



Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

November 2024

Our recipe issue • Digestive wellness
Grocery offerings • Metabolic syndrome

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

A Letter From Us

“When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.”

– Kristin Armstrong, American Olympic cyclist

As the crisp autumn air gives way to the chill of winter, there's something comforting about the slower pace November brings. The days may be shorter, but it's the perfect time to embrace cozy rituals and focus on self-care. Whether it's savoring a warm, nourishing meal or curling up with a hot cup of tea, November invites us to pause and reflect.

With the holiday season just around the corner, it's more important than ever to stay grounded and take care of our health. Immune-boosting habits, such as adding elderberry syrup or vitamin C supplements to your routine, can be helpful in fending off seasonal bugs. Incorporating warming foods like soups and stews made from fresh, local produce can also provide your body with the support it needs during these colder months. Don't forget to drink plenty of water—staying hydrated is just as important now as in the heat of summer!

We hope you take time this month to prioritize your health and well-being. As always, we're here to support you with the highest quality products, expert guidance, and a warm, welcoming community. We look forward to seeing you in the store soon!

Lisa

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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! These birds are 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 that's tender and juicy with an exceptional, rich flavor. 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 Crouete!**



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.



Bold, bubbly, and perfectly paired. Raise a glass!

Pairing is Caring

Consider kicking off your feast with a sparkling white wine! They are excellent accompaniments to starters like cheeses and charcuterie boards.

Café de Paris Blanc de Blancs Brut offers a floral nose with the fresh taste of citrus and white flowers. **Finnriver Artisan Sparkling Cider** is another excellent choice for appetizers with its effervescent apple bouquet and tart, dry body that finishes crisp and clean.



Fullerton Wines has a pair of offerings that excel with a Thanksgiving main course: **Three Otters Pinot Noir** has ample flavors of strawberry, raspberry and cherry accented by spices and herbs; **Three Otters Pinot Gris** boasts apple, pear and spice aromatics and flavors with citrus acidity tamed by sweet pie crust.

Hierophant Counsel of Dryads Perry Cyser is a sparkling fusion of tree resins, spices and pear cider with mead that is made for fall fare. **North Coast Brewing Brother Thelonious** is an abbey-style ale that is malt and yeast-forward providing a rich, warming palate accented with spice from the Belgian yeast.



What's for dessert? How about a stylish and classic digestif to offer some comfort to the overly stuffed? We highly suggest indulging in **Distillerie du Peyrat Organic Selection Cognac** before desert. 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!

Spiced Cider Cocktail

by Frontier Co-op

Makes 6 servings

6 cups	North Coast apple cider
1 tsp	juice of ½ a lemon
½ tsp	cinnamon
¼ tsp	nutmeg
6	ground cloves
6	apple slices
6	whole star anise
6	3-inch cinnamon sticks
6 oz	Ten to One
	Caribbean White Rum

In a large saucepan over medium heat, combine apple cider, lemon juice, cinnamon, nutmeg and cloves. Heat for about 7 minutes, until the liquid begins to steam.

In 6 heat proof glasses or mugs, place an apple slice, star anise, and cinnamon stick.

Ladle 1 cup cider into each mug. Top each with 1 ounce of rum, and serve warm.



Rise and dine! Flavors for a brighter morning.

Bright & Early Bites

Golden Milk Smoothie Bowl

A delicious, anti-inflammatory way to start the day!

2	bananas, sliced and then frozen
1 cup	frozen cauliflower
¼ cup	coconut cream
1	Scoop of vanilla protein powder
5	crystallized ginger, (available in our bulk department)
2	dates
1-2 tsp	turmeric
½ tsp	cinnamon
	Dash or more of plant milk as needed
	Garnish with fruits of choice, granola, shredded coconut

Add all the smoothie ingredients to a high-powered blender. Blend until a thick, smooth texture develops, adding additional plant milk as needed.

Transfer the smoothie to a serving bowl.

As desired, top the smoothie bowl with an assortment fruits and garnishes.



Pumpkin Spice Breakfast Cookies

by GloryBee Foods

You don't have to feel guilty about this cookie – a healthy spin with a pumpkin spice kick! These Pumpkin Spice Breakfast cookies are a great, whole grain and gluten-free option. You can find many of these ingredients in Marlene's bulk foods section. Enjoy!

¼ cup	unrefined virgin coconut oil
¼ cup	GloryBee honey
1 cup	rolled old fashioned oats
1 cup	quick-cooking oats
⅔ cup	dried fruit (cranberries, diced dried apples, or diced apricots)
¼ cup	ground flaxseed
1 tsp	pumpkin pie spice
½ cup	pumpkin puree or applesauce
2	eggs, beaten

Mediterranean Egg Bites

12	large eggs
¼ cup	water or milk
1 tsp	sea salt
½ tsp	black pepper
1 cup	diced fresh tomatoes or ¼ cup diced sundried tomatoes in oil
¼ cup	green onions, diced
¼ cup	pesto
1 cup	shredded mozzarella



Set a rack in the top third of the oven and preheat to 300°F. Grease a 12-cup standard muffin tin.

In a large bowl, thoroughly whisk eggs, water, salt, and pepper. Fold in tomatoes, green onions and spinach. Swirl in pesto.

Evenly distribute the mixture into the wells of the muffin tin, using about 1/3 cup each. Top with about 1 Tbl mozzarella per well. Bake until the egg bites puff up and the tops no longer look wet, 25 to 30 minutes. (The egg bites will puff dramatically in the oven but collapse once cooled.)

Let cool slightly, then remove the egg bites from the tin using an offset spatula or butter knife.

Preheat oven to 350 °F degrees.

Melt coconut oil in the microwave in a small microwave safe bowl. Add honey and whisk until incorporated.

In large bowl, combine oats, dried fruit, flaxseed and spices. Mix until well blended. Add honey and coconut mixture along with pumpkin puree and eggs. Combine all ingredients.

Scoop out ¾ cup sized cookies and place on lined baking sheet. Gently flatten cookies as they do not flatten while baking. Bake for 18-20 minutes until edges of cookies are lightly browned.

Let cookies cool on baking sheet, then transfer to an airtight storage container. Cookies will stay fresh for about a week.

Sip, slurp, and savor a bowl full of flavor.

Comfort in a Bowl

Smoky Sweet Red Lentil Stew

Whip up this heartily spiced vegan stew that's satisfying and full of good-for-you ingredients in under an hour! Smoked paprika, red pepper and tomato paste give tons of umami flavor that's balanced with sweetness from the sweet potatoes and coconut milk. The red lentils melt into the background while providing a great source of protein and fiber.

- 3 Tbl olive oil
- 1 large yellow onion, finely chopped
- 4 garlic cloves, minced
- ½ Tbl fresh ginger, minced
- ½ Tbl garam masala
- 2 Tbl smoked paprika
- ½ tsp red chili flakes
- ¼ cup tomato paste
- 4 cups low sodium vegetable stock
- 2 medium sweet potatoes, cubed
- 1 cup dried red lentils
- 1 13.5 oz can lite coconut milk
- sea salt and pepper to taste
- 4 cups fresh baby spinach
- cilantro to garnish

Heat olive oil in a large pot over medium high heat. Add onions and cook for 5 minutes, stirring often. Add garlic and ginger and cook until very fragrant, about 3 minutes.

Reduce heat to low and add spices and tomato paste. Stir continuously as the tomato paste darkens from bright red to a dark brick color, about 2 minutes.

Add vegetable stock and gently scrape the bottom of the pot to deglaze. Add sweet potatoes and lentils and bring to a boil. Reduce to a simmer, cover and cook until the sweet potatoes and lentils are tender, about 20 minutes.

Stir in coconut milk and add salt and pepper to taste. Just before serving, stir in fresh spinach. Garnish with cilantro and enjoy.



Creamy Curried Butternut Squash Soup

Exotic, warming spices really complement this autumn staple. Your kitchen will smell amazing, and your taste buds will dance!

- 1 Tbl coconut or olive oil
- 1 onion, diced
- 1 apple, grated
- 5 cloves of garlic, smashed and chopped
- 1 small butternut squash, peeled and roasted (about 5 cups)
- 1 tsp sea salt
- 1 Tbl curry powder
- 2 tsp garam masala
- 1 14-oz can of lite coconut milk
- 1½ cups vegetable broth
- 1 Tbl maple syrup
- red chili flakes to taste

In a large heavy-bottomed pot over medium heat, sauté onion in oil for about 5 minutes or until soft. Add garlic and apple, sautéing another 3 minutes. Add butternut squash, salt, curry, and garam masala. Cover to cook about 6 minutes, stirring every couple of minutes.

Add coconut milk, vegetable broth, maple syrup, and chili flakes. Bring to a boil and then reduce heat to low, cover, and simmer for about 10 minutes.

Remove from heat. Purée with an immersion blender or allow to cool for 10 minutes and purée in a blender in batches. We recommend serving with one of **Essential Baking Company's** incredible crusty breads!

Delicious seasonal side kicks!

Sides for the Soul

Awesome Fall Slaw

You're going to want to add this to every meal you make this autumn!

- 3 Tbl olive oil
- 2 Tbl **Bragg® Apple Cider Vinegar**
- 1-2 Tbl maple syrup
- 2 tsp dijon mustard
- 1 tsp sea salt
- 1 lemon, zested and juiced
- 1 large apple, finely shredded
- 4 cups red or green cabbage, finely shredded
- 1 fennel bulb, finely shredded (some chopped fronds are nice, too!)
- 1 large carrot, shredded
- 1 celery stalk, sliced
- 1 small bunch of curly parsley, finely chopped
- ¼ cup red onion, thinly sliced
- 2 tsp caraway seeds, toasted
- ½ cup pumpkin seeds or crushed **Awakened Walnuts®** (available in bulk)

In a small bowl, whisk together the first 6 ingredients to create a dressing. In a large bowl, combine remaining ingredients. Pour dressing over contents of large bowl and gently stir until everything is well coated. Adjust seasoning if needed.



Feta Balsamic Kale

A lightning fast side dish that is incredibly delicious and nourishing, what else could you ask for? You simply must try this wonderful recipe!

- 1 bunch Lacinato kale
- 2 Tbl water
- 2 Tbl feta, crumbled
- 2 tsp **Napa Valley Naturals Balsamic Vinegar**

Remove center rib from each kale leaf. Roll leaves together and slice across to make ½-inch ribbons.

In a large frying pan over medium heat, add water and kale leaves. Steam the kale, turning frequently with a wide spatula or tongs. When kale is just wilted and has turned a deep emerald green (about 3-4 minutes), remove from heat and drain. Return to warm pan and toss with feta. Drizzle evenly with the balsamic vinegar and serve immediately.

Rainbow Cauliflower Gratin

- 2 10-ounce bags **Stahlbush Island Farms Cool Cauliflower**
- 1 red bell pepper, finely diced
- 2 Tbl butter
- 2 Tbl all-purpose flour
- 1 ½ cups milk or plant milk
- 1½ tsp sea salt or to taste
- 1 tsp dried thyme
- ¼ tsp ground nutmeg
- 1 cup **Fonterra Aussie Gold White Cheddar**, grated
- ½ cup shredded parmesan cheese, divided
- ½ cup **Edward & Sons Whole Wheat Panko Breadcrumbs**

Heat oven to 375°. Coat a 1.7-quart dish, 8x8, or 9x9 baking dish with cooking spray and set aside. Place frozen cauliflower and bell pepper in a microwave safe bowl. Sprinkle with 1-2 tablespoons of water. Microwave on high 3-5 minutes until warmed through. In a medium saucepan over medium heat, add the butter to melt, about 1 minute. Sprinkle the flour over the melted butter and cook for 1-2 minutes, or until turning golden; whisking constantly. Slowly add the milk, salt, thyme, and nutmeg. Cook for about 3 minutes, or until thickened;

whisking constantly to avoid lumps and ensure even thickening. Add the cheddar cheese, half the parmesan, and heat until the cheese melts, whisking constantly. Take off the heat and set aside once melted and combined. Place cauliflower in prepared baking dish in an even layer. Pour the cheese sauce evenly over the top. In a small bowl, combine the panko breadcrumbs and remaining parmesan. Evenly sprinkle this mixture over the top of the cheese sauce. Bake for about 20-25 minutes, or until the top is golden brown.

November Events & Education

THE IMPORTANCE OF EVERGREENS



with Laura Matter, Garden Hotline Educator

Saturday, November 2 at 10 am, Online

Explore the diverse advantages of evergreen shrubs and trees, particularly conifers. Uncover their contributions to enriching wildlife habitats, offering windbreaks, cooling your garden in summer, establishing microclimates, and warding off frost. Acquire expertise in the principles of sustainable stormwater management, enhancing your understanding of the vital role evergreens play in a thriving garden.

ENERGY WORK FOR HEALTHY BOUNDARIES AND SELF CARE



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

Saturday, November 2 at 1 pm, Tacoma

With the holiday season approaching, the demands on our self-care routines can become more challenging. In this session, we'll reconnect with our center and explore the importance of nurturing and affirming it, even amidst the excitement and busyness of holiday plans. We'll practice grounding, holding space, and maintaining a vibrant energy field. Be sure to pre-register and join us!



SUPER SENIOR SUNDAY

Sunday, November 3

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

TERRY NATURALLY: WINTER WELLNESS MOOD AND IMMUNE SUPPORT*



with Lexi Loch, ND, and Terry Naturally Educator

Thursday, November 7 at 5 pm, Federal Way

As the days get shorter and colder, support for mood and the immune system becomes even more important. This class will focus on how to support your mental and physical wellness during the winter months. Lexi Loch, ND, will guide you through key nutrients and lifestyle strategies to help you stay vibrant, support a positive mood, and enhance your overall well-being through the darker days of the season.*



*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.

UNIFORM MONDAY

Monday, November 11

10% off all to all firefighters, police and military!

HEALING HEARTBURN NATURALLY



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

Tuesday, November 12 at 7 pm, Online

Heartburn and acid reflux both describe a common spectrum of symptoms that range from pesky to downright distressing. Conventionally, these conditions are treated by blocking or neutralizing stomach acid with medications like Prilosec or Tums. But the long-term consequences of this approach are less than ideal. Come learn about the true root causes of acid reflux and how to start down the path of healing.



ENERGIZE AND HEAL: INTRO TO PRANIC HEALING



with Eduardo Sztokbant, Pranic Healer

**Thursday, November 14 from 5 pm – 7 pm
Federal Way**

Tap into the power of energy healing with Eduardo Sztokbant in this hands-on Pranic Healing workshop! Learn how to cleanse and balance your body's energy field, boost your vitality, and promote physical and emotional well-being. Whether you're curious about energy work or looking to expand your skills, this fun and interactive class will teach you practical techniques to restore balance, reduce stress, and enhance your overall health.



HOLIDAY CRAFTS & YOUTH BENEFIT DONATIONS



with Spun Clay Arts Studio and Stars 4 Peace

Saturday, November 16 from 12 pm - 3 pm Tacoma

Join us for a fun clay crafting afternoon with SPUN Clay Art Studio and Stars 4 Peace at Marlene's Market & Deli! All materials are provided, no experience needed. Enjoy the community vibe and take home your own creation. Bring quality items to donate for At-Risk Youth and families through Stars 4 Peace. Help make a positive impact this holiday season. Learn more at www.Stars4Peace.org.



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

BOOST YOUR WELLNESS WITH DR. MERCOLA SUPPLEMENTS



with Glen Depke, Traditional Naturopath and Mercola Educator

Thursday, November 21 at 5 pm, Online

Join Glen Depke, a traditional naturopath and Mercola educator, for an insightful class on the benefits of Mercola supplements.

Learn how these high-quality, research-backed supplements can support your immune system, boost energy, and improve overall wellness. Whether you're looking to enhance your daily routine or address specific health concerns, this class will provide you with practical knowledge on how to incorporate Mercola products into your lifestyle for optimal health.

KNIFE SHARPENING POP-UP



with Genevieve, Kneighbourhood Knives

Friday, November 22, 9 am - 4 pm, Tacoma

Bring your kitchen knives in for a traditional whetstone hand-sharpening! \$10 per knife. Kitchen knives only.

HOLIDAY DIGESTION: EAT YOUR ENZYMES!



with Julia Craven, Enzymedica Educator

Saturday, November 23 at 12 pm Tacoma

The holidays are full of delicious meals, but they can also come with digestive discomfort. In

this class, you'll learn how digestive enzymes can help you break down rich foods, prevent bloating, and support overall digestive health. Julia Craven, an Enzymedica educator, will explain the science behind enzymes and how to incorporate them into your routine so you can enjoy holiday feasts without the post-meal discomfort.



Beer, Wine & Spirits Tastings

1 - 3 pm | 21+ with ID

Federal Way

Friday, November 1
Friday, November 15
Friday, November 29

Tacoma

Friday, November 8
Friday, November 22



Easy Energetic Reset

Life moves fast, and sometimes, our energy gets drained before we even realize it. Whether it's stress from work, emotional ups and downs, or just feeling off-balance, a simple energetic reset can bring you back to your center quickly—no fancy tools or long meditation sessions required! Here's a beginner-friendly technique you can use anytime, anywhere to ground yourself and reset your energy.

Step 1: Ground Yourself - Find a quiet spot, if possible, but this can be done anywhere. Stand or sit comfortably with your feet flat on the ground. Close your eyes, take a deep breath in, and imagine roots growing from your feet into the earth, grounding you firmly. Visualize yourself drawing in the earth's energy with every inhale, feeling connected and supported.

Step 2: Focus on Your Breath - With your eyes closed, take slow, deep breaths. Inhale for a count of four, hold for two seconds, and exhale slowly for six. Focus on the breath as it fills your lungs and feel your body relaxing with each exhale. This helps clear stagnant energy and promote calm.

Step 3: Visualize a Light Cleanse - Now, picture a warm, bright light surrounding your body. Imagine this light gently washing away any negative or heavy energy you've picked up throughout the day. See it cleansing your energy field and leaving you feeling refreshed, balanced, and recharged.

Dig in to healthy, hearty fare!

Refreshing Main Dishes

One-Pot Shrimp and White Bean Provençal

- 4 tsp olive oil
- 1 lb **Sea Joy® Organic Raw Shrimp**, thawed, tail shells removed
- ¼ tsp crushed red pepper flakes
- ¼ tsp sea salt
- 1 medium bulb fennel, cored and diced (about 1 1/2 cups)
- 1 cup diced yellow onion
- 2 cloves garlic, finely chopped
- 1 cup diced yellow or orange bell pepper (about 1 medium)
- 2 tsp **Simply Organic® herbes de Provence**
- 1 14.5 oz can Muir Glen™ Organic Diced Tomatoes, undrained
- 1 15 oz can **Eden® Cannellini Beans**, drained, rinsed
- 2 Tbl thinly sliced basil leaves

In a large skillet, heat 2 teaspoons of the oil over medium heat. Season shrimp with pepper flakes and salt. Cook 2 to 3 minutes, turning once, until shrimp are pink. Remove shrimp and reserve.

In same skillet, add remaining 2 teaspoons olive oil, the fennel and onion; cook 4 to 5 minutes, stirring frequently, until fennel and onion just start to soften. Add garlic; cook 1 minute. Add bell pepper and herbes de Provence; stir to blend, and cook 3 minutes. Stir in tomatoes and beans; heat to simmering, then return shrimp to skillet. Simmer 1 to 2 minutes or until shrimp are heated. Transfer to serving bowl; garnish with basil.



Primal Harvest Bowl with Honey Mustard

When the air is cool and crisp, there's no better way to feed your body than with a wholesome harvest bowl salad made with everyone's favorite fall and winter veggies!

Filled with warming flavors, this cozy and comforting salad is made with Primal Kitchen delicious Honey Mustard Dressing & Marinade. Serve it as a side salad or top with extra protein for a satisfying dish that fits into your clean-eating lifestyle.

- 2 cups arugula
- ½ cup butternut squash, cubed
- 6 crosswise slices of Delicata squash
- 6 baby carrots, cut lengthwise
- 8 Brussels sprouts, trimmed and halved
- 1 apple, cubed
- ¼ cup pecans
- Primal Kitchen Honey Mustard Dressing & Marinade**
- 2 Tbl **Primal Kitchen Avocado Oil**

Toss the butternut, Delicata, baby carrots and Brussels sprouts in **Primal Kitchen Avocado Oil**. Sprinkle with salt and pepper and lay them out on a lined baking sheet. Bake at 350°F until tender (about 45 minutes).

In a large mixing bowl, combine the arugula, baked veggies, baby carrots, and pecans. Add **Primal Kitchen Honey Mustard Dressing & Marinade** (to taste), and toss.

Add the apple cubes. Portion the salad into two bowls. Serve and enjoy!

A touch of decadent, seasonal sweetness.

Delightful Desserts



Gingerbread Fig Crumb Bars

by Bob's Red Mill

These Gingerbread Fig Crumb Bars have a spicy-sweet flavor that captures the essence of autumn and winter baking!

- 14 oz dried Mission figs, chopped into small pieces (available in Marlene's bulk department)
- 1 cup water
- 1 Tbl vanilla
- 1 cup rolled oats
- 1 ¼ cups all-purpose flour or **Bob's Red Mill Gluten Free 1-to-1 Baking Flour**
- ½ cup brown sugar, packed
- 2 Tbl molasses
- 1 tsp ground cinnamon
- ¾ tsp ground ginger
- ¼ tsp nutmeg
- ¼ tsp ground cloves
- ¼ tsp white pepper
- ¼ tsp sea salt
- 14 Tbl cold butter, cut into small pieces

Preheat oven to 350°F. Line an 8 x 8-inch pan with parchment paper.

Combine figs and water in a small saucepan over medium-high heat and simmer for about 15 minutes, until figs soften. Pour mixture into a food processor and blend to a jam-like texture. Add vanilla and blend to incorporate.

Combine oats, flour, brown sugar, molasses, cinnamon, ginger, nutmeg, cloves, white pepper and sea salt in a large bowl and mix well to combine. Using a stand mixer or a fork, cut butter into the oat mixture until a coarse meal has formed, making sure it's evenly distributed.

Press half the oatmeal mixture into the bottom of the prepared pan. Spread the fig mixture evenly over the top. Evenly sprinkle with the remaining crumb mixture. Bake for 25-30 minutes, until golden. Remove from the oven and cool completely before slicing.

Pumpkin Chocolate Chip Cakies

Pillowy, perfectly spiced, gluten free and vegan!

Makes about 3 dozen cakies.

- 1 box **Namaste Spice Cake Mix**
- 2 tsp baking powder
- 2 tsp **Frontier Pumpkin Pie Spice**
- ¼ cup coconut oil, melted
- ¼ cup plant milk
- 1 15 oz can **Farmer's Market Pumpkin Purée**
- 1 cup **Enjoy Life Mini Chocolate Chips**

In a small bowl, whisk together all wet ingredients. In a large bowl, whisk together cake mix, baking powder and pumpkin pie spice.

Pour wet ingredients into dry ingredients and stir until completely incorporated. Stir in chocolate chips

Drop batter in 1 tablespoon portions onto cookie sheet. Bake about 12 minutes, until cookies puff up and edges begin to turn golden brown. Allow to cool slightly before transferring to a rack until cooled completely.



For the kitchen apothecarist!

Medicinal Teas & Elixirs

Cold & Flu Comfort Tea

2 Tbl	elder flowers
1 Tbl	yarrow flowers
1 Tbl	hyssop
1 Tbl	peppermint
1 tsp	shredded ginger
1 tsp	cinnamon chips
2 tsp	shredded slippery elm
½ tsp	whole cloves
	Squeeze of lemon
	Drizzle of honey

Combine the dried herbs and spices (first 8 ingredients). To brew, bring 16 oz water to boil. Place 1 tablespoon of the tea mix in a heat proof container. Pour water just off the boil over the tea. Cover and let steep for 10 minutes. Strain into a large mug and stir in lemon and honey. Sip and feel better!

Makes about 6 servings.

Easy Elderberry Syrup

by Frontier Co-Op

1 cup	dried elderberries
3 cups	water
2 Tbl	grated ginger
1 Tbl	powdered cinnamon
1 Tbl	whole cloves
1 cup	honey or agave syrup

In a saucepan, combine all ingredients except honey and bring to a boil. Reduce heat to simmer and partially cover with lid. Stir occasionally and simmer until liquid is reduced by half. Remove from heat and let cool slightly. Pour through a strainer into a jar (discard solids). Add honey and mix thoroughly. Take by the spoonful or dissolve in hot water or tea. Cover and store in refrigerator for up to 3 weeks or freeze up to 6 months.



Simple Fire Cider

This traditional fire cider recipe is an easy herbal remedy to make at home and a potent natural support during cold and flu season!

½ cup	onion, chopped
½ cup	horseradish, chopped
½ cup	ginger, chopped
1	lemon, sliced into ¼-inch rounds
3	jalapenos or 1 habanero, chopped
12	garlic cloves, smashed and chopped
2½ cups	raw apple cider vinegar

Layer the prepared ingredients in a quart glass jar.

Pour raw apple cider vinegar over the fire cider ingredients until just covered.

Cover the jar with an airtight lid and place it somewhere you'll see it daily. Keep it away from direct sunlight. Shake or swish the jar daily. Allow the ingredients to steep in the apple cider vinegar for at least 3 weeks.

Strain the liquid from the solids and transfer liquid to a clean jar. If you plan on using the fire cider straight, each spoonful can be mixed with two spoonfuls of water. Many people like to take a lemon juice and honey chaser as well.

Store your fire cider with an airtight lid in a cool place or refrigerate.

Simple, effective and chemical-free care

Home & Body Care

Anti Germ Cleaning Spray

Go beyond aromatherapy! Harness the power of essential oils for keeping your home clean and fresh during cold and flu season. Use this multi-purpose spray on surfaces and touchpoints like kitchen counters, glass or tile tabletops, sinks, toilets, and doorknobs. *

Marlene's carries a wonderful essential oil blend by **Uncle Harry's** called **Four Bandits Antigerm Blend**. You could also use 55 drops of this blend in place of the suggested essential oils in this recipe.

20 drops organic clove bud essential oil
15 drops organic lemon essential oil
10 drops organic cinnamon essential oil
5 drops organic eucalyptus essential oil
5 drops organic tea tree essential oil
½ cup rubbing alcohol
1 ½ cups distilled water
1 Tbl **Dr. Bronner's Liquid Castile Soap**



Add essential oils and alcohol to a glass spray bottle. Shake well to incorporate essential oils into alcohol. Add distilled water and castile soap. Shake again and let sit overnight to allow ingredients to meld together. Label and date (cleaning solution should be good for 1 year). Shake well before each use.

*Not intended for use on wood surfaces

Matcha Exfoliating Moisture Body Scrub with Pumpkin Spice

If your skin could use a boost during this seasonal transition, we have a treat for you! This scrub is especially effective if you towel dry after showering or bathing. Apply it and vigorously scrub until the salt and sugar dissolve, then rinse. Your skin will be exfoliated, invigorated, and oh-so-moisturized with a light and spicy scent. Yum!

½ cup brown sugar or demerara sugar
½ cup sea salt or Epsom salt
1 tsp matcha powder
1 Tbl pumpkin pie spice
¼ cup coconut oil, melted
1 cinnamon stick for scooping

In a medium bowl, add brown sugar, sea salt, matcha powder, and pumpkin pie spice and stir until uniform.

Drizzle in the coconut oil and mix thoroughly.

If the mixture seems a bit too crumbly, add more coconut oil. When you've reached the desired consistency, spoon your scrub into a container and cover until ready for use.

Calendula Care-All Rub for Hands & Feet

½ cup dried calendula flowers
3 Tbl cocoa butter
2 Tbl apricot or grapeseed oil
¼ cup castor oil

Place calendula flowers in a glass jar. Set aside.

Add cocoa butter and oils into a double boiler insert. Gently warm over low heat until cocoa butter is fully melted.

Remove from heat and pour over calendula flowers. Cover and steep for 24 hours. Strain into a clean jar and cover.

For hands: Massage liberal amount of blend into hands for a few minutes. Gently wipe excess from hands with a clean, soft cloth.

For feet: Massage liberal amount into feet a few minutes before bed, then put on soft cotton socks for sleeping.

Store in cool, dark place and use within six months.





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Inflammation Digestive issues can lead to gut inflammation, linked to autoimmune disorders and heart disease.

Nutrient Absorption Even with a good diet, poor digestion limits nutrient uptake, leading to fatigue and weak immunity.

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Aloha to Wellness - Mālama Mushrooms

The most common question when the topic goes to functional mushroom products tends to be: “Are these magic mushrooms?” Well, this Hawai’i based company is determined to prove that ALL mushrooms are magic.

While these aren't psilocybin-containing hallucinogenic mushrooms (most commonly referred to when talking about ‘magic’ mushrooms), their healthful effects are just as remarkable.

Mālama Mushrooms is a family-owned business based in Kona, Hawaii, dedicated to promoting health and wellness through the power of superfood mushrooms. Founded by Benjamin Lillibridge in 2015, the brand’s name, "Mālama," meaning "protect, preserve, and nurture" in Hawaiian, reflects the company’s core mission of sharing the healing properties of mushrooms.

Residents in the Pacific Northwest are probably most initiated with the wonder of mushrooms. But for those new to the party, welcome! Now let’s give you some ‘mush’ needed context: Mushrooms have been used for targeting a prodigious number of ailments and maladies in traditional cultures medicinal regimes throughout the world spanning millennia. The conventional western world, in their typical resistance to harnessing the holistic capabilities of Earth’s natural intelligence, has been a tad slower to embrace. However, fungi had their historic watershed moment in America during WWII when the power of a lowly fungus, *Penicillium* spp., was utilized to create the first industrially scaled anti-biotic, Penicillin, and deployed to the allied troops and eventually the rest of the world. This had a dramatic effect on reducing mortality from infections.

Today, the literature surrounding fungi such as functional superfood mushrooms such as lion’s mane, reishi, cordyceps & chaga has expanded immensely.

Lion’s Mane - Known for its cognitive benefits, Lion’s Mane is often referred to as a “brain booster”. It supports memory, focus, and mental clarity, and has been shown to promote nerve regeneration. Its anti-inflammatory properties may also reduce the risk of neurodegenerative diseases like Alzheimer’s and Parkinson’s. Lion’s Mane is a great option for anyone looking to enhance brain health and overall cognitive function for themselves, their family and even their dog!

Reishi - Nicknamed the “mushroom of immortality” Reishi is revered for its stress- relieving and immune-boosting properties. It helps calm the mind, improve sleep quality, and strengthen the immune system. Reishi is also known for its anti-inflammatory and cardiovascular benefits, making it ideal for supporting overall well-being.

Cordyceps - Cordyceps is celebrated for its ability to boost energy and enhance athletic performance. By improving oxygen uptake and increasing stamina, it’s a popular choice for athletes or those seeking a natural energy boost without a crash. It is also linked to improved lung function and anti-aging benefits.

Chaga - Packed with antioxidants, Chaga is a powerful mushroom that supports immune function and combats oxidative stress. It is also renowned for its ability to promote skin health by fighting free radicals and supporting cellular regeneration.

Mālama Mushrooms crafts a variety of products that make it easy to incorporate these powerful mushrooms into your daily routine. Whether you’re looking to improve cognitive function, enhance your immune system, or reduce stress, there’s a Mālama product designed to support your health goals.

In line with their commitment to quality, Mālama uses organic, fruiting bodies of the mushrooms, a method aligned with traditional practices which does not include any of the oats & rice substrate used in the growing process.

But it’s not just obsession with quality that makes Mālama aligned with their namesake of ‘protecting, preserving & nurturing’. The company also donates 5% of profits to the Hawaii Fungi Project, a non-profit dedicated to studying and preserving the native Hawaiian mushrooms, some of which are already on the IUCN’s Endangered Species list and have seldom been seen by human eyes. In addition, during the Maui Fires last year, one of their mushroom farm partners lost 70% of the accounts they sold fresh lion’s mane to overnight. Mālama sprang into action and began dehydrating & extracting their mushrooms to incorporate into their product line and support.

MĀLAMA MUSHROOMS Supplements

Assorted sizes and varieties

15 % off

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What does your stomach do for you?

by Jennea Wood, ND

The stomach is a bit like a washing machine and a healthy stomach has about a 2-4 hour “spin cycle.” Food passes from the mouth, down the esophagus into the stomach where it gets vigorously mixed around with stomach acid and an enzyme called pepsin. This important duo starts breaking down the protein in our food before it passes into the small intestine.

Without sufficient stomach acid, we don't digest protein properly and people often begin to notice that when they eat meat, they get a heavy discomfort in their stomach and it feels like the food sits around for too long.

Additionally, certain nutrients depend on a happy, healthy stomach with plenty of acid to be absorbed. These include:

Vitamin B12

A crucial ingredient called Intrinsic Factor also gets produced in the stomach and added to the mix. Intrinsic factor must bind to B12 in the presence of plenty of acid and pepsin in order to allow it to be absorbed out of the small intestine and into the bloodstream.

Iron

Iron from non-animal sources, which for many of us makes up about 80% of our dietary iron, requires a highly acidic environment and the presence of vitamin C in the stomach to be absorbed. Without sufficient stomach acid and vitamin C, we will be at increased risk of iron deficiency.

Vitamin C

Vitamin C is an antioxidant that helps protect us from oxidative damage. Research has shown that lower stomach acid levels due to the use of proton pump inhibitor medications like Prilosec, omeprazole and others, results in reduced blood levels of vitamin C. The same pattern is seen in people with H. pylori, a type of bacteria that can grow in the stomach and reduce stomach acid levels. This may be because vitamin C becomes very unstable and prone to breaking down in non-acidic environments.

Calcium and Magnesium

The data is less clear, but there is likely a relationship between low stomach acid and deficiencies in these two important minerals.

Support healthy stomach acid levels by:

- Eating in a relaxed state
- Chewing food completely
- Eating bitter or sour foods at the beginning of a meal
- Taking herbal digestive bitters or a “shot” of apple cider vinegar mixed in a little water 10-15 minutes before meals.

Steer clear of the following to support healthy stomach function:

- NSAID medications like aspirin, ibuprofen, naproxen, Advil, etc.
- Alcohol
- High and unremitting stress
- Coffee
- Acid blocking medications like Tums, Prilosec, omeprazole, etc.
- Gastric bypass surgery

If you regularly take NSAID medications for pain, or acid blocking medications for heartburn, consider consulting with an ND to treat the underlying cause(s) of your pain or heartburn. That way, you may be able to stop taking these medications and ditch the unfortunate side effects.

Please join me on Tuesday November 12th at 7pm for my online class on Healing Heartburn Naturally.

Jennea Wood, ND, practices at Tummy Temple's Olympia location, she specializes in supporting people with chronic illness. She helps clients identify root causes, release what no longer serves them, and make meaningful changes. Learn more at Tummy Temple.

Join us online!
**HEALING HEARTBURN
NATURALLY**
with Jennea Wood, ND
and Heidi Ochsner RD
of Tummy Temple
Tuesday, November 12
@ 7 pm



Berberine Prevents Metabolic Syndrome and More*

by Terry Lemerond

You may have heard about berberine but wondered exactly what it is. Berberine is not a plant, but a botanical compound available from many sources, just as vitamin C is not a plant, but many plants contain vitamin C. This particular compound—and the plants in which it is found—have been a part of Ayurvedic and Chinese medical practice for thousands of years. Research is just starting to catch up, showing that berberine fights tumors, fatty liver disease, arthritis, irritable bowel syndrome, Alzheimer's, and more. But one of the reasons I like berberine is that it can address the combined disorders that contribute to metabolic syndrome.

Stop Metabolic Syndrome with Berberine

Metabolic syndrome is a clustering of disease factors: high blood pressure, imbalanced cholesterol levels, elevated triglycerides, high blood sugar, and excess weight. All these conditions are related to inflammation and oxidation. The extra weight so prevalent in metabolic syndrome is influenced, in part, by our blood sugar levels and stress hormones. As you might suspect, these conditions also cause inflammation and are influenced by inflammation. Berberine effectively addresses each of these problems.

It is estimated that 1 in 3 American adults has metabolic syndrome – a combination of conditions that can include type 2 diabetes, high blood pressure, obesity, cholesterol imbalance, and high triglyceride levels. These represent some of the most prevalent (and preventable) disorders in the modern world.

It may surprise you that berberine, a natural compound, can effectively

address all of them and more. The right form of berberine can aid the body to:

- Stop the dysfunction of metabolic syndrome
- Reduce triglycerides
- Balance cholesterol
- Fight hypertension
- Normalize blood sugar
- Assist in weight loss
- Protect the liver
- Reduce DNA damage and arrest tumor growth
- Inhibit inflammation and oxidative stress

Better Berberine Absorption

Berberine can be difficult for the body to fully absorb. In fact, as little as five percent of every dose may actually get into the bloodstream. That's why practitioners have recommended 500 mg, three times a day so that an effective amount of berberine is absorbed.

However, there is a new plant based system called gammacyclodextrin that has been clinically studied to boost the absorption of herbs and other nutraceuticals by 8 times or more. This system is both fat and water soluble and forms a natural cup, which surrounds the compound to ease its transit across the intestines. Using this system can mean that lower doses of berberine (250 mg) can be used while still providing powerful results.

After much clinical research, painstaking formulation and processing, I believe our products **Terry Naturally® Berberine** and **Terry Naturally®**



Berberine MetX™ Extra Strength are the finest and most effective berberine supplements available on the market today. You can find them at Marlene's in the supplements department.

Terry Lemerond is a natural health expert with over 50 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. A much sought-after speaker and accomplished author, Terry shares his wealth of experience and knowledge in health and nutrition through his educational programs. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.

*Always consult your physician or healthcare practitioner when considering a new supplement.

This article is intended to provide you with information to maintain your health.

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November Calendar of Events

Class registration at:
www.marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					BEER, WINE & SPIRITS TASTING <i>Federal Way</i> 1 pm - 3 pm 1	The Importance of Evergreens with Laura Matter, Garden Hotline Educator 10 am, Online Energy Work for Healthy Boundaries and Self Care with Francesca Siena, R.F., Reiki Master Teacher 1 pm, Tacoma 2
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 3				Terry Naturally: Winter Wellness Mood And Immune Support with Lexi Loch, ND, and Terry Naturally Educator 5 pm, Federal Way 7	BEER, WINE & SPIRITS TASTING <i>Tacoma</i> 1 pm - 3 pm 8	
	Uniform Monday 10% off to all firefighters, police and military! 10	Healing Heartburn Naturally with Jennea Wood, ND, and Heidi Ochsner, RD 7 pm, Online 11		Energize and Heal: Intro to Pranic Healing with Eduardo Sztokbant, Pranic Healer 5 pm - 7 pm, Federal Way 14	BEER, WINE & SPIRITS TASTING <i>Federal Way</i> 1 pm - 3 pm 15	Holiday Crafts & Youth Benefit Donations with Spun Clay Art Gallery and Stars 4 Peace 12 pm - 3 pm, Tacoma 16
				Boost Your Wellness with Dr. Mercola Supplements with Glen Depke, Traditional Naturopath and Mercola Educator 5 pm, Tacoma 21	Knife Sharpening Pop-Up with Genevieve, Neighborhood Knives 9 am - 4 pm, Tacoma \$10 per knife BEER, WINE & SPIRITS TASTING <i>Tacoma, 1 pm - 3 pm</i> 22	Holiday Digestion: Eat Your Enzymes! with Julia Craven, Enzymedica Educator 12 pm, Tacoma 23
				Happy Thanksgiving Both Stores Closed 28	BEER, WINE & SPIRITS TASTING <i>Federal Way</i> 1 pm - 3 pm 29	

BODYWORK SCHEDULE

Vitamin Shots with Physician Coach

Tacoma Tuesday, 10 am - 2 pm

Federal Way Wednesday, 11 am - 3 pm

When you arrive, text "HERE" to 401.217.9902. You will be notified when it is your turn.

Seated Massage with Erica Seter

Federal Way

Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm

Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

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



FEDERAL WAY

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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

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TACOMA

2951 S. 38th Street
253.472.4080

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Sunday 9 am - 7 pm

Deli Hours

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

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



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November 2024

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Holiday CELEBRATION

Join us in November to celebrate with samples, savings and gift basket giveaways!

