

Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

October 2021

Amazing mycelium • Digestive health
Our Thanksgiving menu • Fair Trade works

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A Letter From Us

Attention Sound Outlook Readers!

We are always looking for ways to reduce waste, minimize paper consumption and shrink our carbon footprint. As we look toward 2022, we are asking Sound Outlook readers to switch to the email edition of Sound Outlook. We will send regular emails with the same content as the print edition. You can also view past and current issues in their entirety online!

If you would like to switch to the email edition of Sound Outlook (and save \$5 off your next \$25 purchase), there is a coupon on the back page of this issue. Check the email box, fill in your email address and redeem the coupon next time you shop.

If you would like to stay on our physical mailing list, please check the print edition option and return the form to the store. If we don't hear from you, December will be the last mailed print edition that you receive.

Please remember, we will still be publishing Sound Outlook monthly. Printed copies will remain available in the stores and will be mailed to those who request mailed copies.

Be sure to check out our online classes this month! We are so fortunate to be able to bring these talented practitioners and industry leaders together for our education program. Please visit page 10 to see the full list of what is available in October.

Enjoy these beautiful, crisp autumn days!

Lisa



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Pumpkin Spice BREAKFAST COOKIES

by GloryBee Foods

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
- ⅔ 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

Preheat oven to 350 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 ¼ 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. Enjoy!



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



Powerful and scientifically studied antioxidant ingredients to help support a healthy immune system every day!

THANKSGIVING TO-GO

from 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, classic gravy, smashed potatoes, green bean casserole, sourdough stuffing and pumpkin pie. Sorry, no substitutions.

39.99

Gluten Free Dinner for Two

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

39.99

Roasted Turkey Dinner (feeds 10-12)

199.99

Dinners come with your choice of 3 side dishes, cranberry orange chutney, gravy and your choice of pie.

Side Dishes

- Smashed Potatoes (gf)
- Vegan Mashed Potatoes (gf)
- Cornbread Stuffing (gf)
- Broccoli Cranberry Salad
- Pear and Greens Salad (gf)
- Green Bean Casserole
- Sourdough Stuffing
- Cranberry Wild Rice Salad (gf)

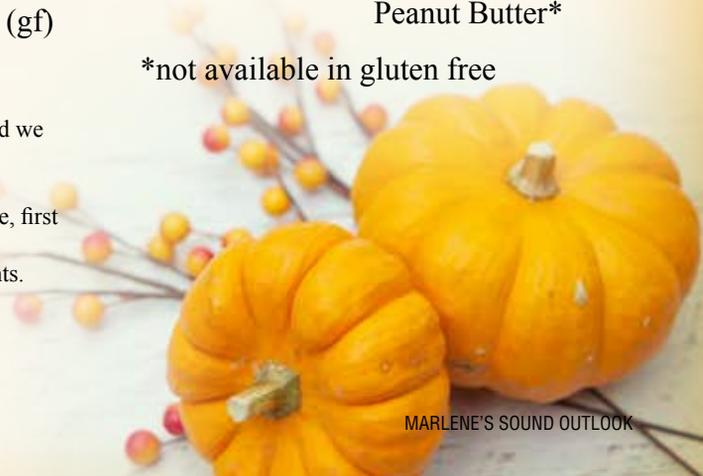
Pies

Most can be made gluten free!

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

*not available in gluten free

Order early, supplies are limited and we sell out quickly.
Holiday orders need to be paid in advance and are sold on a first come, first served basis.
Sorry, no substitutions on ingredients.
Orders are available for pick-up after 10 am on November 23 or 24.
We are closed Thanksgiving Day (November 25, 2021).



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 glycoprotein called *intrinsic factor* is 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 a Naturopathic Doctor 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.



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 of Tummy Temple at www.tummytemple.com/jennea-wood-nd/



Join Dr. Wood online!
Heal Heartburn Naturally
Tuesday, October 5
at 7 pm -
Register at:
marlenesmarket-deli.com/classes



POST-CONSUMER RESIN AND WHAT IT MEANS FOR YOUR IMPACT ON THE ENVIRONMENT.

Solaray is transitioning to using Post-Consumer Recycled (PCR) resin for bottle production. PCR is recycled plastic waste that has been gathered and sent to recycle centers where it is sorted, sterilized and repurposed to produce plastic resin pellets to make new bottles. When using PCR, no new fossil fuels are required, shrinks your carbon footprint, lowers the amount of plastic being sent to landfills, and reduces the negative effects on the environment. When consumers care about the environment, they choose to make their purchase count toward helping to preserve the environment while also contributing to their own health. Sharing the same values as their customer, Solaray makes it easy for you to Live Brighter and achieve a healthy lifestyle that supports global environmental initiatives.

MAKING A DIFFERENCE, ONE BOTTLE AT A TIME

In bringing all of the earth's healthful nutrients to you for over 47 years, Solaray is not only dedicated to supporting your health but also committed to helping the world.

With pioneering industry standards, best-in-class testing and over 900 vitamins, minerals and herbs, Solaray has been making the difference in individuals' lives since 1973. Several wide-scale, long-term initiatives to care for the planet have been championed in the commitment to invest meaningfully in the future—for our generation and those to follow.

Already a vertically-integrated company, part

of Solaray's values include being of service and driving education. As one of the originators of dietary supplements, they believe better health should be for everybody. In the quest to do that, it means helping people everywhere to live their best lives.

How does making the choice to buy Solaray connect you to the rest of the planet?

Solaray is embarking on comprehensive sustainability initiatives to give back on a global scale—to the planet that provides the natural resources for our supplements.

In the beginning, Solaray was built on the belief that

nature was the very source of healthy nutrition and held the key to wellness. In gratitude for nature providing clean ingredients for formulas, they chose to give back to protect nature. When you choose Solaray, you are not only taking charge of your own wellness, but also the health of the planet.



How does doing something for your health improve the health of the world?

Solaray began an initiative to plant one million trees in countries like India, Malaysia, and the U.S. (starting with our own backyard in Utah) by 2025, giving back to regions that provide the natural resources to create our products.

As part of this venture to plant one million trees, we have partnered with One Tree Planted to plant 50,000 trees in the second half of 2021 alone. Through planting these fruit-bearing trees, this effort will also support the incomes and food supplies of farmers and their families. We are proud to

team up with One Tree Planted, a 501(c)(3) nonprofit dedicated to global reforestation that plants trees to restore nature, biodiversity, and community.



Organic India and the Fair Trade Movement

by Organic India

The concept of fairness is borne of compassion — the feeling that we are in this life together, to help one another across the board. Farming is the largest industry in the world, and Fair Trade is predicated on supporting the hard-working people responsible for the food that ends up on our tables, as well as the plants and herbs that promote healing and maintain health. The FAIR TRADE Mark found on foods and supplements helps you identify products that align with your values.

Historical Perspective on Fair Trade

The history of food production through the centuries has taken a great many turns. For thousands of years, food from the wild sustained early human beings. As population grew and people pushed into areas less blessed with easily obtainable food, the idea of purposeful farming sprouted into an industry.

As feudalism declined in the Old World, there was a significant rise of cities and towns that transformed the food production industry from subsistence-based to a market-oriented. Land once held in common, and used mainly for grazing, came under the control of individual landowners, leading to more intensive cultivation of available land and the production of greater volumes of cheaper food to feed more urban populations. Ultimately, the transition from many smaller farmers to giant corporate growers (often called Big Agriculture) has led not only to illness from a lack of sufficient dietary nutrients, but

also to mistreatment and marginalization of small farmers. The Fair Trade movement has worked to bring dignity, respect, and fair treatment back into play. Fair Trade is an alternative to exploiting trade-based partnerships — an equal partnership between food growers and us, the consumers of real, unprocessed, nutritious foods. Nearly 2 million farmers and workers (and counting!) in 75 countries participate in Fair Trade. Due to the damage caused by industrial farming practices to the environment, personal health and wellness, communities, farmers, and personal relationships, it is more important than ever to join hands in promoting fairer trading conditions. This also helps combat poverty, child labor, gender equality and climate change. Fair Trade also ensures that nearly 2 million farmers worldwide get a fair deal through the Fair Trade Minimum. Farmers also receive a Fair Trade Premium to invest in their communities.

The ORGANIC INDIA farmer partners are at the heart of the ORGANIC INDIA mission and vision — to serve a community dedicated to healthy conscious living by providing true wellness solutions. Beginning with a single farmer in 1999, the ORGANIC INDIA farmer partner community has grown to 3,000-plus farm families throughout India. All have embraced organic, bio-regenerative agriculture and have enjoyed social, environmental and economic recovery as a result.



Meet an Organic India Farmer, Maya

Also known affectionately as “Chukti,” Maya is one of the ORGANIC INDIA “Rose Ladies,” a group of women who grow, care for, and harvest organic roses for ORGANIC INDIA Tulsi Sweet Rose Tea. In her own words:

“My work is to pluck rose leaves and flowers. I laugh with my co-workers and my day passes just like that — laughing. I feel good when I water and care for the plants and put leaves and grass into the compost. Since I have started working at Brindavan farm,

there is no headache and no worries — as long as I am alive, I will work here. My heart is healthy and at peace, and my message to the world is ‘Namaste’.”



ORGANIC INDIA
**Organic
Supplements
and Tea**

Assorted sizes
and varieties

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

The Most Powerful Mushrooms Are Grown Right Here

by Host Defense

Host Defense® Mushrooms™ by Fungi Perfecti® was founded by renowned mycologist Paul Stamets with the goal of building a bridge between people and fungi. We specialize in mushroom mycelium-based supplements to support natural immunity and whole-body wellness. Conveniently offering multiple delivery methods – capsules, extracts, sprays, powders, teas, syrups and more! – is one way we work to increase accessibility to the immune-supporting benefits of mushroom mycelium-based supplements. We grow our mushroom mycelium and fruit bodies at our farm based near the Olympic Rainforest in Washington state, and are one of the best-documented and longest-standing mushroom supplement companies in the USA.

Join Dr. Palomino online!
**Host Defense®: Mushrooms
for a Balanced Immune
Response**
Tuesday, October 19
at 5 pm -
Details at
[marlenesmarket-deli.com/
classes](http://marlenesmarket-deli.com/classes)

Our product development and formulation are based on scientifically validated data to ensure the quality and efficacy of our supplements. Our mushroom mycelium and fruit bodies are certified organic, non-GMO, vegan, and gluten-free. And all of our supplements are verified for identity, purity, composition, and strength by independent labs that use internationally recognized, validated testing methods.



Beneficial mushroom supplements are well-known and widely-used for immune support. And research suggests that when multiple mushroom species are combined, they offer greater immune-supporting benefits than a single species. At Host Defense®, we offer several immune-focused, mycelium-based formulas that combine multiple species, including:

Stamets 7® for core daily immune support

MyCommunity® for comprehensive immune support

Elderberry Plus Syrup for an engaged and balanced immune response

In addition to supporting the immune response, each beneficial mushroom species also offers a wide range of system-specific benefits for whole body support. From cognition and memory to energy and stamina, Host Defense® mushroom mycelium-based supplements have something for you!

At Host Defense®, we follow the science.

One of the most significant outcomes of our research has been discovering the value of using mushroom mycelium. Years of industry-based research, along with both internal and third-party testing, demonstrates that mycelium-based mushroom supplements offer significant immunological support. We use mushroom mycelium in ALL of our supplements because it works!

Sustainability has always been among our core values at Fungi Perfecti® and Host Defense®. Between our internal emissions reductions and the carbon-offsetting projects we've sponsored, we have gone beyond achieving net zero carbon emissions to eliminate additional carbon dioxide from the atmosphere. This is climate positive. We're proud to say that as of 2020, we are climate positive, offsetting more than 10 times our baseline emissions!

Host Defense® Mushrooms™ began as a direct-to-store manufacturer of mushroom supplements more than 10 years ago. Today, we are the industry leader and the #1 best-selling mushroom supplement brand in the U.S.¹ Our continued mission is to explore, study, preserve, and spread knowledge about the use of fungi for helping bees, trees, people, and planet.+

Host Defense® is built on Paul Stamets' visionary research into the power and potential of mushrooms, especially mushroom mycelium, the root-like structures found growing below ground that are the immune system of the mushroom. Our work is to build a healthier world with the power of mushrooms.

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.

¹Source: SPINS scan Natural / Natural Products Supermarkets > \$2MM /Total US – Natural Channel / Mushrooms Ingredient Report / 52 Wks 3/21/2021

+ Your purchase helps support research to protect bees from colony collapse as well as rare species of mushrooms dwelling in old growth forests.

Understanding SIBO: Small Intestinal Bacterial Overgrowth

by Brenda Watson

If you've been feeling bloated, gassy, tired, having loose stools or constipation and/or belly pain, you may be experiencing a condition called SIBO (Small Intestinal Bacterial Overgrowth). Most doctors call these symptoms IBS (Irritable Bowel Syndrome). That's a catch-all phrase for gut symptoms that don't seem to have a measurable cause.

SIBO, and/or in some circumstances SIFO (Small Intestinal Fungal Overgrowth aka Candidiasis) have been widely misunderstood until recently.

Your small intestine, unlike the large intestine, is not supposed to house a lot of bacteria or fungi. Too many leads to the symptoms above. Common additional issues may include joint pain, malabsorption manifesting nutritional deficiencies, pancreatic insufficiency and NAFLD (Non-alcoholic Fatty Liver Disease).

Primary Culprit - A High Carbohydrate/Sugar Lifestyle

On a habitual basis, do you consume rice, potatoes, pastries, chips, crackers, desserts, fried foods and/or sweet fruits and sugary drinks (including alcohol)? A diet high in processed and sugary foods can have serious consequences for your digestion, and ultimately, for your health.

Most people begin to notice low-grade symptoms like feeling bloated, gassy, burpy, and generally uncomfortable after eating. Perhaps you also experience fatigue and foggy thinking. Chronic bloating, pain, belly distention and low energy are not normal and healthy and are common symptoms of SIBO.

Culprit #2- Ongoing use of acid blocking medication

You may have chosen an over-the-counter acid-blocking medication to help relieve your symptoms, and initially, it seems helpful. But most people don't realize (and most doctors don't tell them) that acid-blocking meds are only to be used for short periods of time, like weeks. Long-term use unbalances your digestive system and negatively impacts your health.



Culprit #3 - Ileocecal valve syndrome

The valve between the small and large intestine is called the ileocecal valve. In a healthy system, digested matter moves in one direction... out. However, diet, allergies, food sensitivities, and stress can stimulate dysfunction of this valve, allowing bacteria that normally reside in the large intestine to back up into the lower small intestine.

Reversing the Process

The first and most important suggestion is to change your diet. With SIBO, you will need to follow a program for several months that's designed to rebalance your internal environment. For that period of time, you must eliminate the carbs bacteria love which contribute to SIBO.

Step One - Allow 5-6 hours between meals. Avoid eating within 3 hours before bed. Eating too often and before bed impairs your intestine's ability to move your food through effectively.

Step Two - Remove the overgrowth of bacteria/fungi in the small intestine with herbal antimicrobials. Look for a formula that contains oregano oil, thyme, clove, black cumin seed oil, and cinnamon.

Step Three - Rebuild your damaged intestinal lining. Look for a product that contains L-glutamine, N-acetyl glucosamine, aloe, deglycyrrhizinated licorice (DGL) along with soothing herbs such as marshmallow and ginger.

Step Four - Restore your natural healthy bacterial balance. After symptoms have abated, introduce a high potency and high strain diversity probiotic. Look for a product that offers 60-100 billion cultures along with 60-100 unique bacterial strains per capsule and 7-10 prebiotic sources that help your natural bacteria to thrive.

With your now-improved understanding of SIBO, following these steps can assist you on your path to renewed health and vitality.

For more than 25 years, Brenda Watson has dedicated herself to the natural health industry and helping people achieve vibrant health through improved digestion. She is the author of 7 books, a New York Times bestseller, and the creator of 5 PBS shows on natural health. For more information, please visit VitalPlanet.com.



October Events & Education

All October classes will be held online. Register at: marlenesmarketdeli.com/classes

HEAL HEARTBURN NATURALLY



with **Jennea Wood, ND**
Tuesday, October 5
7 pm

Heartburn and acid reflux describe a common spectrum of symptoms that range from pesky to downright distressing.

Conventional blocking and neutralizing medications can have less than ideal long-term consequences. Learn about the true root causes of acid reflux and how to start down the path of healing.

BREAST CANCER PREVENTION



with **Shanna Rivera, CTT**
Thursday, October 7
7 pm

Celebrate Breast Health Awareness season with tips on how to maintain happy, healthy breasts! Join Shanna Rivera, Certified Thermographic

Technician to learn the benefits of monitoring your heat signatures with Medical Thermography, having a properly fitting bra and having a free-flowing lymphatic system.

DUMPLINGS!



with **Julia Bang, Founder of EAST Kitchen**
\$15
Saturday, October 9
noon

Imagine a sitting down to a steamy basket full of plump, tender, authentic Chinese-style

handmade dumplings. This could be your reality. In your own kitchen! Learn methods, ingredients and all the tricks and twists you need to keep your dumpling game authentic and fresh.

FOLLOW YOUR GUT – NEW PERSPECTIVES ON DIGESTIVE HEALTH



with **Julia Craven, Enzymedica VP of Education**
Tuesday, October 12
5 pm

Learn about a unique approach to whole body health which is rooted in the digestive system. Gain an understanding of plant-based

enzymes - the catalysts for energy production throughout the body and the keys to unlock vitality and promote health for our entire being.

WHICH CBD IS RIGHT FOR ME?



with **Maggie Frank, CV Sciences Educator**
Thursday, October 14
5 pm

Discover the myriad of ways hemp supports the health of people and our planet. Learn the common mistakes people

make when trying CBD products; the difference between full spectrum, broad spectrum and isolated options and how to choose a product that is best for you.

PLANT PROTEIN



with **Laura King, Holistic Health Coach**
Saturday, October 16
noon

You can get all the protein you need from plants! It's true. Learn which plant foods are the best sources of protein, how

to be budget-smart when you're shopping for vegetarian protein sources and the benefits of plant proteins to our health and the health of our planet.

HOST DEFENSE®: MUSHROOMS FOR A BALANCED IMMUNE RESPONSE*



with **Xochitl Palomino, ND, Host Defense® Practitioner Channel Educator**
Tuesday, October 19
5 pm

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 look at recent scientific research which indicates that using both the mushroom mycelium and its fermented growth medium (substrate) can support optimal immune functioning.* From winter wellness to spring and autumn environmental triggers, mushrooms can help our immune response adjust and function within the Goldilocks Zone...not too much, not too little, but just right.*

*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

GREENS AND PLANT PROTEINS



with **Jodi Schneider, Vibrant Health Educator**
Thursday, October 21
3 pm

Are you looking for simple ways to maximize your nutrition? Vibrant Health has been formulating products

with the highest quality and highest nutrient density ingredients since 1992. Join Jodi to learn what concentrated nutrition rooted in science can do for you!

MEDICARE 101



with **Kate Esparza-Guerrero**
Saturday, October 23
noon

Learn how to navigate Medicare options for the 2022 Annual Enrollment Period, Oct. 15th - Dec. 7th. Please call 253.216.8823 to schedule

a one-on-one appointment with Kate.

SIBO: SMALL INTESTINAL BACTERIAL OVERGROWTH



with **Brenda Watson, Founder of Vital Planet**
Tuesday, October 26
3 pm

Are you feeling bloated, gassy, tired, having loose stools or constipation or belly pain? If so, you may be experiencing

a condition called Small Intestinal Bacterial Overgrowth. Join Brenda Watson as she discusses the realities of SIBO, why this situation occurs and how to help yourself overcome it naturally.

7 NO-COST WAYS TO DRASTICALLY IMPROVE YOUR WELLNESS



with **Ashley Looker, Empowerment Coach, Yoga Teacher**
Thursday, October 28
5 pm

In so many ways we can over-complicate and sabotage our health by creating

unrealistic goals and spending a ton of money on prescriptions, exercise equipment and professional support. Come learn seven ways you can drastically improve your health using these daily free and effective practices.

Great Reasons for Taking **Apple Cider Vinegar**

by Enzymedica

Apple Cider Vinegar was used by Hippocrates, the father of modern medicine, around 400 BC in ancient Greece, to treat a variety of ills. Through the centuries, it has been used for a variety of treatments, including use during the Civil War for stomach ills. Now this 'folk remedy' that has endured the ages is a staple in our arsenal of health care products.

What's the magic ingredient? Acetic acid, the main ingredient in apple cider vinegar (ACV). Among its qualities, acetic acid plays an important role in the digestive process, helping to stimulate the production of hydrochloric acid and the enzymes needed to break down fats.*

Benefits of ACV

Improve digestion - While the idea of taking something acidic to counteract stomach acid doesn't at first seem to make sense, ACV can help stimulate production of hydrochloric acid, which helps the digestive process.* It also can help balance pH levels, reducing the occasional burn of backflow from the stomach into the esophagus. It is thought that ACV can deliver a host of gut bacteria benefits along with improved ability to absorb nutrients.* (Occasional heartburn may result from an over-production of hydrochloric acid in the stomach, in which case ACV should not be taken.)

Weight Loss - ACV appears to reduce hunger as well as the total amount of food consumed. This may be because the acetic acid in ACV helps reduce sugar "spiking" and reducing the sugar "high" that triggers cravings; it also helps let your brain know

when you are full, so you tend to eat less.* Several laboratory studies support ACV as a weight management tool. In one study, mice given ACV were found to be less likely to gain body fat, while having higher energy expenditure and oxygen intake, and they burned more fat for energy than those just given water, suggesting that acetic acid helps suppress body fat buildup.¹ A similar study of 155 people who were considered obese (BMI 23-30) found that ACV helped reduce body fat, resulting in a smaller waistline and less abdominal fat for those taking ACV than those in the control group that did not take ACV.²

Healthy blood sugar levels - Insulin is an important hormone secreted by the pancreas that regulates the amount of nutrients circulating in the blood stream. When too many carbohydrates are consumed, blood sugar increases, triggering the pancreas to release more insulin into the bloodstream. Insulin tells the body's cells to pick up and store sugar, reducing the amount of sugar in the blood. When too much sugar is consumed, cells may become insulin resistant, triggering the pancreas to increase its output of insulin, ultimately triggering a drop in blood sugar. The acetic acid in ACV may have a beneficial effect on maintaining blood sugar levels already in the normal range by preventing complete digestion of complex carbohydrates, by either accelerating gastric emptying or increasing the absorption of glucose by body tissues.*² The hypothesis is that vinegar may inactivate some digestive enzymes that break down carbohydrates. By slowing the conversion of complex carbs into sugar, the body has more time to pull sugar out of

the bloodstream, and sugar spiking is avoided.

These are just a few reasons ACV can be beneficial and there are many more. For many people, getting past the taste, smell and acidic sting of liquid apple cider vinegar is a challenge. That's why Enzymedica's Apple Cider Vinegar (ACV)™ is a good option. In convenient capsule form, it contains the fermented brown sediment known as the "Mother" that is a hallmark of quality natural apple cider vinegar. A single bottle of Enzymedica's ACV capsules is produced from 10 wild-picked apples that are pressed and fermented. It's also "Teeth Friendly," because the capsule form eliminates the challenge of damage to tooth enamel presented by liquid ACV, as it bypasses teeth and delivers the ACV directly where it is most beneficial. Two capsules are recommended with each meal, with each serving equal to 1 ounce of liquid apple cider vinegar.

(1) Maiko HATTORI, Tomoo KONDO, Mikiya KISHI & Keigo YAMAGAMI (2010) A Single Oral Administration of Acetic Acid Increased Energy Expenditure in C57BL/6J Mice, *Bioscience, Biotechnology, and Biochemistry*, 74:10, 2158-2159, DOI: 10.1271/bbb.100486 To link to this article: <https://doi.org/10.1271/bbb.100486>

(2) Tomoo KONDO, Mikiya KISHI, Takashi FUSHIMI, Shinobu UGAJIN & Takayuki KAGA (2009) Vinegar Intake Reduces Body Weight, Body Fat Mass, and Serum Triglyceride Levels in Obese Japanese Subjects, *Bioscience, Biotechnology, and Biochemistry*, 73:8, 1837-1843, DOI: 10.1271/bbb.90231 To link to this article: <https://doi.org/10.1271/bbb.90231>

*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.

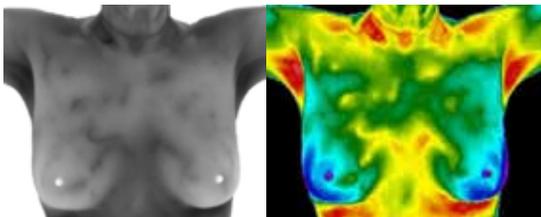


Join Enzymedica online!
Follow Your Gut - New Perspectives On Digestive Health
Tuesday, October 12
at 5 pm -
Details at
marlenemarket-deli.com/classes

Thermographic Screening for Happy, Healthy Breasts

by Shanna Rivera, Medical Thermographer

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



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

We invite you to learn more about Shanna and medical thermography during our October event. Join us online October 7th at 7 pm as we celebrate Breast Health Awareness month. Learn

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

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

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

Shanna Rivera is a Medical Thermographer and the founder of Flow Well. She is devoted to her mission of improving her own health as well as her patients' health using medical thermography and other health-enhancing modalities. Flow Well has become a resource for connecting patients with local practitioners and wellness professionals who can guide the patient toward improving their thermography screenings if they need a referral. Shanna works at wellness clinics from Tacoma to Seattle, in North Bend and many in between in Washington state. Other Flow Well technicians service South Carolina, Georgia, and Florida. Visit FlowWell.org to find a location near you. Call (877) 315-7226 Ext. 447 for more information or to schedule an appointment.

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

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



Join Shanna online!
Breast Cancer Awareness
Thursday, October 7
at 7 pm
Details at
marlenesmarket-deli.com/classes

Humans and Plants: A Symbiotic Relationship

by Vibrant Health

“We realize we are already in a relationship with plants simply because we breathe. We are constantly in a cycle of breath, a relationship where we are dependent on each other for our lives.”¹

When you sit down to eat a meal, do you think about everything that went into the food on your plate? What did it take to grow? There must be sunshine, rain, bees, and so on for you to consume all the wonderful fruits and vegetables and reap the benefits they provide your body. All our food comes from plants, either directly, or from an animal that ate a plant. Our ability to breathe oxygen comes from plants which are crucial to our survival. Plants are not only dependent on humans but also dirt. Dirt is a living system that has a symbiotic relationship with plants also. The nutrient density of the plants we eat depends on the soil.²

We as humans take for granted that our health and survival depend on agriculture. The evolutionary success of both humankind and its plant symbionts is dependent on our caring partnership.³

Our history with plants as medicine
Plants have been used for thousands of years for their medicinal properties. Various diseases have been treated with the use of plants as medicine through history. To date, 35,000 – 70,000 plant species have been screened for medicinal use.

When a plant is used for herbal medicine, many parts of the plant may be used: root, bark, stem, leaves, seeds, flowers, and fruits. Different parts of a plant may offer a variety of therapeutic effects. Plants produce bioactive compounds which are classified into primary and secondary metabolites. Primary metabolites like carbohydrates, lipids, and amino acids, are necessary for the growth and basic metabolism in all plants, while secondary metabolites are not essential, but they may play crucial roles in plant wellbeing by interacting with the ecosystems. When assessing phytochemical compounds, the main interest is in quantifying their activity, evaluating how successful they are in promoting good health, and preventing diseases.⁴

“Let food be thy medicine”
-Hippocrates

What you eat may have the ability to transform your health. Foods such as whole grains, fruits, vegetables, nuts, seeds, tubers, and legumes are great dietary staples that may aid in maintaining homeostasis in the body. These foods are full of vitamins, minerals, antioxidants, and phytochemicals and provide an abundance of nutrients for your body. Dark chocolate can regenerate stem cells, blackberries and pomegranate can activate the immune system, broccoli provides DNA protection, and there are many more plant-based benefits, but there is no magic bullet. The key is diversity, eating all the colors of the rainbow, and making

good choices about what we put in our bodies every day.

Avoiding highly processed foods, which have been stripped of nutrients to a more plant-based way of life, provides many benefits to your body. Your digestion and skin typically will improve, and your total energy may increase due to the nutrient-dense attributes.⁵

Our long symbiotic relationship with plants has created an inherent need to be close to nature. We have a bond with nature and we are a part of it. And when we are close to what supports us in life, we are energized and restored.

If you are looking to add more greens to your daily routine, try one of our Green Superfoods, such as Vibrance, Green Vibrance, or Maximum Vibrance.

<https://rowecenter.org/wp/our-symbiotic-relationship-with-plants-and-trees/>

<https://drhyman.com/blog/2019/10/01/saving-our-soils-with-regenerative-agriculture/>

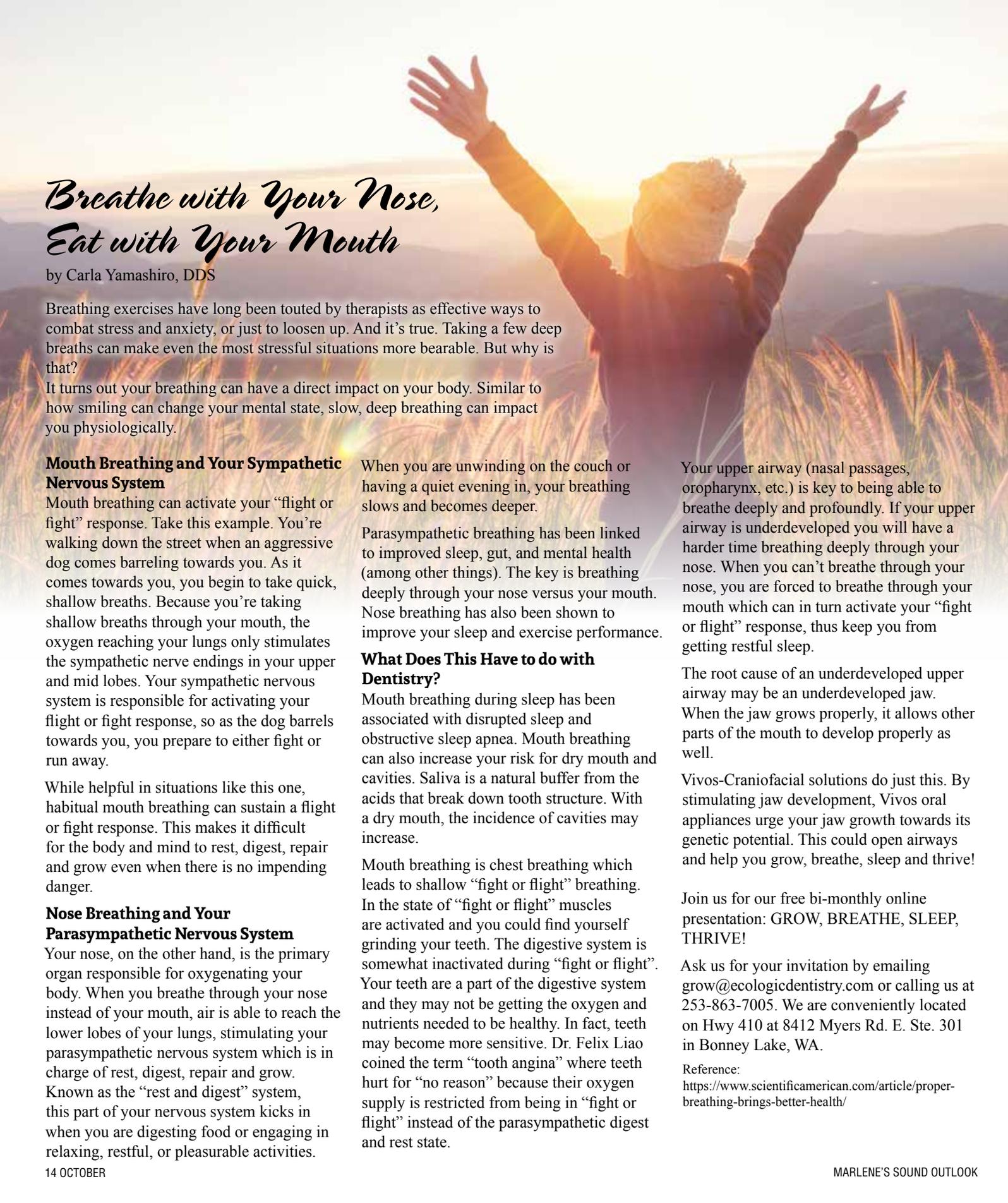
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<https://rowecenter.org/wp/our-symbiotic-relationship-with-plants-and-trees/>



Join Vibrant Health
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**Greens and Plant
Proteins**
Thursday, October 21
at 5 pm -
Details at
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com/classes](http://marlenesmarket-deli.com/classes)

A person with their arms raised in a field of tall grass at sunset. The person is seen from behind, with their arms raised high in the air. The background is a soft, golden sunset over a field of tall grass. The overall mood is peaceful and uplifting.

Breathe with Your Nose, Eat with Your Mouth

by Carla Yamashiro, DDS

Breathing exercises have long been touted by therapists as effective ways to combat stress and anxiety, or just to loosen up. And it's true. Taking a few deep breaths can make even the most stressful situations more bearable. But why is that?

It turns out your breathing can have a direct impact on your body. Similar to how smiling can change your mental state, slow, deep breathing can impact you physiologically.

Mouth Breathing and Your Sympathetic Nervous System

Mouth breathing can activate your “flight or fight” response. Take this example. You're walking down the street when an aggressive dog comes barreling towards you. As it comes towards you, you begin to take quick, shallow breaths. Because you're taking shallow breaths through your mouth, the oxygen reaching your lungs only stimulates the sympathetic nerve endings in your upper and mid lobes. Your sympathetic nervous system is responsible for activating your flight or fight response, so as the dog barrels towards you, you prepare to either fight or run away.

While helpful in situations like this one, habitual mouth breathing can sustain a flight or fight response. This makes it difficult for the body and mind to rest, digest, repair and grow even when there is no impending danger.

Nose Breathing and Your Parasympathetic Nervous System

Your nose, on the other hand, is the primary organ responsible for oxygenating your body. When you breathe through your nose instead of your mouth, air is able to reach the lower lobes of your lungs, stimulating your parasympathetic nervous system which is in charge of rest, digest, repair and grow. Known as the “rest and digest” system, this part of your nervous system kicks in when you are digesting food or engaging in relaxing, restful, or pleasurable activities.

When you are unwinding on the couch or having a quiet evening in, your breathing slows and becomes deeper.

Parasympathetic breathing has been linked to improved sleep, gut, and mental health (among other things). The key is breathing deeply through your nose versus your mouth. Nose breathing has also been shown to improve your sleep and exercise performance.

What Does This Have to do with Dentistry?

Mouth breathing during sleep has been associated with disrupted sleep and obstructive sleep apnea. Mouth breathing can also increase your risk for dry mouth and cavities. Saliva is a natural buffer from the acids that break down tooth structure. With a dry mouth, the incidence of cavities may increase.

Mouth breathing is chest breathing which leads to shallow “fight or flight” breathing. In the state of “fight or flight” muscles are activated and you could find yourself grinding your teeth. The digestive system is somewhat inactivated during “fight or flight”. Your teeth are a part of the digestive system and they may not be getting the oxygen and nutrients needed to be healthy. In fact, teeth may become more sensitive. Dr. Felix Liao coined the term “tooth angina” where teeth hurt for “no reason” because their oxygen supply is restricted from being in “fight or flight” instead of the parasympathetic digest and rest state.

Your upper airway (nasal passages, oropharynx, etc.) is key to being able to breathe deeply and profoundly. If your upper airway is underdeveloped you will have a harder time breathing deeply through your nose. When you can't breathe through your nose, you are forced to breathe through your mouth which can in turn activate your “fight or flight” response, thus keep you from getting restful sleep.

The root cause of an underdeveloped upper airway may be an underdeveloped jaw. When the jaw grows properly, it allows other parts of the mouth to develop properly as well.

Vivos-Craniofacial solutions do just this. By stimulating jaw development, Vivos oral appliances urge your jaw growth towards its genetic potential. This could open airways and help you grow, breathe, sleep and thrive!

Join us for our free bi-monthly online presentation: GROW, BREATHE, SLEEP, THRIVE!

Ask us for your invitation by emailing grow@ecologicdentistry.com or calling us at 253-863-7005. We are conveniently located on Hwy 410 at 8412 Myers Rd. E. Ste. 301 in Bonney Lake, WA.

Reference:
<https://www.scientificamerican.com/article/proper-breathing-brings-better-health/>

Are Your Candles Toxic?

by Green America

One of the simplest pleasures in life is coming home from a stressful day of work and lighting an aromatherapy candle with a special scent intended to make you feel calm and relaxed. Unfortunately, that seemingly harmless candle could be filling the air in your home with carcinogenic soot and lead emissions.

Fortunately, the solution to the candle pollution problem doesn't have to be extreme. Alternatives to toxic candles abound. With very little effort, you can fill your home with soothing light and scents without filling it with toxic gases.

What's Wrong with My Candles?

The biggest issue with candles are toxic wax and, in the case of older candles, toxic wicks.

Look out for candles made of paraffin—a petroleum byproduct—which releases carcinogenic soot when burned. The soot can also cause respiratory problems and will aggravate the conditions of those who already have asthma, lung, or heart problems.

Besides endangering your health and that of your family, soot from paraffin wax can cause significant damage to the inside of your house, plus your computers, electrical appliances, and ductwork.

“Some families have reported so much soot damage that they have filed insurance claims, only to find such damages aren't covered in their policies,” says natural living expert Debra Lynn Dadd, author of *Home Safe Home* (Tarcher Perigee Publishers, 1997) and six other books about safe and nontoxic products.

Once upon a time, many candles on the market contained lead-core wicks. Fragrance oils soften the wax, so the manufacturers used lead to make the wicks stand firm.

And if that weren't enough, aromatherapy candles that are scented with synthetic oils release microscopic particles that have been linked to cancer and other health problems when inhaled.

Fortunately, unless you have candles more than a decade old (and many people do!), they probably don't have a lead-core wick. However, many people regift candles, and many candles with lead in the wick are still circulating.

A candle with a lead-core wick releases five times the amount of lead considered hazardous for children and exceeds EPA pollution standards for outdoor air, says the Consumer Product Safety Commission (CPSC). Exposure to high amounts of lead has been linked to hormone disruption, behavioral problems, learning disabilities, and numerous health problems.



The No-Lead Test

To find out whether a candle has a lead wick, follow these steps:

Look for a “lead-free” label when shopping for new candles.

If you have a candle that has not been burned yet, rub the tip of the wick of on a piece of paper. If it leaves a gray mark, like a pencil, the wick contains a lead core.

For candles that have already been burned, you should just throw out any that have metal cores as a precaution. Simply look at the tip of the wick and see if it has a metal core. If you still can't tell, peel back some of the cotton.

Non-Toxic Candle Alternatives

There are currently no restrictions on paraffin candles and those scented with synthetic oils. But you don't have to give up candles altogether if you follow these guidelines:

Buy 100% beeswax or vegetable wax candles with cotton wicks, which are free of toxic chemicals. Natural waxes can cost as much as six times the price of paraffin, so many candle manufacturers blend paraffin with their wax to cut costs. Be sure your candles say 100% beeswax or vegetable wax on the label. Visit Marlene's for a wide selection of beautiful, eco-friendly candles!

To reduce soot, no matter what kind of wicks are in your candles, trim wicks to 1/8 inch, and do not burn candles in a drafty area.



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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October

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 3	4	Heal Heartburn Naturally with Dr. Jennea Wood 7 pm, Online 5	6	Breast Cancer Prevention with Shanna Rivera, CTT 7 pm, Online 7	8	Dumplings! with Julia Bang, Founder of EAsT Kitchen \$15 Noon, Online 9
10	Uniform Monday! 10% off to all firefighters, police, and military! 11	Follow Your Gut – New Perspectives on Digestive Health with Julia Craven, Enzymedica VP of Education 5 pm, Online 12	13	Which CBD is Right for Me? with Maggie Frank, CV Sciences Educator 5 pm, Online 14	15	Plant Protein with Laura King, Holistic Health Coach Noon, Online 16
17	18	Mushrooms for a Balanced Immune Response with Xochitl Palomino, ND, Host Defense Practitioner Channel Educator 5 pm, Online 19	Full Moon 20	Greens and Plant Proteins with Jodi Schneider, Vibrant Health Educator 3 pm, Online 21	22	Medicare 101 with Kate Esparza-Guerrero, Noon, Online 23
24		SIBO: Small Intestinal Bacterial Overgrowth with Brenda Watson, Founder of Vital Planet 3 pm, Online 26		7 No-Cost Ways to Drastically Improve Your Wellness with Ashley Looker, Empowerment Coach, Yoga Teacher 5 pm, Online 28		
31	25	26	27	28	29	30

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Iridology & Sclerology
with Nancy Seals
4th Sunday, 11 am - 4 pm
360.556.3556

FEDERAL WAY

Vitamin B and glutathione shots with Voda Health
Wednesday, 11 am - 3 pm
253.225.6679

Seated Massage with Erica Seter
Tuesday, 11 am - 2 pm
Thursday, 2 pm - 6 pm
Friday, 2 pm - 7 pm
Saturday, 2 pm - 7 pm

Reservations may be required.



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We value your suggestions and feedback! Write to us at:

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