfort. Join us for a healthier, happier celebration.

## GLUTEN FREE AND VEGAN HOLIDAY COOKING



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

**Saturday, November 18 at noon \$25**

Are you out of fresh ideas for gluten free and vegan foods? Chef Brown is on a mission to create and share delicious, healthful foods that will fill your holiday table with delicious joy. You don't have to miss out or compromise! With just a little pre-planning and a few staple goods, you'll be on your way to a great celebration this holiday season.

MARLENE'S SOUND OUTLOOK

## YOUR TURKEY DINNER - WHERE DOES IT GO?



with Adrienne Wilen, ND of Federal Way Naturopathy

**Tuesday, November 21 at 5 pm**

Have you ever wondered what happens to your food once you eat it? Digestion starts before you even take your first bite! Join Dr. Wilen on a crash course through the digestive system and follow along as your holiday meal gets processed into fuel for your body.

## REFLEXOLOGY FOR DIGESTION



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

**Thursday, November 30 at 5 pm**

Delve into the world of reflexology and unlock its powerful potential for digestive well-being. This class explores targeted techniques to address digestive issues through the art of reflexology. Gain practical skills to promote balance and harmony within the digestive system. Learn how specific reflex points correspond to various aspects of digestion, aiding in relaxation and alleviating discomfort. Linda Frank is the Founder of Head to Heel Reflexology for Better Health, LLC and Reflexology Academy NW in Tacoma. Check [reflexologyacademy.com](http://reflexologyacademy.com) for information about upcoming reflexology training.

## REVIEWING AND APPRECIATING THE GROWING SEASON IN YOUR GARDEN



with Laura Matter, Garden Hotline Educator

**Saturday, December 2 at 10 am**

Winter invites reflection on your garden's past season. Join Garden Hotline Educator, Laura Matter, as she guides you in assessing your garden's progress and planning for the upcoming year. Explore insights gained from your time in the garden and consider improvements in watering, pest control, weed management, disease prevention, and pollinator support. Prepare to nurture a thriving garden in the seasons ahead!

## Did you know?

1. *Digestive enzymes are essential proteins:* They facilitate the breakdown of food into smaller, absorbable nutrients.
2. *Types of digestive enzymes:* The main types are amylases (for carbohydrates), proteases (for proteins), and lipases (for fats).
3. *Enzyme production decreases with age:* As we age, our bodies tend to produce fewer digestive enzymes, potentially leading to digestive discomfort.
4. *Enzymes from the mouth to the intestines:* Digestion begins in the mouth with salivary amylase, and continues in the stomach and small intestine with gastric and pancreatic enzymes.
5. *Supplemental enzymes can aid digestion:* Some individuals may benefit from enzyme supplements, especially those with conditions like lactose intolerance or pancreatic insufficiency.
6. *Enzymes and food allergies:* Digestive enzymes may help alleviate symptoms of food allergies by aiding in the breakdown of allergenic proteins.
7. *Individual enzyme requirements vary:* Some people may need specific enzymes, like lactase for lactose digestion, due to genetic or acquired deficiencies.
8. *Digestive enzymes and nutrient absorption:* Proper digestion with enzymes ensures optimal absorption of nutrients, which is crucial for overall health and well-being.
9. *Enzymes and gut health:* Maintaining a healthy balance of digestive enzymes is vital for gut health, as imbalances can lead to digestive disorders.

## BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

**Federal Way**  
**2 pm - 4 pm**

Friday, November 3  
Friday, November 17

**Tacoma**  
**2 pm - 4 pm**

Friday, November 10  
Friday, November 24

NOVEMBER 9

## Cranberry Brie Bites

Flaky pastry cups filled with creamy brie cheese and a dollop of tangy cranberry sauce are a perfect blend of sweet and savory flavors in each bite-sized treat. A delightful addition to any gathering or holiday spread!

- 1 8 oz tube of **Immaculate Baking Company Crescent Rolls** dough
  - 1 8 oz **Henri Hutin Brie Couronne** wedge
  - ½ cup whole berry cranberry sauce
  - ¼ cup chopped pecans
  - 6 sprigs rosemary, cut into 1" pieces
- cooking spray, for pan  
flour, for surface

Preheat oven to 375° and grease a mini muffin tin with cooking spray. On a lightly floured surface, roll out crescent dough. Cut into 24 squares. Place squares into muffin tin slots.

Cut brie into small pieces and place inside the crescent dough. Top with a spoonful of cranberry sauce, some chopped pecans, and one little sprig of rosemary.

Bake until the crescent pastry is golden, about 15 minutes.

Have fun with cheeses and toppings! Use your favorites or try these:

- Crumbled goat cheese, apricot preserves, toasted almonds and thyme
- Camembert, **Bonne Maman Cherry Fruit Spread**, crumbled bacon and black pepper
- Brie, **Crofter's Seville Orange fruit Spread**, candied pecans and thyme



## Toothpick Appys

Easy and elegant, these bite-sized toothpick appetizers effortlessly elevate any gathering with the tantalizing flavors of **CORO Artisan Meats!** Minimal preparation and maximum flavor, they're the perfect addition to your entertaining repertoire. Simply fold and skewer a slice of salami onto a toothpick, add additional ingredients then garnish!



CORO Agrumi Salami – flavored with cardamom, orange peel, and red chili flakes, pitted medjool dates and Laura Chenel Rosemary & Thyme Fresh Goat Cheese.

CORO Hot Sopressata, Aussie Gold Cheddar, a dot of honey and dried cranberries.



# Essential Side Dishes

## Gluten Free Pull-Apart Dinner Rolls

by Bob's Red Mill

- 1 cup warm water
- 2 Tbl sugar
- 1 packet active dry yeast (7 grams or about 2 teaspoons)
- 2 eggs
- ¼ cup melted butter plus extra for brushing
- 3 cups **Bob's Red Mill Gluten Free 1-to-1 Baking Flour**
- 2 Tbs potato flour
- 2 tsp sea salt

Brush the bottom and interior sides of an 8-inch round cake pan with melted butter.

Combine warm water and sugar in a large mixing bowl. Sprinkle yeast over the top and let sit for 5 minutes for the yeast to activate.

Add the eggs, ¼ cup melted butter, baking flour, potato flour and salt to the yeast mixture and mix until smooth, about 5 minutes.

Place the dough on a lightly floured surface and divide into 12 even portions. Shape each portion into a tight ball and place in the buttered cake pan, allowing the sides to touch each other. Cover and let rise in a warm place until doubled in size, about 1 hour. Meanwhile, preheat the oven to 375°F.

Uncover the rolls and gently brush with melted butter. Bake until golden, about 30-35 minutes. Immediately brush again with melted butter and serve hot.



## Chorizo Stuffed Acorn Squash

- 3 small acorn squash, halved and seeded
- 1 Tbl olive oil
- 2 Tbl maple syrup (divided)
- 1 tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 ½ cups chorizo sausage (diced **Heritage Meats** chorizo links, **Mulay's** ground chorizo, **Wild Idea** ground bison chorizo or **Soyrizo** vegan chorizo are all wonderful options!)
- 1 cup Granny Smith apple, peeled, cored and diced
- 1 15-oz can **Muir Glen Fire Roasted Diced Tomatoes**
- ½ cup white onion, diced
- 3 garlic cloves, diced
- ½ cup cilantro leaves, chopped
- ½ cup red bell pepper, diced
- 1 cup cooked quinoa, farro or brown rice
- 2 cups chopped spinach leaves
- shredded cheese or sour cream (optional)

Preheat oven to 400°F

Brush insides of acorn squash halves with a mix of olive oil, 1 tablespoon maple syrup, smoked paprika, sea salt and pepper. Lay skin-side up on a greased, or parchment lined baking sheet, and roast in a hot oven for 30-40 minutes, until you can pierce through skin and flesh with a fork. Remove from the oven and using a metal spatula, turn over, trying to keep caramelized edges intact, and let cool. Place in a baking dish.

While squash is roasting in the oven, brown the chorizo, then set aside and wipe out pan.

In the same pan, sauté onion in 1 tablespoon olive oil over medium heat, about 5 minutes. Add garlic and sauté until tender, about 5 minutes more.

Add apple and red bell pepper and sauté 5 minutes. Add tomatoes and sauté a few minutes more, until apples are just tender. Add spinach and cilantro, heating through until just wilted. Mix in 1 tablespoon maple syrup and quinoa.

Add sausage back in and taste for salt, adding if necessary. Fill the squash halves with chorizo mixture and place in a 350°F oven until heated through (about 15-20 minutes).

# Steamy, Dreamy Puréed Soups!

## Smokey Chipotle Squash Soup

This wonderful soup is a feast for the senses! Savory, spicy, sweet and comforting, even the vibrant color will warm you to the bones. Prepare to be cozy and deeply nourished!

- 4 cups roasted butternut, kabocha, pumpkin or kuri squash
- 2 Tbl olive oil
- 1 large apple, diced
- 1 yellow onion, diced
- 4 garlic cloves, chopped
- 2 tsp chipotle powder
- 2 tsp smoked paprika
- 4 cups vegetable stock
- 1-2 tsp sea salt
- ¾ cup coconut milk or half and half
- 2 tsp maple syrup
- ½ cup chopped cilantro or parsley leaves

Heat oil in a large heavy bottomed pot or Dutch oven over medium setting.

Add onion and apple and sauté 6-7 minutes, stirring until golden and tender. Add garlic and sauté 4-5 more minutes. Add the chipotle powder, smoked paprika and squash and heat through, about 4 more minutes.

Slowly add vegetable stock, scraping up any bits from the pan until everything is thoroughly mixed. Remove from heat and allow to cool about 15 minutes.

Use a stick blender to purée or blend in batches with a conventional blender until smooth.

Add the blended soup back into the same pot. Add cilantro and warm over low heat. Add maple syrup and salt to taste. Stir in coconut milk and warmthrough.



## Sweet Potato Leek Soup

Classic potato leek soup is given a healthful twist! This simple, hearty and satisfying soup pairs brilliantly with **Essential Baking Company Rosemary Bread**.

- 3 Tbl extra virgin olive oil
- 4 large leeks, white and pale green part only, cut into ½-inch slices
- 6 garlic cloves, chopped
- 2 lbs sweet potatoes, cut into 1-inch chunks
- 3 tsp cumin powder
- 1 qt chicken or vegetable stock
- 1 ½ tsp sea salt
- ½ tsp black pepper
- ½ cup sour cream or plain full-fat Greek yogurt
- parsley for garnish

Heat oil in a large heavy bottomed pot over medium heat. Sauté leeks for 5 minutes until softened.

Add the garlic, sweet potato and cumin. Cook for another 3 minutes, stirring regularly.

Add the stock, salt and pepper. Bring to a simmer, then cook for 20 minutes uncovered at a gentle simmer until the sweet potato is very tender.

Remove the pot from the stove. Mix with a hand-held stick blender until smooth, or allow to cool for a few minutes, and then transfer to a blender and process until smooth. Transfer back to pot and heat until simmering. Remove from heat and stir in sour cream. Garnish with parsley.

# Bison Stew with Juniper and Rosemary

Make this in an Instant Pot or slow cooker!

- 1 Tbl olive oil
- 1 - 1½ lbs **Wild Idea Bison Chuck Roast**, cut into 1-inch chunks
- 1 yellow onion, chopped
- 1 fennel bulb, chopped
- 1 medium carrot cut into 1-inch pieces
- 1 stalk of celery cut into 1-inch pieces
- 2 red or Yukon gold potatoes, quartered
- 2 parsnips, peeled and cut into 1-inch pieces
- 1 large tomato, chopped (or 1 cup of canned whole or diced tomatoes)
- 1 cup beef broth
- ½ cup red wine (or 2 Tbl balsamic or red wine vinegar)
- 6 cloves garlic, coarsely chopped
- 2 tsp rosemary
- 1 tsp thyme
- 1 tsp juniper berries, crushed
- sea salt
- black pepper
- parsley for garnish

Pat the bison chunks with paper towels or a clean dish towel, soaking up any moisture. Season generously with salt and pepper.

**Instant Pot method:** Set Instant Pot to sauté function. Add oil and sear bison in two batches, remove from pot and set aside.

Add the onion, celery, garlic and olive oil directly to the unwashed pot for 3 minutes. Add red wine, tomatoes, beef broth, rosemary, thyme, and juniper berries. Mix and scrape the bottom of the pot to get off any stuck bits. Smash the tomatoes against the side to break them up a bit.

Add seared bison. Cook on high pressure for 30 minutes, making sure to seal the steam valve. Allow it to naturally release for 10 minutes. Add the remaining vegetables to the stew and set to high pressure for another 5 minutes. Manually release the steam valve. Garnish with parsley before serving.

**Slow cooker method:** Sear meat in a large frying pan. Briefly sauté onion, celery, and garlic in olive oil. Add a splash of wine or beef broth to deglaze the pan and add all ingredients to slow cooker. Simmer covered on high for 6-7 hours.

# Fragrant Moroccan Rub for Roasted Turkey

by Frontier Co-Op

Take a chance and dress up this year's bird the day before roasting with an exotic blend of spices. Your kitchen is going to smell incredible and your tastebuds are going to sing!

- ¼ cup sea salt
- ¼ cup **Frontier Co-op** smoked paprika
- 3 Tbl **Starwest Botanicals** ground cumin
- 1 ½ tsp **Starwest Botanicals** ground coriander
- 2 tsp **Starwest Botanicals** ground ginger
- 2 tsp **Mountain Rose Herbs** ground turmeric
- 2 tsp **Frontier Co-op** cinnamon
- 1 tsp **Frontier Co-op** cayenne powder
- 1 **Diestel** whole turkey (12 - 15 lbs), thawed
- 3 Tbl brown sugar or coconut sugar
- 2 heads of garlic cloves, minced or mashed to a paste
- ¼ cup olive oil

Pat turkey dry with paper towels or a clean dish towel, inside and out.

In a mixing bowl, combine all other ingredients. Mix thoroughly.

Rub turkey generously with spice mixture, inside and out.

Refrigerate for about 24 hours.

Remove from refrigerator and rinse lightly, inside and out, then pat dry.

Brush outside with olive oil.

Preheat oven to 350°. Place turkey in oven to roast. Begin checking for doneness at 2 ½ hours.\* Insert a meat thermometer into the thickest part of the thigh without hitting the bone. When the thermometer reads 165° and the juices run clear when you pierce the thigh, take the turkey out of the oven. Let cool and carve as desired.

\*Roasting times may vary from 2 ½ to 4 hours.



# Sweet Endings

## Cherry Almond Chocolate Chip Bread

2 cups	<b>Namaste Foods Gluten Free Organic All-Purpose Baking Mix</b>	½ cup	oil
1 tsp	baking powder	½ cup	<b>R.W. Knudsen Family Just Black Cherry Juice</b> or milk or water
½ tsp	baking soda	1 tsp	vanilla extract
½ tsp	sea salt	1 tsp	almond extract
½ cup	<b>Wholesome Light Brown Sugar</b> , packed	½ cup	<b>Enjoy Life Semi-Sweet Mini Chocolate Chips</b>
¼ cup	sugar	½ cup	sliced almonds
2	eggs	½ cup	dried tart cherries, chopped
½ cup	plain Greek yogurt or sour cream		

Preheat oven to 400°. Spray a 9x5 loaf pan with non-stick spray or grease the pan with oil.

In a large mixing bowl whisk baking mix, baking powder, baking soda and sea salt. In a small bowl, whisk eggs, yogurt, oil, cherry juice and extracts.

Add dry ingredients to wet ingredients. Mix thoroughly. Stir in chips, almonds and cherries. Pour into prepared loaf pan.

Bake for 10 minutes. Adjust oven temperature setting to 325° and continue baking 50-60 minutes, or until a skewer comes out clean. Cool 10-15 minutes in pan, then remove from pan and cool completely on wire rack.

### For the Almond Glaze:

½ cup	<b>Wholesome Organic Powdered Confectioners Sugar</b>
1-2 Tbl	milk or half and half
¼ tsp	almond extract

Combine the powdered sugar, almond extract and milk in a large mixing bowl and whisk until smooth. Add more powdered sugar for a thicker glaze. Cool loaves completely before glazing and slicing.



## Autumn Pear Crisp with Candied Ginger and Cranberries

### Topping:

½ cup	flour	½ cup	chilled butter, cut into ½-inch cubes
½ cup	brown sugar or coconut sugar	1 cup	rolled oats
½ tsp	ground cinnamon	½ cup	raw or sprouted pecans, chopped
¼ tsp	sea salt	¼ cup	crystallized ginger, diced

Whisk together flour, sugar, cinnamon and salt. Add butter. Working quickly so butter does not soften, rub in with fingertips until clumps form. Stir in oats, pecans, and ginger. Keep chilled while preparing filling.

### Filling:

½ cup	sugar	½ cup	dried or fresh cranberries
2 Tbl	flour	¼ tsp	sea salt
½ tsp	ground cinnamon	4 lbs	firm ripe pears (6 to 7 large), peeled, cored, cut into ½-inch cubes (about 6 cups)
¼ cup	crystallized ginger, diced		

Preheat oven to 350°F. In large bowl, whisk together sugar, oats and cinnamon. Fold in ginger and cranberries. Fold in pears. Transfer to 13x9x2-inch baking dish. Sprinkle topping over pear mixture.

Bake until topping is crisp and golden brown and juices are bubbling, 45-50 minutes. Serve warm with vanilla ice cream, whipped cream or sour cream.

# Sips and Spirits for Feasting and Gifting

Consider kicking off your feast with a sparkling white wine! They are excellent accompaniments to starters like cheeses and charcuterie boards. The floral and crisp **Montinore Estate Vivacé** is a prime example. **Domaine Bousquet Gaia Malbec Nouveau** is another recommended approach to your opening appetizers if you're looking for more of a bright and fruity bouquet.

Pinot Noir is a versatile staple for Thanksgiving fare, and **Brave Cellars Two Roads** (nuanced and earthy) or **Less Traveled** (more fruit forward) are two solid options to complement your main course. Chardonnay is another varietal with broad appeal across a variety of dishes, and **Bonterra Chardonnay** with its pear/apple/citrus flavors will certainly align beautifully with most traditional spreads.

On the beer front, **Elliott Bay Brewing Company Mashing Pumpkin** or **Ground Breaker Brewing Squash Ale** (gluten free!) are some of our most sought-after seasonal choices. **Hierophant Spiced Apple Sparkling Botanical Mead** is a tempting fusion of mulled cider and mead (known as a 'cyser') with obvious fall menu appeal.

What's for dessert? How about a stylish and classic after meal digestif to offer some comfort to the overly stuffed? Since you and your guests will most definitely want to participate in a sweet ending, we highly suggest indulging in **Distillerie du Peyrat Organic Selection Cognac**. Sit back and slowly savor the fresh flowers and stone fruit aromatics while you take a breather before pie, it's the perfect wind down to a lovely Thanksgiving.

*Cheers!*





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# Nurturing Autumn Digestive Wellness

As the leaves change and the air grows crisp, autumn brings with it a bounty of hearty, comforting meals. However, indulging in these rich dishes can sometimes lead to digestive discomfort. To ensure you savor the flavors of fall without compromising your digestive health, here are a few tips to help guide you through the season's culinary delights while keeping your digestive system in balance!

## Embrace Fiber for Digestive Resilience

Fall's harvest offers an abundance of fiber-rich foods like apples, pumpkin and root vegetables. Incorporating these into your meals not only adds depth to your dishes but also aids in digestion. Fiber acts as a natural regulator, promoting healthy bowel movements and preventing constipation.

## The Art of Mindful Eating

Amidst the hustle and bustle of autumn activities, take a moment to appreciate each bite. Eating slowly and deliberately allows your body to process food more effectively, reducing the risk of overeating and digestive discomfort. This practice can also heighten your sensory experience, enhancing the enjoyment of fall flavors.

## Hydration: The Unsung Hero

As temperatures drop, it's easy to overlook the importance of staying hydrated. Water is essential for breaking down food and aiding in the absorption of nutrients. Aim to maintain adequate hydration levels to keep your digestive system functioning optimally.

## Moderation in Rich Fats and Sugars

While fall treats like pecan pie and creamy soups are tempting, it's crucial to enjoy them in moderation. Excessive consumption of high-fat and high-sugar foods can lead to indigestion and discomfort. Balancing indulgence with nutrient-dense meals is key to supporting your digestive well-being.

## Cultivating a Balanced Gut Microbiome

Incorporate probiotic-rich foods like yogurt, kimchi, and kefir into your diet. These foods introduce beneficial bacteria to your gut, promoting a healthy microbial balance. A thriving gut microbiome is instrumental in maintaining optimal digestive function and overall well-being.

## The Power of Chewing

Take the time to chew your food thoroughly. This simple practice aids in breaking down food particles, making it easier for your digestive system to process and absorb nutrients. Proper chewing also reduces the risk of indigestion and bloating.

## Alcohol and Caffeine: Proceed with Caution

While a warm cup of coffee or a glass of mulled wine can be comforting, excessive consumption of alcohol and caffeine can irritate the digestive tract. Limit your intake and opt for herbal teas or water as alternatives.

Navigating the rich, delectable offerings of fall need not come at the expense of your digestive well-being. By incorporating these mindful practices and making conscious choices in your dietary habits, you can savor the flavors of autumn while nurturing your digestive health. Remember, a balanced approach to nutrition is the cornerstone of overall wellness!

# Discover Sky Organics:

## Your Path to Natural Beauty and Wellness

Sky Organics represents a movement toward a healthier, more sustainable and more ethical approach to personal care.

### An Organic Commitment to Health and Wellbeing

At the core of Sky Organics' philosophy is purity. We meticulously source raw materials and are committed to expanding our use of organic ingredients and maintaining organic certification. We pursue USDA Organic Certification whenever possible, but also have some products certified to the NSF/ANSI 305 Standard for Personal Care and GOTS for Textile Standard. When we do occasionally use a non-organic ingredient, it's always a thoughtful choice that weighs the ingredient's beauty benefit versus its organic availability, and we clearly communicate this on our product labels.

### Our Formula Philosophy: Simple. Pure. Potent.

We believe in the power of simplicity. Sky Organics products are thoughtfully curated to complement and enhance your clean beauty routine and are formulated with as few ingredients as possible. Our products are crafted with straightforward, easy-to-understand formulas. No hidden chemicals or unnecessary additives – just the goodness of nature. We also know that effectiveness matters and only include ingredients that we know are designed to deliver real, desired benefits. From nourishing oils or body butters to hydrating serums, we offer many single and simple blended formulations because this is often all that is truly needed to effectively care for skin or hair.

### Environmental Responsibility

We're not just about beauty, we're about ethics too! Our commitment to ethical practices extends to our meticulous organic sourcing, recyclable packaging,

and sustainability efforts. With our company mission to provide humankind access to sustainable beauty care that is good for people and good for the planet, sustainability and social responsibility are at the heart of what we do. We are a proud Certified B Corporation, an engaged partner with Ecologi supporting reforestation and fully support Cruelty-Free with our Leaping Bunny Certification.

### Empowering Conscious Consumers

It's important to us that clean, natural, organic solutions are available to and affordable for as many people as possible, regardless of who they are, what they look like, or where they live. With this in mind, we offer a diverse range of self-care essentials and customized solutions for every skin and hair type and with a wide variety of beauty benefits and uses. Whether you're seeking radiant skin, healthy hair or a sense of well-being, Sky Organics has something for you!

Sky Organics is more than just a brand; it's a lifestyle choice – a choice to embrace the simplicity of nature, to prioritize purity and safety, and to experience the potency of pure ingredients. We invite you to explore our products and discover how they can transform your beauty and wellness routines. Join us on this journey to a simpler, purer and more vibrant YOU and embrace a more hopeful world with Sky Organics.



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# November Calendar of Events

Class registration at:  
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Holiday Survival 101</b> with Lisha Song, LMHC, Intuitive Trauma Therapist, and owner of Sacred Healing Place 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	
<b>Super Senior Sunday</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		<b>Winter Wellness</b> with Dr. Lexi Loch, ND and Terry Naturally Educator 5 pm	<b>IN PERSON! Healthier Aging Using Targeted Nutrients</b> with Neil Levin with Neil Levin, CCN, DANLA, NOW® Health Group's Senior Nutrition Education Manager 5 pm in Tacoma	<b>Wholesome – A Sweet Story</b> with Rose Schrader 5 pm <b>What To Do When You Can't Go #2</b> with Jennea Wood, ND and Heidi Ochsner, RD of the Tummy Temple 7 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm	
	<b>Uniform Monday</b> 10% off to all firefighters, police and military!	<b>Detoxification for Cellular Rejuvenation</b> with Ryan Bland, DC and Functional Medicine Practitioner 5 pm	<b>Why Do We need to Take Vitamins?</b> with Neil Levin, CCN, DANLA, NOW® Health Group's Senior Nutrition Education Manager 5 pm	<b>IN PERSON! Digestive Resilience: Enzymes To Transform Your Holiday Experience</b> with Julia Craven, Enzymedica Educator Federal Way 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	<b>Gluten Free and Vegan Holiday Cooking</b> with Chef Tyrone Brown, Owner of Soul Ty's Custom Catering Noon \$25
		<b>Your Turkey Dinner - Where Does It Go?</b> with Adrienne Wilen, ND of Federal Way Naturopathy 5 pm		<b>Happy Thanksgiving!</b> (Both stores closed)	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm	
				<b>Reflexology for Digestion</b> with Linda Frank, RF, NBCR, LMT, CRED, Director, Founder, Reflexology Academy NW 5 pm		<b>Reviewing and Appreciating the Growing Season in Your Garden</b> with Laura Matter, Garden Hotline Educator 10 am

## BODYWORK SCHEDULE

### TACOMA

**Vitamin B and glutathione shots with 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**

4th Sunday, 11 am - 4 pm

360.556.3556

### FEDERAL WAY

**Vitamin B and glutathione shots with 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](mailto:feedback@marlenesmarket-deli.com)



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November 2023

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# Holiday Hours

Thanksgiving Day	Closed
Christmas Eve	8 - 4 pm
Christmas Day	Closed
New Year's Eve	8 - 6 pm
New Year's Day	Closed