

Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

October 2020

Thermography • Thanksgiving menu
Fair trade shea butter • Fantastic bulk goods

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UPDATED STORE HOURS BEGINNING OCTOBER 1!

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

Our deli counter service will be available until 6 pm
with grab and go options available until 8 pm.

A Letter From Us

Welcome to October!

This month we are celebrating Non-GMO and Fair Trade. As we continue to adjust to current safety rules, instead of our normal one-day Non-GMO/Fair Trade Event, we invite you to celebrate with us all month long. Please check out our Non-GMO and Fair Trade products on our end cap displays, look for monthly specials, and sign up for gift basket giveaways.

Our education focus this month includes tools for supporting your immune system, tips for creating a joyful living space, addressing inflammation, exploring thermography and more!

Please see page 10 for details, and visit us online to learn more at marlenesmarket-deli.com.

I am looking forward to our classic Pacific Northwest October weather - clear skies with crisp, cool temperatures. Perfect weather for all of us to continue our outdoor adventures.

I love that so many of us have embraced the outdoors more than ever as we work our way through this unusual year. For me, being outdoors restores my equilibrium and refreshes my brain. Whether it's a stroll around my neighborhood, a hike in the mountains, a walk on the beach, or just relaxing in the backyard, I always feel better.

So, let's keep getting outdoors! The negative ions from the trees and water will support our mental and physical health. And when the rain comes, we all have raincoats, right?

Thank you for your shopping with us. We appreciate your support and will continue to work hard to provide a safe, comfortable and welcoming shopping environment.

Lisa



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Questions or comments? Contact us at feedback@marlenesmarket-deli.com.

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Savory Autumn Wild Rice

Vegan and Gluten Free!



Ojibwe women gather wild rice.

by Jeanne Logman, CNT

Like so many others, I am a summer person, and the transition to fall can be really challenging. I have found that having a list of all of the things that are unique to the season is helpful to brighten my outlook as the days grow cooler, shorter and (sigh) *wetter*.

In addition to fluffy wool socks, beautiful sweaters and beeswax candles, I have a rotation of recipes that make their appearance in autumn. Remembering all of these delicious seasonal favorites and knowing that apples, mushrooms, squashes and root vegetables are at their peak this time of year is a tremendous boost! This wild rice recipe captures the best of the season's flavors and is the one I look forward to the most. It is excellent as a side dish, makes wonderful leftovers, freezes well, and can even double as a creative omelette filling. I hope it nourishes and warms you for many, many autumns to come!



- 1 cup wild rice
- 2 ½ cups vegetable stock or water
- 2 Tbl olive oil
- 2 leeks white and light green portions only, sliced
- 2 cups mushrooms sliced (cremini or wild mushrooms are great choices)
- 1 tsp dried thyme leaves
- 1 tsp fresh rosemary, minced
- 2 Tbl toasted pine nuts
- 2 Tbl pecans, roughly chopped
- 2 Tbl hazelnuts, roughly chopped
- 1 tsp sea salt

Rinse wild rice and place in a large saucepan with vegetable stock. Bring to a boil, reduce heat to low, cover and simmer for 45 minutes. If liquid has been absorbed and grains are splitting and curling, rice is done. If not, continue simmering covered for 5-minute increments until rice is done. Remove from heat.

In a large frying pan, sauté leeks in olive oil over medium heat about 5 minutes, until soft and translucent. Add mushrooms, thyme, rosemary and salt and sauté about 5 minutes or until mushrooms are soft. Stir in nuts and heat through. Fold mixture into wild rice. Season with additional salt if desired. Experience deliciousness!



THE LYMPHATIC SYSTEM: WHERE INFLAMMATION IS BORN

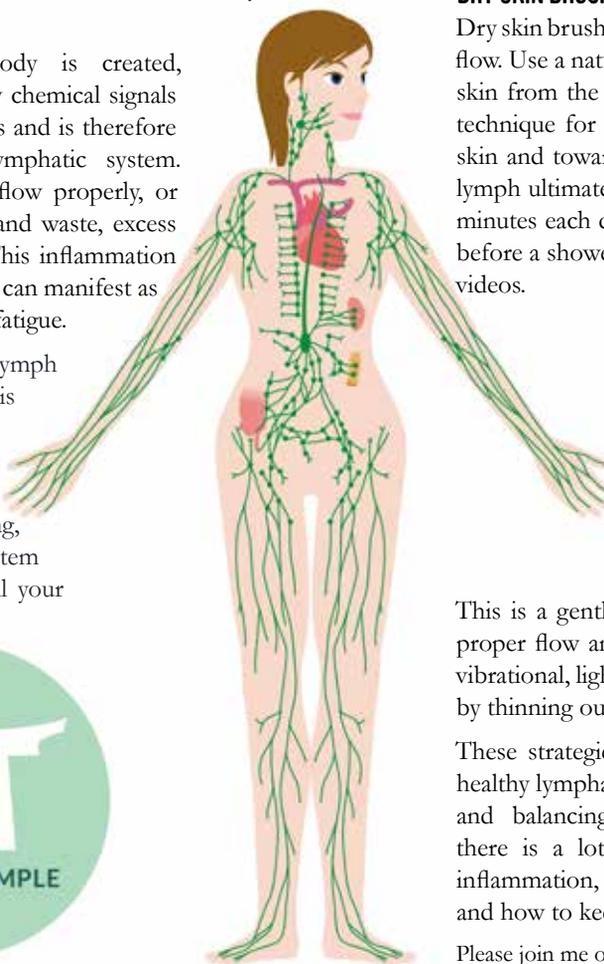
by Dr. Jennea Wood

Did you know that in addition to your arteries and veins, there is another circulatory system in your body called the lymphatic system?

The lymphatic system is a network of vessels that mainly lies close under the skin and provides a super highway by which immune cells travel throughout the body monitoring for invaders such as bacteria and viruses. These vessels also act as a waste disposal system. Environmental toxins, excess hormones and metabolic waste products are vacuumed up from the organs and the spaces between the cells and shunted through these vessels to the liver for processing and are then eliminated from the body via urine and stool.

Inflammation in the body is created, modulated and adjusted by chemical signals released from immune cells and is therefore mediated through the lymphatic system. When the lymph doesn't flow properly, or is overloaded with toxins and waste, excess inflammation can result. This inflammation can sometimes be silent, or can manifest as chronic pain, swelling and fatigue.

That's why getting the lymph circulating properly is something I focus on with EVERY SINGLE PERSON I work with. If the lymph isn't moving, how will your immune system function well and how will your body get rid of toxins?



my live Facebook class:

'What is Inflammation, Really?' to keep learning.

Dr. Jennea Wood is a naturopathic physician practicing with Tummy Temple in Greater Olympia/Lacey. Her goal with every patient is to identify and address root causes of disease. Her areas of specialty include helping people who are struggling with gastrointestinal diseases of all kinds, thyroid and adrenal dysfunction, anxiety and depression, atopic diseases including asthma, allergies and eczema and autoimmune conditions. You can learn more about her practice and the other offerings at: <https://www.tummytemple.com/jennea-wood-nd/>

4 OCTOBER

So how can you give your lymphatic system some love?

GET MOVING

The muscles act as pumps that move the lymph. So do what you love: walk, run, stretch, do yoga, and do it regularly. Rebounding, or gentle bouncing on a trampoline is particularly effective to move the lymph.

STAY HYDRATED

One of the primary causes of lymphatic stagnation is dehydration and it's not hard to imagine why. If the lymphatic fluid becomes more like glue than like liquid, it will tend to become clogged. Prevent this by drinking 8 to 10 glasses of filtered water per day.

CLEAN UP YOUR PERSONAL CARE REGIMEN

Go through your cosmetics and body care products and look them up on the Skin Deep database to determine their safety: ewg.org/skindeep/ If they have a rating over a 3, replace them with a safer, non-toxic alternative.

DRY SKIN BRUSHING

Dry skin brushing is a wonderful home treatment to help stimulate lymph flow. Use a natural bristle brush to apply gentle sweeping motions to the skin from the ends of the limbs toward the heart. This is an effective technique for moving the lymph through the vessels just beneath the skin and toward the thoracic duct under the left collarbone where the lymph ultimately joins the bloodstream. I recommend spending several minutes each day gently brushing your skin. This is a great thing to do before a shower. Visit www.tummytemple.com for links to instructional videos.

CASTOR OIL PACKS

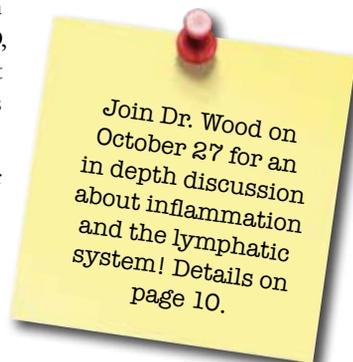
This is another wonderful treatment that I frequently recommend to my patients. Castor oil packs are an old naturopathic home treatment using castor oil applied topically over the belly to help stimulate lymph movement in the abdomen. Visit www.tummytemple.com for links to instructional videos.

DECONGESTIVE LYMPHATIC THERAPY

This is a gentle yet powerful, non-invasive technique to stimulate the proper flow and drainage of the lymphatic system. A combination of vibrational, light and electrical waves help to stimulate the flow of lymph by thinning out and mobilizing the lymphatic fluid.

These strategies and techniques are great ways to begin cultivating a healthy lymphatic and immune system and balancing inflammation. AND, there is a lot more to learn about inflammation, its benefits and dangers and how to keep it in check.

Please join me on October 27th at 5pm for



It Takes a Village: Alaffia Grows a Community and Gives Back

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

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

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

Alaffia defines itself as "a social enterprise on a mission to invest in a more equitable future". The company aims to alleviate

poverty and advance gender equality through the Certified Fair Trade of indigenous resources and community empowerment projects. The organization's cooperatives employ thousands of women and indirectly impact of thousands more.

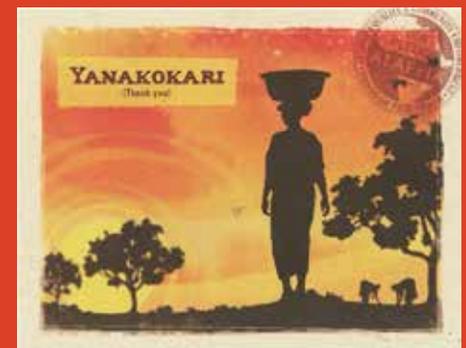
In the Alaffia Village Co-op in Togo, members handcraft indigenous ingredients using traditional African recipes and methods with products finished at the organization's U.S. headquarters in Olympia, WA. These award-winning products are cruelty-free and do not contain sulfates, parabens, phthalates, mineral oil, artificial color or synthetic fragrance.

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

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



All Alaffia products 20% off through October!
What a great time to stock up and try something new!





ECO-FRIENDLY HUMMINGBIRD

Hazelnuts

by Hummingbird Wholesale

As we head into fall in the Pacific Northwest, crisp evenings and the changing color palette of leaves stirs up nostalgia and excitement for fall harvests. In Oregon, we look forward to this time of year, when our official state nut, the hazelnut (otherwise known as filbert) ripens and falls to the ground, ready to be harvested. If you have never tasted an Oregon-grown, organic hazelnut, you are in for a treat with that first bite. If you are already familiar with this delicious nut, then you know how good they are! They are delicious however you eat them – raw or roasted, as a snack, on a salad, baked into your favorite cookie recipe or ground into a nut butter spread.

Hazelnut facts:

Oregon offers the perfect climate and soil for growing these delectable nuts that are well-known by chefs and lovers of good food.

99% of the U.S. hazelnut crop is grown in Oregon, yet only 1% of that is certified Organic—of roughly 80,000 total acres in Oregon, just over 800 are Certified Organic.

A one-ounce serving of hazelnuts has 2.7 grams of dietary fiber, 20% of the Daily Recommended Intake (DRI) for the antioxidant vitamin E, 25% for copper and more than 90% for manganese.

We know the way that food is grown and packaged has a big impact on our health and the health of the planet. At Hummingbird Wholesale, that's why we source over 75% of our products from U.S. organic farmers, many of them based right here in the Pacific Northwest, including Oregon-grown, organic hazelnuts. We also deliver many of our products in reusable glass and plastic containers through our container return program. Retail customers pay a refundable container deposit, and when they return containers



to Hummingbird, their deposit is credited to their account. We sanitize and refill the containers for the next sale which closes the loop on packaging waste. Our container return program has resulted in over 125,000 pounds of plastic containers and 93,000 pounds of glass containers being reused. We have a 76% return rate overall! Thanks to the collaboration of partners like Marlene's Market and Deli, we have successfully surmounted some of the barriers to reusing packaging for many of our bulk and grocery products, rather than relying on disposable containers. Reducing the amount of single use plastic in food packaging is one step toward a healthier future for people and planet. We remain focused on reusing packaging and are ultimately aiming for a more circular plastic economy.

As you dig into some Oregon-grown, Hummingbird organic hazelnuts from Marlene's bulk department, we hope you enjoy the delicious healthfulness of the nuts themselves, while also feeling good about the way they were grown and packaged. Close your eyes and taste the verdant earth!



HUMMINGBIRD WHOLESAL
Nourishment with **INTEGRITY**

WE ARE PROUD TO BRING YOU
THE GOOD STUFF
INCLUDING OUR AWAKENED® LINE
OF NUTS, SEEDS AND GRANOLAS



Family-owned bulk and grocery foods manufacturer and distributor, Hummingbird Wholesale is dedicated to being a positive force for change in the organic food industry. Hummingbird works directly with family farms to source wholesome organic food, with a focus on Pacific Northwest-grown products, thoughtfully curating and creating unique, artisanal products, such as their in-house roasted and salted Oregon-grown, organic hazelnuts, their trademarked Awakened® Almonds and Pumpkin Seeds and single origin honeys. At Hummingbird Wholesale, every relationship matters--more than a food distributor, they work closely with farmers, businesses and nonprofit organizations to promote sustainable agriculture, build regional food system infrastructure, and strengthen the organic community. Visit hummingbirdwholesale.com!

WHY SAVE THE BEE?

by GloryBee

Honey bees are the only insect intricately tied to our food system. Not only do they provide honey, but in the U.S., honey bees are responsible for 80% of agricultural pollination! Without their services, we would not have almonds or so many of the other fruits and vegetables we take for granted.

GloryBee is a company founded by beekeepers, and selling honey continues to be a significant part of our business. We feel it is our responsibility to raise awareness of the plight of honey bees and their impact on our food supply. In working toward our vision of **a healthy world where bees and people thrive**, GloryBee launched the SAVE the BEE Initiative to raise awareness of the plight of honey bees. We have raised more than a half-million dollars to support research and education

How can you help to SAVE the BEE?

Avoid using harmful pesticides on your lawn or in your garden

Support regenerative agriculture, buy from organic farms and nurseries

Plant pollinator-friendly flowers that bloom in different seasons

Support your local beekeepers or become a beekeeper

Join the **SAVE the BEE** cause! Donate online at savethebee.org



Pumpkin Spice Breakfast Cookies

We get it: Sometimes you just need a cookie! But 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. And just because they're hearty enough to eat for breakfast, doesn't mean they lack in flavor. Try adding some chocolate or coconut chips to the recipe for extra sweetness. You can find many of these ingredients in Marlene's bulk foods section. Enjoy!

INGREDIENTS

¼ cup	unrefined virgin coconut oil
¼ cup	GloryBee honey
1 cup	rolled old fashioned oats
1 cup	quick-cooking oats
2/3 cup	dried fruit (cranberries, diced dried apples, or diced apricots)
¼ cup	ground flaxseed
1 tsp	pumpkin pie spice
½ cup	pumpkin puree, applesauce or pear sauce
2	eggs, beaten

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Melt coconut oil in the microwave in a small microwave safe bowl. Add honey and whisk until incorporated.
3. 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.
4. Scoop out ¼ cup sized cookies and place on lined baking sheet. Gently flatten cookies as they do not flatten while baking. Bake in oven for 18-20 minutes until edges of cookies are lightly browned.
5. Let cookies cool on baking sheet, then transfer to an airtight storage container. Cookies will stay fresh for about a week. Enjoy!



ACCEPTING ORDERS BEGINNING OCTOBER 20TH!

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

Traditional

Dinner for Two

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

34.99

Gluten Free

Dinner for Two

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, seasoned green beans, cornbread stuffing, gluten free pumpkin pie.

Sorry, no substitutions.

34.99

Roasted Turkey Dinner

(feeds 10-12)

179.99

Large dinners come with your choice of three side dishes, cranberry orange chutney, gravy and your choice of pie.

Side Dishes

- Broccoli Cranberry Salad
- Cornbread Stuffing (gf)
- Green Bean Casserole
- Macaroni and Cheese
- Pear and Greens Salad (gf)
- Quinoa Apple Salad (gf)
- Roasted Corn and Bulgur Salad
- Smashed Potatoes (gf)
- Sourdough Stuffing
- Vegan Garlic Mashed Potatoes (gf)

Pies

Most can be made gluten free!

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

* not available in gluten free

Holiday orders need to be paid in advance and are sold on a first come, first served basis. Sorry, no substitutions on ingredients. Order early, supplies are limited and we sell out quickly.

Orders are available for pick-up after 10 am on November 24 or 25. We are closed Thanksgiving Day (November 26).

Embracing Failure: A Way to Thrive in Our Times

by Denise Frakes, Home and Life Coach



Every year, October brings quick shifts in the weather. It moves in with a kind of warning as if to say “Get ready. The rains, wind and long nights are coming.”

When I think of winter during summer, I cringe. “No!” I say, “Stay warm and sunny!” But every year the winds shift and I start craving cozy living, pumpkins and warm soups. This transition never ceases to amaze me.

We are created to shift and change. This is a blessing because these upcoming seasons will be different from the past. COVID has brought a whole new way of living. Are you ready? If you say no, no worries, we have lots of room to grow.

How will we thrive in this changing season? How do we create nourishing, cozy, inspiring and connected homes during COVID? Well, of course I don’t have all the answers, but no one does. The fact that the answers aren’t there creates a place to play and explore in our adult lives like we have never had before. We all have a green light to fail!

Necessity inspires a creative mind.

Failure is a good thing. To be an inventor, a scientist, an explorer or an artist, we must ‘embrace the fail’. When we give ourselves the grace of not knowing the answers, of doing things poorly, of being a beginner or dropping to our knees in frustration, we open up our lives and homes to possibilities. We become free. Expectations fade and curiosity grows. We must learn to welcome failure.

Think about this: We shop wearing masks. We hold conversations 6 feet away. We have become teachers, unemployed, supporters of rights. Out of necessity, Zoom has become a household word. We have marched, cried, thrown up our hands and then begun again the next day. We have failed trying Zoom, social distancing, watching too much news and a million other defeats. Yet here we are still standing. We are wobbly on some days and solid as a rock on others, but always we start again.

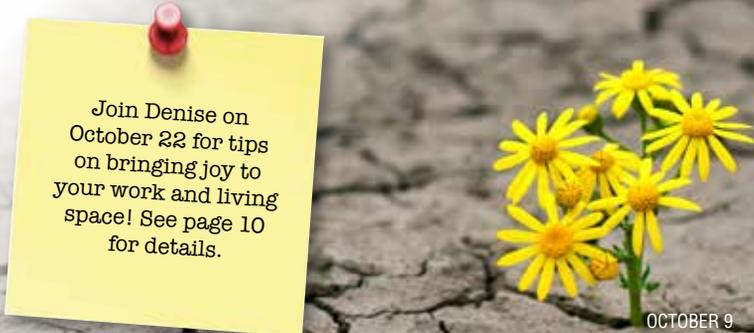
I say break rules, try new things, sit in new places, be unconventional. Add joyful surprises, turn your kitchen into an art studio or your closet into an office. We can create homes and lives that work for us, this season, during COVID, in the autumn and winter. We can play and adjust and try again.

When I cook, especially, when I’m creating new recipes, I expect to fail. I also expect to have successes. My attachment to either is what gets me in trouble. By trying new things and exploring optional paths, we open our creative, scientific, exploratory minds. This state of mind is beautiful. The exploratory mind is imperfect, flawed and delightfully curious. This state of mind allows failure to be okay because it is part of the creative process.

For the next few months, think of your home as a playhouse. Create your space to be nourishing, interesting, bright, colorful, and delightful. Think of yourself as a 10-year-old; fierce and clear in your spirit. How would your home look and feel if your inner 10-year-old was in charge of creating and decorating?

Give yourself permission not to be perfect. Try on floppy hats, wear pink shoes and explore new things. Remember that no one has all of the answers. Our thriving this season will depend on the gentleness we give ourselves when we struggle and the determination we muster to keep exploring even when it feels like we are failing.

Denise Frakes is a home and life coach. She specializes in clutter clearing, stress reduction, cultivating radiance and living nourished. She is a Master Energy EFT Practitioner, Transformational Life Coach, Healthy Home Specialist, and owner of Blue Sky Services. Learn more at denisefrakes.com or contact Denise at dfbluesky@yahoo.com.



Join Denise on
October 22 for tips
on bringing joy to
your work and living
space! See page 10
for details.

October Events & Education

MEDICARE 101



with Kate Esparza-Guerrero
Sunday, October 4 – Tacoma
Session 1 - 10:00 am - noon
Session 2 - 2:00 pm - 4:00 pm

Join Kate and learn how to navigate through the Medicare options for the upcoming Annual Enrollment Period of Oct. 15th – Dec. 7th. Following Kate's lesson there will be a question and answer session. In accordance with mandate, sessions are limited to 4

guests. Please RSVP by Sept 30th (required to attend).

For accommodation of persons with special needs please call 253.216.8823. Medicare has neither reviewed nor endorsed this information.

THERMOGRAPHY: A TOOL FOR EARLY DETECTION OF BREAST CANCER AND MORE



with Suzy Grace Selin, Clinical Thermographic Technician
Thursday, October 15
5 pm, FREE
See marlenesmarket-deli.com/classes for details.

Infrared technology has grown tremendously in recent years. While being a useful tool in the assessment & monitoring of many health conditions, thermography is

best known for its earliest detection of breast cancer. Thermal scans may detect the earliest signs of some cancers forming up to 8 years before a mammogram. With no radiation and no body contact, it's 100% safe, FDA approved, and affordable.

MEDICARE 101



with Kate Esparza-Guerrero
Sunday, October 18 – Federal Way
Session 1 - 10:00 am - noon
Session 2 - 2:00 pm - 4:00 pm

Join Kate and learn how to navigate through the Medicare options for the upcoming Annual Enrollment Period of Oct. 15th – Dec. 7th. Following Kate's lesson there will be a question and answer session. In

accordance with mandate, sessions are limited to 4 guests. Please RSVP by Sept 30th (required to attend).

For accommodation of persons with special needs please call 253.216.8823. Medicare has neither reviewed or endorsed this information.

MUSHROOMS FOR A BALANCED IMMUNE RESPONSE



with Richard Cividanes, Host Defense Educator
Tuesday, October 20
5 pm, FREE

Visit marlenesmarket-deli.com/classes to register.

Encouraging a strong yet balanced immune system is trickier than previously thought. It is crucial that we know how the immune system works so that we can support immunity for health and longevity. This lecture reviews the basics of immunity, how it becomes active, as well as how

it resolves. We will also review groundbreaking, peer-reviewed published research on how mushroom mycelium and fermented rice together strengthen the immune cell response. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CREATING A JOYFUL SPACE



with Denise Frakes, Certified Life Coach and Healthy Home Specialist
Thursday, October 22
5 pm, FREE

Live at: [facebook.com/mmdfederalway](https://www.facebook.com/mmdfederalway)

How can we move through these next few seasons with our normalcy turned upside down? Our homes impact our minds, bodies, spirits, and emotions. Learn how to create a space that nourishes your joyful spirit-- even during COVID times!

WHAT IS INFLAMMATION, REALLY?



with Jennea Wood, ND
Tuesday, October 27 – Tacoma
5 pm, FREE

See marlenesmarket-deli.com/classes for details.

Join Dr. Wood as she goes beyond the buzzwords and examines what inflammation really is, what it means for your health, and what to do about it. This information is particularly pertinent for anyone struggling with or hoping to prevent heart disease, asthma, allergies, autoimmune disease, arthritis or cancer.

BREAST HEALTH AWARENESS



with Gail Marie, Colon Hydrotherapist and Shanna Rivera, CTT,
Thursday, October 29
5 pm, FREE

See marlenesmarket-deli.com/classes for details.

Empower yourself with this 60-minute presentation on Breast Health Awareness. Gail and Shanna will teach you how

areas of concern can be safely scanned with Medical Thermography. Learn where to focus detoxing efforts such as lymphatic decongestion, diet, supplementation & colonics.



CELEBRATE FAIR TRADE AND NON-GMO MONTH



This October, we celebrate both Fair Trade Month and Non-GMO Month — highlighting two labels you may have seen on your food often and want to know a bit more about.

Transparency in food production and labeling is critical. Shoppers have a right to know if what they're buying is good for people and planet. "Natural" food is big business these days and "greenwashing" has become a serious problem. In response, there is a sea of different labels popping up with claims that sound really good, but have little backing them up.

So, how does an informed shopper know what to choose? Looking for well-recognized, third-party seals — like Fair Trade Certified and Non-GMO Verified — on products is the best place to start.

WHAT ARE GMOS AND HOW DO I AVOID THEM?

GMOs (or genetically modified organisms) are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering, creating combinations of plant, animal, bacteria, and/or virus genes that do not occur in nature or through traditional crossbreeding methods.

Non-GMO Project verification means that a product is compliant with the Non-GMO Project Standard, which includes stringent provisions for ingredient testing, traceability, and segregation.

WHY IS TRADE NOT FAIR? WHAT CAN I DO ABOUT IT?

Every day, we enjoy products that are only grown in tropical countries — products like coffee, chocolate and bananas. These farmers and workers often do not earn

enough to have a decent living — that is, to eat nutritious food, send their kids to school, have adequate shelter and weather a crisis (like COVID-19). Many live on less than \$2 per day.

When you see the Fair Trade Certified Label on a product, you know that farmers were paid at least the cost of production as well as an added Fair Trade premium to invest in their businesses and communities. You know that child labor was not used and that measures were in place to protect the local environment and water supply. You also know that workers' rights were upheld and they have the choice to collectively bargain.

This October, shop the labels! We will be highlighting products that are Fairtrade Certified and Non-GMO Project Verified throughout the month. Support brands working towards a more sustainable future, and try something new.

JOINING TOGETHER

TO CELEBRATE FAIR TRADE MONTH AND NON-GMO MONTH



Look for both seals while shopping to ensure your dollar is supporting ethically sourced + non-GMO products



MARLENE'S WILL BE CELEBRATING DURING OCTOBER WITH GIFT BASKET GIVEAWAYS, SAMPLES AND GREAT DEALS ON YOUR FAVORITE NON-GMO AND FAIR TRADE PRODUCTS!

IF THE SHOE FITS

by Dr. Carla Yamashiro

Chew On This! You wouldn't remove your toes to fit into a shoe, so why pull healthy teeth when you can grow your jaw to accommodate them?

Bite Sized Pieces of Information to Chew On. You Decide What to Swallow and What to Spit Out!

The Need for Straight Teeth

Having straight teeth in our society is a sign of beauty and possibly status – but it's about more than just looking good. Straight teeth are easier to clean, resulting in less accumulation of disease-causing plaque (bacteria) and tartar build up (calcified hardened plaque). This improved cleanliness could even lower your risk for gum disease, tooth loss, and various systemic conditions.

Besides being hard to clean, crooked teeth also interfere with our ability to masticate (chew) our food properly. Since chewing our food is the first step in good digestion, it can have a very real effect on our overall health. Perhaps most importantly, crooked teeth are often a sign of an underdeveloped jaw and in turn an underdeveloped airway.

There's More to Your Pretty Smile

Conventional orthodontics (braces) essentially apply pressure to force the teeth into position within an underdeveloped jaw.³ This approach usually does not address underdevelopment of the jaw or airway. When there isn't enough space for all the teeth, perfectly healthy permanent teeth are often extracted to make room. For younger patients, rapid maxillary expansion (RME) can be used to separate and grow the palate using a palatal expander appliance.³ However, leading orthodontists Dr. Dave Singh and James Krumholtz describe several disadvantages to this method, including possible tearing resulting in mild hemorrhaging (a wound), often accompanied by pain.⁴ Dr. Singh and Krumholtz further explain that this type of bone healing involves formation of collagenous tissue, resulting in scar formation. As the collagen matures, the scar contracts as the child grows older and is partially responsible for relapse.

Dr. Robert Corruccini, an anthropologist, found that in cultures that were not modernized, people tended to have full development of their jaw with enough space for their wisdom teeth.² He found that soft "industrial diets" were detrimental to normal development of the jaw during childhood, even in non-human primates.¹ Dr. Corruccini saw that many behaviors in modern society could potentially hinder normal jaw development. For example, babies that are weaned from breast feeding early and introduced to soft baby foods may lack the normal jaw stimulation that tougher natural foods would provide. This lack of stimulation can lead to weaker tongue and muscle development, making it difficult for the jaw to expand and grow to its proper size. This lack of jaw growth commonly leads to crooked teeth and underdeveloped airways.

Is There Another Way?

If you had size 7 feet, would you squeeze your feet into a size 6 sandal? That would be silly! Even if the sandal looked pretty, it simply does not fit. So what do you do? If your toes were sticking out, you would change the sandal – not your foot! Similarly, the best solution to straightening crowded teeth is to correct the size of the jaw – not to remove healthy teeth.

This does not mean conventional orthodontics has no place on the shoe rack; in fact, by growing the jaw to the appropriate size first, conventional orthodontics might then be applied without the extractions of healthy teeth. Osteogenic-Orthodontics gives you the space your teeth need by growing the jaw and airway, essentially giving you a "size 7 shoe for your size 7 feet". Meanwhile, conventional orthodontics can help tweak and straighten your teeth to perfection, if not already accomplished with osteogenic-orthodontics alone.

GROW your jaw and upper airway, BREATHE better, SLEEP well and THRIVE!

References:

¹Corruccini R.S., & Beecher R.M. (1982). Occlusal variation related to soft diet in a nonhuman primate. *Science*. 218(4567), 74-76. doi:10.1126/science.7123221

²Corruccini R.S. (1984). An epidemiologic transition in dental occlusion in world populations. *American Journal of Orthodontics*. 86 (5), 419-426. doi:10.1016/S0002-9416(84)90035-6

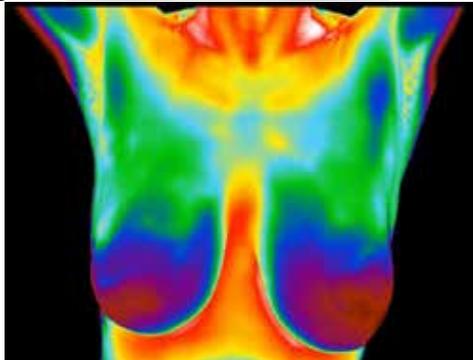
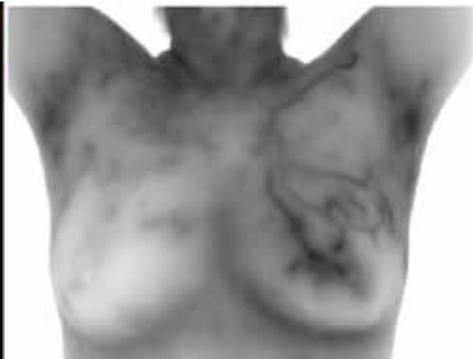
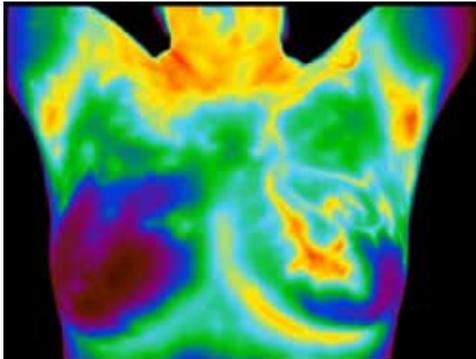
³Kilic, N., Kiki, A., & Oktay, H. (2007). A comparison of dentoalveolar inclination treated by two palatal expanders. *The European Journal of Orthodontics*, 30(1), 67-72. doi:10.1093/ejo/cjm099

⁴Singh, G. D., & Krumholtz, J. A. (2009). *Epigenetic orthodontics in adults*. Chatsworth, CA: SMILE Foundation.



UNDERSTANDING THERMOGRAPHY

by Suzy Grace Selin



What is Medical Thermography?

Medical thermography uses infrared imaging to map body heat.

Hippocrates first used the theory that body heat indicates the location of disease. Infrared rays were discovered in 1800 and it was soon after that the science of thermal imaging was born. During the World War II era, the U.S. Military had exclusive rights to infrared science and it was not until 1954 that thermography was declassified by the U.S. Government. This was done for the purpose of breast cancer research.

In the past few decades, the technology of thermography has grown tremendously with the implementation of computer software and advanced equipment.

How Does it Work?

Thermography uses no radiation and no body contact, but instead the camera and software read the infra-red heat radiating from the surface of the body. It notes heat patterns and vascularity patterns. Abnormal heat and vascularity patterns detect a problem in process or starting.

Specific heat and vascularity patterns and their locations can help provide information in the detection of disease. Thermography is known for the earliest detection of breast cancer. In fact, thermal scans may detect the first signs of some cancers forming even up to 8 years before other procedures. It is especially good at detecting fast growing cancers.

Why?

Cancer is all about abnormal cell growth. Cells are fed by blood vessels. Abnormal cell growth actually calls for new blood vessels to be formed. Abnormal cell growth also causes abnormal heat in that location.

Most people understand that with cancer, early detection is key. As with any disease, when caught early, there are so many more treatment options.

Who Might Benefit from Thermography?

The American Cancer Society is estimating that 1 in 8 women in the US today will be diagnosed with invasive breast cancer over the course of her lifetime. 75% of all breast cancers occur in women with no family history of the disease. 15-20% of all breast cancers occur in women under the age of 45, and in these younger women the cancer is usually more aggressive with a lower survival rate. For this reason, the guidelines are that women ages 20-30 get a thermogram every 3 years and those over 30, every year.

Always Ask...

The internet is full of false information about thermography. Some claim it is quackery, others claim it can do what it cannot. Both ends of the spectrum are false. Know your sources.

Organizations like the International Academy of Clinical Thermology or the American Academy of Thermography will have research cited and accurate information. The IACT properly trains and certifies technicians and has a list of qualified providers. In choosing a thermography provider, always ask if the camera used will *capture* the images in "greyscale". This is the top technology and will provide the higher resolution images where vascularity can best be studied. Always ask.

Suzy Grace Selin is an educator and thermography technician at BodyLife Imaging. Suzy's passion is to educate and empower the unaware of natural, preventative and proactive lifestyle choices.

Join Suzy Grace on October 15 for an in depth look at thermography and decide if it's right for you! Details on page 10.

Immune Support Checklist

by Jennifer Rasp-Bickerton, DC, MS - Director of Education for Nutraceutical Corporation

READY FOR THE SEASON? VITAMINS & MINERALS

- Vitamin C – also known as ascorbic acid, is traditionally used for supporting the immune system. Linus Pauling, a two-time Nobel Prize winner, published “Vitamin C and the Common Cold” in 1970.
- Vitamin D – is intended to help support a healthy immune response; supplementing may help to maintain healthy levels seasonally when the opportunity for outdoor activity in the sun may not always be possible.
- Zinc – is an essential mineral needed in your diet that your body cannot produce or store, and may help support the development and function of immune cells. It may also help to modulate oxidative stress.

HERBS

- Oil of Oregano – cultivated for centuries in the Mediterranean region, dating back to the Greek and Roman empires, has been used to help support healthy immune and inflammatory responses.
- Echinacea – a popular botanical, native to North America, has been honored among herbalists for its usefulness, especially during the winter and cold season.
- Elderberry – contains naturally-occurring antioxidant flavonoids, and is historically used to provide nutritive support for general well-being during the cold winter season.

SPECIALTY

- EpiCor® - is a registered trademark of Embria® Health Sciences. Studies show that EpiCor® may be effective in both winter and spring seasons to help strengthen the body's defenses and increase immune cell activity in as little as 2 hours!*
- Monolaurin – a fatty acid found in coconut oil and naturally present in breast milk, has been studied for its ability to provide nutritive support for the immune system and may support the immune system in recognizing the need to act.
- Fermented Mushrooms – are intended to help provide more bioavailable nutritive support from polysaccharides and other nutrients, such as beta glucans from mushrooms. Fermented mushrooms are designed to provide antioxidant support for an overall healthy immune response.

Jennifer Rasp-Bickerton DC, MS is the Director of Education for Nutraceutical and has degrees in Biology and Supply Chain, a Doctorate in Chiropractic with postgraduate training in Applied Kinesiology, and a Master of Science in Regulatory Affairs of Food. Having radically altered her own life with dietary supplements, Jennifer began developing proactive regimens for her patients in private practice. She promotes healthy life-style choices, including pillars of health such as a positive attitude, sleep, diet, and exercise.

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“What Makes EpiCor Different from Other Immune Products?” EpiCor Immune, Embria Health Sciences, 25 June 2015, <https://www.epicorimmune.com/what-is-epicor/faqs/what-makes-epicor-unique/>

*These statements have not been reviewed by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

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



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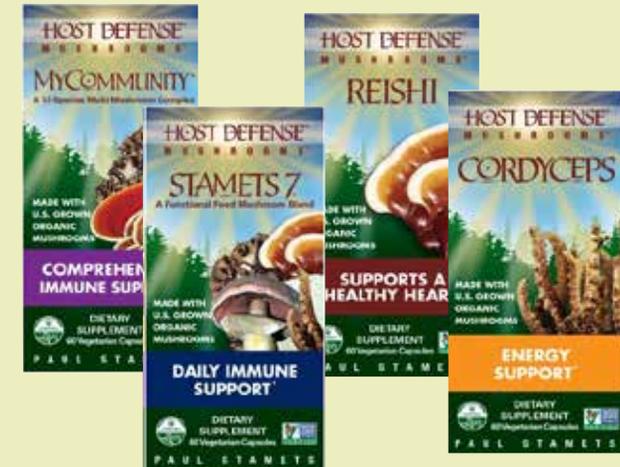
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Sacred Portraits

by Francesca Siena

Each of us lives simultaneously on different plains and fields of awareness. We are sacred beings encapsulated in human form, sometimes hidden to the World, protecting ourselves from judgment for fear of being truly seen.

Recapture your essence, your innate Spirit. See yourself the way Spirit sees you.

The journey will take us through energy work into your deepest essence, revealing more of yourself. Francesca will capture and interpret the energies within you. Memories, purpose, echoes of your sacred heart's journey will take form as a Spiritual Portrait.

The journey includes a combination of Reiki, Cranial, Reflexology sessions, conversations with Spirit, according to your unique template.



Email francesca@artemisiahealingarts.org or call 253.961.3181 to begin your path.

Supporting Innate and Adaptive Immunity

by Terri Anne Cooper

The immune system protects the body against infection and disease. It is a complex and integrated system of cells, tissues, and organs that play roles in defending against foreign substances and pathogens, including bacteria and viruses. Immune cells originate in the bone marrow and circulate through the blood and lymph.

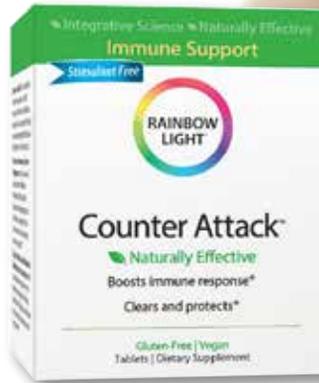
The immune system is divided into two major components: innate immunity and adaptive immunity. Innate immunity involves immediate, nonspecific responses to foreign invaders, while adaptive immunity requires more time to develop its complex, specific responses.

Three primary nutrients that support immune function are Vitamins C, D and Zinc.

Vitamin C, a powerful antioxidant, protects the body's cells against reactive oxygen species that are generated by immune cells to kill pathogens. Oxidative stress limits the body's natural immune function. Vitamin C affects both innate and adaptive immunity; it stimulates the production and function of white blood cells, which attack foreign bacteria and viruses, helping your body fight infection. It stimulates cellular motility, so it helps the cells keep actively moving.

Vitamin D activates in both the innate and adaptive immune functions. It is a potent modulator of the immune system, and enhances innate immunity by suppressing pathogens, especially bacteria. Vitamin D also helps protect against infections caused by pathogens, suppresses antibody production by B cells, and inhibits proliferation of T cells and helps modulate inflammation.

Zinc maintains the integrity of the immune system. It is critical for normal development and function of cells that mediate both innate and adaptive immunity. Even marginal zinc deficiency, which is very common, impairs immune cells, ability to generate oxidants that inhibit invading pathogens, and contributes to low T cell production, leading to oxidative stress and inflammation.



Statistics from the National Institute of Health state that seasonal distress is the most common reason children miss school and adults miss work. In the United States, this can affect millions of us each year. Adults have an average of 2-3 episodes of seasonal distress per year, with children having even more. Signs of seasonal disorder may include sore throat, runny nose, coughing, congestion, and sneezing, inconveniencing us for about 7-10 days per episode.

To help maintain wellness even in the most challenging of times, Rainbow Light has expanded our immunity platform of fine products. These products are all vegetarian; and all contain our 'triple action' approach to supporting the immune system with vitamin C, and zinc - with the added benefit of elderberry.

Our legacy, Counter Attack, was formulated in 2004 and has been a strong favorite for over 15 years. Counter Attack has a powerful combination of ingredients to support healthy immune function, including vitamin C, zinc, and elderberry. The concentrated herbal blends contain *Andrographis*, yerba santa, echinacea, horehound, mullein, Chinese lovage and licorices, as well as peppermint and oregano oils.

We also have two new gummies for both kids and adults, which also have this 'triple-action' approach to addressing your immune system - vitamin C, zinc, and elderberry - all working together to support you through seasonal distress.

Terri Anne Cooper is a public speaker and health & nutrition educator with over 20 years of experience in the natural health industry.



October

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				FULL MOON		
				1	2	3
<p>Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!</p> <p>Medicare 101 with Kate Esparza-Guererro FREE -Tacoma RSVP only: See page 10 for details. 4</p>	5	6	7	8	9	10
11	<p>Uniform Monday! 10% off to all firefighters, police, and military!</p>	13	14	<p>Thermography: A Tool for Early Detection of Breast Cancer and More with Suzy Grace Selin, Clinical Thermographic Technician 5 pm - FREE See marlenesmarket-deli.com/classes for details.</p>	16	17
<p>Medicare 101 with Kate Esparza-Guererro FREE - Federal Way RSVP only: See page 10 for details.</p>	19	<p>Mushrooms and Immunity with Richard Cividanes, Host Defense Educator 5 pm - FREE Visit marlenesmarket-deli.com/classes to register.</p>	21	<p>Creating a Joyful Space with Denise Frakes, Certified Life Coach, Healthy Home Specialist 5 pm - FREE Live at: facebook.com/mmdfederalway</p>	23	24
18	19	20	21	22	23	24
25	26	<p>What is Inflammation, Really? with Jennea Wood, ND 5 pm - FREE See marlenesmarket-deli.com/classes for details.</p>	28	<p>Cancer Prevention with Gail Marie, Colon Hydrotherapist and Shanna Rivera, CTT 5 pm - FREE</p>	30	<p>HALLOWEEN</p> <p style="text-align: center;">FULL MOON</p>
25	26	27	28	29	30	31



Bodywork Schedule

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

MARLENE'S SOUND OUTLOOK

TACOMA

Vitamin B and glutathione shots
with Voda Health
Tuesday, 10 am - 2 pm

Energy Healing
with Deborah Forrest, Matrix
Energetics Certified Practitioner,
Licensed Hypnotherapist
2nd Sunday, 11 am - 3 pm

Iridology with Nancy Seals,
Certified Iridologist
4th Sunday, 11 am - 4 pm
Walk-ins available or call for
appointment: 360.705.4465

FEDERAL WAY

Vitamin B and
glutathione shots with
Voda Health
Wednesday, 11 am - 3 pm

Seated Massage with Erica Seter
Tuesday, 11 am - 2 pm
Thursday, 2:30 pm - 7 pm
Friday, 3 pm - 7 pm
Saturday, 1 pm - 5 pm

Energy Healing with
Deborah Forrest, Matrix Energetics
Certified Practitioner, Licensed
Hypnotherapist
4th Sunday, 11 am - 3 pm

OCTOBER 23



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Sunday: 8 am -7 pm

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OCTOBER 2020

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To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!

October is Non-GMO & Fair Trade Month

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delicious samples and amazing deals on your
favorite Non-GMO and Fair Trade products.

