

Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

October 2022



**Non GMO & Fair Trade month • How foods impact
brain health • Ayurvedic herbs for stress**

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A Letter From Us

Autumn is a second spring when every leaf is a flower.

- Albert Camus

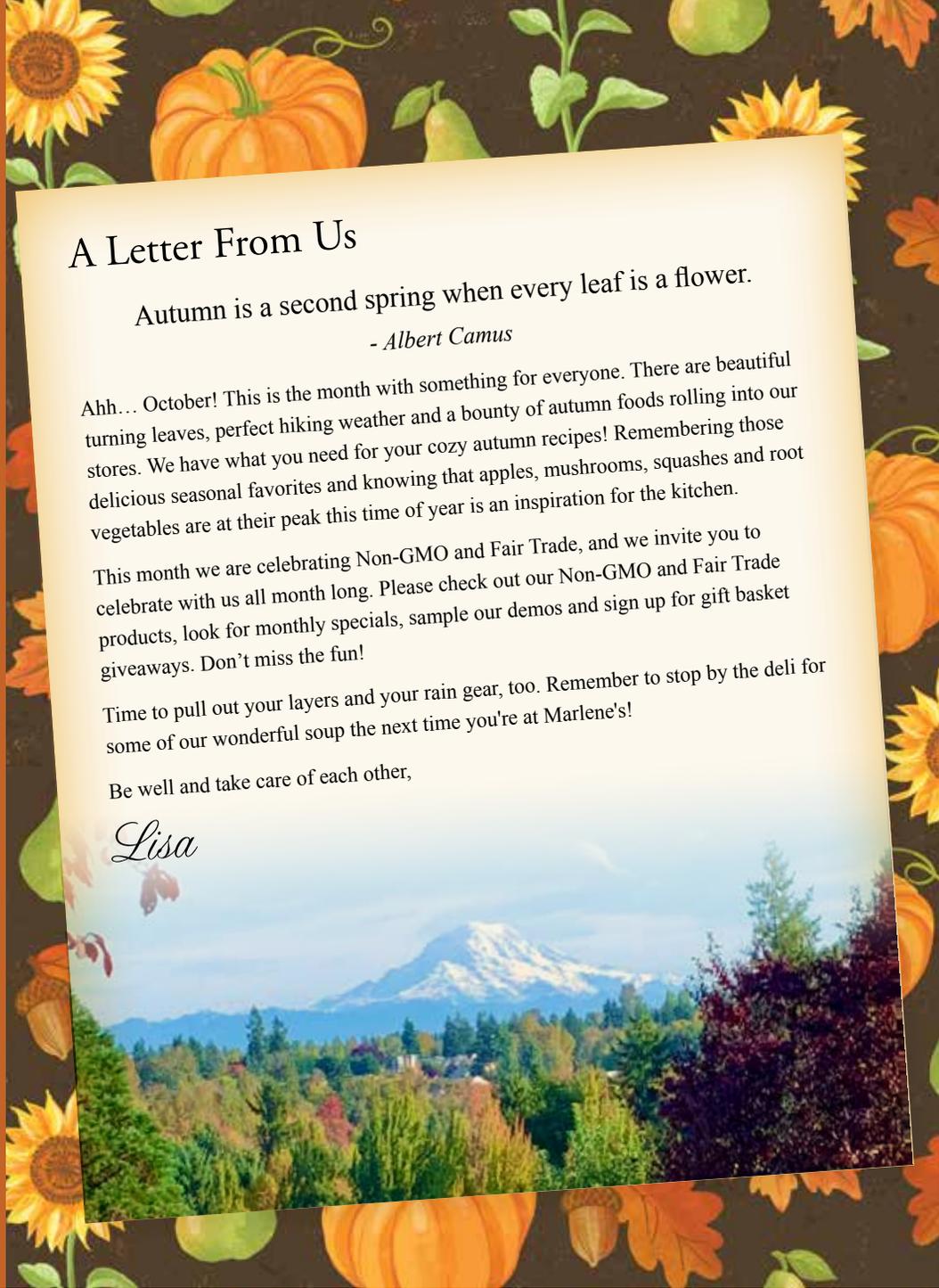
Ahh... October! This is the month with something for everyone. There are beautiful turning leaves, perfect hiking weather and a bounty of autumn foods rolling into our stores. We have what you need for your cozy autumn recipes! Remembering those delicious seasonal favorites and knowing that apples, mushrooms, squashes and root vegetables are at their peak this time of year is an inspiration for the kitchen.

This month we are celebrating Non-GMO and Fair Trade, and we invite you to celebrate with us all month long. Please check out our Non-GMO and Fair Trade products, look for monthly specials, sample our demos and sign up for gift basket giveaways. Don't miss the fun!

Time to pull out your layers and your rain gear, too. Remember to stop by the deli for some of our wonderful soup the next time you're at Marlene's!

Be well and take care of each other,

Lisa



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

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marlenesmarket-deli.com

Sweet Curried Squash Bread with Crystallized Ginger

Baking season has arrived with the autumn chill, and we have something wonderful to warm your kitchen and delight your senses!

These beautiful loaves offer a delicious and exotic twist with the use of some of the same spices traditionally blended into curries. Tender pistachios and crystallized ginger add just the right amount of texture and zing for a unique dessert bread that might just make it permanently into your fall baking rotation. Move over, pumpkin spice!



3 cups flour
3 tsp baking powder
1 tsp sea salt
2 tsp ground turmeric
½ tsp cardamom
1 tsp cinnamon
½ tsp cumin
¼ tsp nutmeg
¼ tsp cloves
4 large eggs at room temperature
¼ cup maple syrup
2 tsp vanilla extract
1 ¼ cups sugar
1 cup coconut oil, melted (plus enough to lightly coat two loaf pans)
2 cups cooked winter squash, mashed – fresh or canned. Butternut, honeynut, kabocha and pumpkin are all delicious choices!
½ cup crystallized ginger, diced
½ cup pistachios, shelled

1. Preheat the oven to 350°F. Coat the bottom and sides of 2 loaf pans (9x5) with coconut oil.
2. In a large bowl, whisk the dry ingredients together (first 9 ingredients listed). Set aside.
3. In a separate large bowl, whisk the eggs until just loosely mixed. Add the maple syrup, vanilla and sugar. Whisk vigorously until the mixture is smooth. Drizzle in the coconut oil whisking constantly until completely incorporated. Stir in the mashed squash until smooth.
4. Carefully pour squash mixture over flour mixture. Stir gently just until you have a smooth batter with no dry spots. Fold in the crystallized ginger and pistachios.
5. Pour the batter into the prepared loaf pans. (Optional: sprinkle each loaf with 1 tablespoon sugar) Bake until a toothpick inserted into the center comes out clean, 50 to 65 minutes. Let the bread cool in the pan for at least 20 minutes, then use a butter knife to loosen the bread from the sides the pan. Gently turn out the loaves on a wire rack and let them cool completely before slicing.

ACCEPTING ORDERS BEGINNING OCTOBER 25TH!

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

45.99

Gluten Free

Dinner for Two

Turkey breast, cranberry orange chutney, gravy, smashed potatoes roasted vegetables, cornbread stuffing, Gluten Free pumpkin pie. Sorry, no substitutions .

45.99

Roasted Turkey Dinner

(feeds 10-12)

229.99

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

Side Dishes

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

Pies

Most can be made gluten free!

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

** not available in gluten free

We will begin to take orders on Tuesday, 10/25. Orders are while supplies last and we sell out very quickly.

Orders available for pick up after 10:00 a.m on Tuesday, 11/22 or Wednesday, 11/23. Sorry, no exceptions.

MARLENE'S INTRODUCES BLACK EARTH® MINERALS

By Rob Seeman of The Food Movement

Natural foods customers are always on the lookout for great supplements that can help them maintain a balanced microbiome and good overall health. In recent years, innovative trace mineral extractions from organic matter that contain natural biominerals and organic acids have become the subject of increasing interest from health enthusiasts in the USA and around the globe.

Research has indicated that fulvic acid can support optimal cellular function, acting as a chaperone for mineral nutrients into human cells and waste products out of human cells*. Additionally, fulvic acid is a great source of absorbable oxygen and mineral nutrients. A related organic compound, humic acid, has been shown to be a potent anti-viral and immune regulator. It can also boost nitric oxide in the bloodstream as well as help balance hormones.*

Since 2011, The Food Movement of Illinois has been making products containing humic acid and fulvic acid with a broad spectrum of over 70 individual trace minerals. The company has also formulated unique functional mineral preparations such as **Black Earth Silver** and **Black Earth Zeolite**.

Marlene's is proud to begin offering products made by The Food Movement.

Black Earth Fulvic is a broad spectrum trace mineral preparation, and all of these products contain proprietary preparations of humic acid, fulvic acid and the trace mineral array that naturally occurs alongside these compounds in nature.

Additionally, the Food Movement has formulated **Alkalize 55** and **Fulvic POM**; two different formulations using both the Black Earth Minerals and different preparations of organic and biodynamically-grown food ingredients.



Alkalize 55 combines Black Earth Minerals (rich in humic acid fulvic acid and over 70 elements) with *preB* (for prebiotic), a blend of over 50 biodynamically-grown and triple-fermented foods. This part of the formula was created the late Dr Michio Kushi, one of the founding fathers of American macrobiotic nutrition.

FulvicPOM combines the same Black Earth trace mineral blend with organic Pomegranate juice. Peer-reviewed scientific research has shown this combination to contain unique Enveloped Virus Neutralizing Compounds or EVNCs*. In addition to helping to prevent viral infection, this combination appears to support good bacteria in the human microbiome.*

The research into these compounds of humic and fulvic acid has been relatively recent, but the traditional use of related-compounds in Shilajit and Moomiyo throughout Asia has been going on for thousands of years. The Food Movement has channeled an exclusive source of humic fulvic minerals on pristine private land site in the United States, which is the single source of the Black Earth minerals they manufacture. All of their products are manufactured to GMP standards and third-party tested for purity and potency.

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





INTRODUCING HOST DEFENSE® MYCOBREW® LION'S MANE DRINK MIXES!

MYCOBREW® COFFEE, MATCHA, COCOA, and MOCHA are specially-crafted, flavor-forward formulations that offer a premium taste experience. After years of development, MycoBrew® provides exceptional flavors available in both convenient grab-and-go packets and bulk canisters.

Whether you want a burst of energy to start your morning, a midday indulgence to keep you going, or a relaxing treat at the end of the day, MycoBrew® has a beverage blend for you. Try all four MycoBrew® beverages for an upgrade to your everyday routine!

While each beverage is distinct in flavor and experience, they are all reinforced with USA-grown, certified organic Lion's Mane mushroom mycelium. The highly sought-after "Smart Mushroom," Lion's Mane is a well-known superfood.

Our mushroom mycelium is grown on an organic brown rice substrate, fermented to peak efficacy, and freeze-dried. By freeze-drying the mushroom mycelium and fermented substrate, we are able to ensure a concentrated serving in each beverage.



OUR CHOICES MATTER

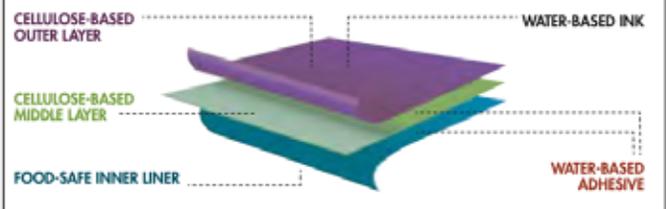
After years of pioneering development work, we're proud to say that our MycoBrew® beverage packets are made from cutting-edge, custom-crafted material and are in alignment with our sustainability goals.

Our packets offer excellent:

- Oxygen barrier protection
- Shelf life
- Moisture barrier protection
- Seal strength



OUR SINGLE-SERVE PACKETS: A LOOK AT THE LAYERS



Learn about our packaging and sustainability story at hostdefense.com.

SEASONAL PREPAREDNESS WITH ELDERBERRY AND HONEY

by Jennifer Rasp-Bickerton DC, MS,
Education Coordinator for Nutraceuticals

If a sneeze can travel at 100 miles an hour and disperse up to 100,000 germs into the air, it is not a matter of who will be exposed, but who will have their immune system primed and ready¹

Science has confirmed that temperature and relative humidity also play a role in the transmission of seasonal viruses.² With the upcoming season wrought with opportunity for exposure, compounded by the stress of busy schedules, changing weather, and holiday travel, you must prepare the family and coach everyone's body to hold its own against the viral competition. There is nothing worse than succumbing to the immune burden!

How should you prepare? First, make it a habit to wash your hands with soap and water for at least 20 seconds and always cover your mouth when you sneeze, since transmission of germs may occur a day or more before you show any signs.³ Next, support the natural daily recovery of your body with a healthy diet and quality sleep. The wisdom of consuming superfoods, such as elderberry and honey, have become a time-honored seasonal tradition. Evidence of these nurturing nutrients abound since we first found the hives dripping with delicious liquid gold, and we harvested our first clusters of ripe, tangy edible berries.

Fortunately, studies have found that a dose of elderberry can enhance your body's defenses! A double-blind clinical trial of 312 passengers flying from Australia to an overseas destination investigated the effects of elderberry on respiratory health. Data suggested that cold duration and severity were significantly reduced in air travelers.⁴ Hippocrates referred to the elder tree, *Sambucus*, as his "medicine

chest" in 400 BCE. Today, elderberry is often consumed in conjunction with honey, antioxidants, vitamin C and zinc for seasonal support. Black elderberries are a rich source of phenolic compounds including flavonoids, quercetin, and anthocyanins that enhance the antioxidant status of the human body. Numerous scientific and clinical studies have shown the influence on viral activity, such as during the cold and flu season.⁵

Commonly, signs of seasonal distress can be found throughout our respiratory systems. Adding the traditional use of honey, along with elderberry, can provide extra benefit for the immune system during this time of year. A recent study of 105 children, aged 2-18, was conducted to investigate the effect of honey on nocturnal upper respiratory function. They found that parents rated honey as a preferable option for soothing the respiratory tract at night and improving sleep quality.⁶

Start now to prepare your family for the season with elderberry and honey. On your mark, get set, go!

Jennifer Rasp-Bickerton DC, MS has a passion for sharing information to help others enhance their lives with dietary supplements. Dr. Rasp-Bickerton's experience includes vitamin retail management, Nutraceutical sales, and a nutrition-based chiropractic practice.



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VINA ~ Soda with Smarts!

VINA embodies the spirit of making smart choices.

A delicious soda made with an essential blend of trace minerals, plant fiber and apple cider vinegar to support brain and gut health.

WE HAD A GUT FEELING THAT SODA COULD BE SMART

The brain and gut are a package deal when it comes to feeling good. Connected by millions of nerves and chemicals called neurotransmitters, they are in a symbiotic relationship, so when one is in distress the other suffers. And conversely, when one is balanced and thriving, the other reaps the rewards.

VINA is "SMART" because it's both multifaceted and hyper functional as it addresses mind-body wellness at its very core. Not only that, it is Certified Organic, low sugar, low calorie, stevia-free and DELICIOUS!

Indulge smartly in what you buy, and especially... your soda.



Foods for Neuroprotection

By Deanna Minich, PhD

How healthy is your brain? I am frequently asked how people can make their brains healthier. With mood disorders and neurodegenerative diseases, like Alzheimer's disease, seemingly on the rise or more regularly reported, it would seem brain health is on everyone's mind. As a nutrition scientist, one of the first places I look at is diet. What a person eats can impact mood, cognitive function, and much more.

Let's look at some of the possible causes of brain dysfunction and the foods that can help.

Inflammation

It doesn't take much to realize that we are inflamed. The classic symptoms are pain, heat, redness, swelling, and loss of function. However, inflammation can also be "secret" or non-apparent; we may not know we are inflamed until we have a blood test or a practitioner evaluates our symptoms. As a nutritionist, I can confidently tout nutrition as necessary for decreasing inflammation. My favorite anti-inflammatory foods include wild salmon, organic blueberries, cruciferous vegetables, sweet potatoes, turmeric, ginger, kale, and nuts.



Oxidative Stress

When our antioxidants and reactive oxygen species (free radicals) are out of balance, we experience oxidative stress. We may not realize this is occurring until inflammation or disease occurs. Antioxidant-rich foods, such as sweet potatoes, berries, kale, cabbage, dark chocolate, spinach, nuts, and many more, can help to decrease oxidative stress. Eating the rainbow of plant-based foods will provide a diet rich in fiber, antioxidants, and phytonutrients.

Gut Microbiome

There is a strong bidirectional relationship between the brain and the gut, which has implications for immunity, mood, digestion, and more. Stress can negatively impact the gut-brain axis in a variety of ways. Stress management techniques, such as physical activity, meditation, and more, can positively affect gastrointestinal symptoms. A diet rich in fiber and polyphenols can support a healthy microbiome. Dietary polyphenols are a large group of natural plant compounds found in a variety of plant-based foods such as fruits, vegetables, tea, coffee, and spices. Focusing on various fruits and vegetable colors in each meal can help support a healthy gut-brain connection.

Nutrient Imbalances

There are hundreds of different phytonutrients, each supporting your body's health. On a broad scale, simply eating a wide range of fruits, vegetables, and other plant-based foods of different colors ensures that you'll be reaping the benefits of a host of phytonutrients, providing a balance of nutrients, such as folate, iron, omega-3 fatty acids, magnesium, and a variety of vitamins.

What is the Takeaway?

A diet rich in colorful plant-based foods can provide anti-inflammatory, antioxidant, and healthy gut-bacteria building phytonutrients to strengthen your brain and overall health. If you plan to incorporate more colorful, plant-based, and/or whole foods into your daily eating, or have food allergies or



Join Dr. Minich online!
Foods for Neuroprotection
Thursday, October 20
at 5 pm
Details at
marlenesmarket-deli.com/classes

questions, talk to your doctor, nutritionist, dietician, or another member of your healthcare team for personal options based on your circumstances.

Deanna Minich, MS, PhD, CNS, Certified Functional Medicine Practitioner (IFMCP), is a nutrition scientist, international lecturer, teacher, and author, with over twenty years of experience in academia and in the food and dietary supplement industries. She is passionate about helping others to live well using therapeutic lifestyle changes that impact their physical, emotional, mental, and spiritual health. Visit her at www.deannaminich.com

October Events & Education

All October classes will be held online. Register at: marlenesmarket-deli.com/classes

MUSHROOMS FOR STRESS SUPPORT



with Xochitl Palomino, ND, Host Defense® Practitioner Channel Educator
Tuesday, October 4 at 4 pm

Fortify yourself against chronic stress! Chronic stress exposure and ongoing engagement of the fight-or-flight response can have devastating health effects. Join Dr. Palomino for a look at specific adaptogenic mushrooms and herbs that can gently support modulation of our autonomic nervous system's responses and positively influence our ability to adapt to stress..

WHAT TO DO WHEN YOU CAN'T GO #2



with Jennea Wood, ND of Tummy Temple
Tuesday, October 4 at 7 pm

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

PRANIC HEALING 101



with Eduardo Sztokbant, Associate Pranic Healer
Thursday, October 6, 5 pm - 7 pm

You have the power to improve your life, as well as your loved ones' lives, with Pranic Healing! Learn the principals of no-touch, energy based Pranic Healing. Build on the basics of energetic anatomy and discuss techniques to boost energy, release energy drains and accelerate the body's ability to heal itself. Eduardo will lead a guided meditation for inner peace, stillness and bliss.

ART AND ALTARS: HONORING YOUR ANCESTORS



with Dianne Aoki, Artist and Founder of Studio Aoki –
Saturday, October 8 at 10 am
\$25

Celebrated each year at the end of October and early November, Day of the Dead is one of Mexico's most popular and ancient holidays honoring our deceased loved ones. In this workshop you'll learn about the 3000-year-old indigenous practices of the Aztecs and Toltecs, and create one of the most important components of the celebration: a Dia de los Muertos family home altar.

Participants will be given a list of items to supply from home, and also pick up a project supply bag from Marlene's in Tacoma.

KHINKALI - DUMPLINGS OF GEORGIA



with Gracie Schatz, Founder HOW Cooking School
Saturday, October 8 at 2 pm
\$25

Khinkali are the glorious meat and broth-filled dumplings from the country of Georgia. If you've had them already, you know how delightful they are! If you have never tasted them, you are in for a real treat! Chef Gracie Schatz is a dumpling fanatic whose dumpling passion extends to all countries and her latest obsession is khinkali! Menu includes traditional meat and broth filled Khinkali and Georgian Salad with Creamy Walnut and Coriander Dressing.

BREAST CANCER PREVENTION



with Shanna Rivera, CTT and Linda Huxtable, ND
Tuesday, October 11 at 5 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.

BEER, WINE OR SPIRITS TASTING

FREE 21+ WITH ID

Tacoma Location

2 pm - 4 pm

**Friday, October 7
Friday, October 21**

Federal Way Location

2 pm - 4 pm

**Friday, October 14
Friday, October 28**

BONE AND JOINT HEALTH WITH BARLEAN'S OILS



with Julie Hawkes, Barlean's Educator
Thursday, October 13 at 5 pm

Bone and joint health are keys to complete wellness. Low bone density can result in brittle bones and cause challenges in mobility. Come find out what oils can do not only for maintaining a healthy inflammatory response but also for supporting bone health and density as we age.

PUTTING THE GARDEN TO BED



with Laura Matter, Garden Hotline Educator
Saturday, October 15 at noon

Get a jump start on good garden health by adding nutrients now! Learn how to enhance year round soil health this fall by mulching tree and shrub beds, adding compost to flower beds and vegetable gardens, and planting cover crop seed in the vegetable garden. Laura will discuss edible plants that are winter-hardy in the northwest, including what to plant in October.

SUPPORTING HEALTHY BONES AND JOINTS



with Audrey Ross, Country Life Educator
Tuesday, October 18 at 5 pm

Learn to navigate the myriad of products designed for bone health. Explore the key factors that contribute to bone building AND bone loss. Get tips on choosing the correct calcium to support strong, healthy bones and why continued nutritional support is necessary for healthy bones and joints.

FOODS FOR NEUROPROTECTION



with Dr. Deanna Minich, PhD, FACN, CNS, IFMCP – Nutritionist, Author, Researcher, and Educator
Thursday, October 20 at 5 pm

Join Dr. Minich as she discusses the top foods for neuroprotection, how to optimize the brain through every day eating, potential sources of brain dysfunction, and ways to maximize brain function through neuroprotective foods and nutrients. Learn practical tips you can implement through food choices to maximize your brain health!

GUT HEALTH WITH VEGAN CUISINE



with Gina Erskine, owner of Stirring Vegan
Saturday, October 22 at noon
\$25

Supporting your own gut health can taste amazing! Join vegan chef Gina, for a culinary adventure into creating a delicious meal meant to enrich your internal flora and offer a little extra pep to your digestion! Menu includes: Tepache de pina – a fermented pineapple drink; tempeh tacos with pickled veggies; and a delicious Mexican hot chocolate nice-cream with cacao nibs, zesty cinnamon and candied red crispy jalapeno.

A KEY TO PHYSICAL AND MENTAL HEALTH



with Linda Frank, RF, NBCR, LMT, CREd,
Director, Founder, Reflexology Academy NW
Tuesday, October 25 at 5 pm

Help manage stress, decrease pain, and boost your mood & immune function by engaging your Vagus Nerve. It regulates involuntary functions like breathing, heart rate & digestion and communicates with most of your body's organs. I'll introduce you to several simple ways to activate it for better health and wellbeing.

SEASONAL COMFORT WITH AYURVEDA



with Ariane Chenard, B.Sc., M.A.,
Ayurveda Health Counselor
Thursday, October 27 at 2 pm

Ayurveda recommends living and eating seasonally. By the end of October, with nights getting longer, days shorter, and the weather colder, you will feel a need to adjust your diet and routine. This fall and winter, bring balance to your life with warmth and comforting qualities, using seasonal foods and habits.

A STROKE CAN HAPPEN ANYWHERE TO ANYONE



with Carmen Lewis, RN Stroke Navigator RN, BSN, SCRN & Sarah Christie, Stroke Program Coordinator RN, BSN, SCRN, CMSRN
Thursday, October 27 at 5 pm

Are you or someone you know at risk for a stroke? Join us as we come together to promote stroke awareness within our communities. Learn about the warning signs of stroke (B.E.F.A.S.T), when to call 911, as well as your risk factors and lifestyle changes you can make to prevent a stroke.

Take Control of your Digestion, Naturally



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BIOMI IS A DOCTOR CRAFTED 10-WEEK SELF-LED PROGRAM WITH WEEKLY SMALL GROUP COACHING SESSIONS

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HEALTHY GUT • HEALTHY MIND • HEALTHY SKIN

Don't let chronic diarrhea, constipation, or bloating control your life anymore!

TOP 5 HERBS FOR STRESS RELIEF AND MOOD

by Organic India

When stress gets out of control, it can do more than make us frazzled. Stress can affect our mood, sleep, focus, and can even compromise our health. Stress often leads to poor performance and can cause feelings of sadness and overwhelm. By exploring plants and herbs used in traditional Ayurveda, an ancient system of healing, more and more people are finding herbal adaptogens and nootropics to relieve and reduce stress naturally.



1. ASHWAGANDHA

Ashwagandha is well known in Ayurveda as a powerful restorative herb. The plant is also known as ‘winter cherry’ and ‘Indian ginseng’ and has been used for centuries to help:

- Promote mental clarity
- Improve focus
- Restore feelings of calmness
- Promote better sleep

Ashwagandha is one of the most common of the herbs known as “adaptogens.” Adaptogens regulate your body’s response to different kinds of stress – including physical, environmental, and emotional. Adaptogens, like ashwagandha, help the body respond and adapt to stress in part by reducing cortisol levels.



2. TULSI

Tulsi, also called ‘Holy Basil’, is another adaptogenic herb used in Ayurveda to support wellness. The tulsi plant is native to India and depending on the variety, has fragrant green or purple leaves and purple or white flowers. This pungent herb is reminiscent of clove and mint and is often used as an herbal tea.

A natural stress buster, tulsi helps relieve stress and promote better moods. According to ancient Hindu wisdom, tulsi is also known as the “Queen of the Herbs” due to its spiritual and restorative properties.



3. SHANKHPUSHPI

Packed with powerful antioxidants and flavonoids, shankhpushpi is known for its potent ability to support brain function. This remarkable herb is known for enhancing concentration and increasing capacity for focus, alertness, and memory.

Shankhpushpi works by balancing chemicals and neurotransmitters in the brain. It keeps serotonin levels balanced, resulting in a more relaxed state for the body and mind. This helps reduce feelings of sadness and supports mental health and emotional stability.



4. GOTU KOLA

Native to the wetlands of Asia, gotu kola has gained popularity across the globe for its benefits as a nootropic herb. A nootropic is a natural or synthetic substance that has a positive impact on the brain. Nootropics may enhance cognitive functions such as memory, attention, and creativity.

Gotu kola increases a brain chemical called acetylcholine which helps make synaptic connections in the brain. These connections aid in memory and learning. It’s also thought to increase one’s attention span and boost motivation.

The neuroprotective properties of gotu kola have earned it another name, the “longevity herb.” Gotu kola is rich in phytonutrients and minerals such as magnesium, calcium and selenium. These minerals help heal damaged tissues and promote collagen production.



5. BACOPA

Bacopa is a small creeping herb with white flowers that loves water and grows in tropical areas. The entire plant can be used in various ways as an herbal remedy. In traditional Ayurveda, it’s known as a rasayana, or a rejuvenator, that helps to revitalize and rejuvenate the body.

Bacopa is another herb with nootropic capabilities. It was traditionally used to support memory and focus as well as improve mood. One study suggests that Bacopa may improve cognitive function in healthy adults and may aid in reducing memory loss.

Implementing Stress-relieving Herbs into Your Daily Routine

Adding stress-relieving herbs into your daily routine doesn’t have to be hard, it can be as simple as enjoying a cup of tulsi tea in the morning for a soothing mood booster. Many herbs for stress relief can be found in capsule form, offering a quick and easy way to get herbal support for your body and mind.

Organic India herbs are grown by small family farmers using regenerative agriculture practices. They offer organic, non-GMO, gluten free and vegan products, and are a B Corp certified company, winning the “Best for the World” honor in 2022 for their positive impact on community.

Supporting Healthy Bones and Joints

by Audrey Ross

Many of us are looking at ways to maintain our bones and joints in an effort to age well and avoid bone loss challenges. However, there are so many different options available that it can be a challenge to decide what is best for you. And remember – it's about what YOU need for YOUR health to *Power Your Greatness!*

One thing to remember is that your bones are remodeling (old bone being broken down and new bone being made) every day. This process happens faster when we are younger, but no matter what our age, it happens daily. The Mayo Clinic notes that our maximum bone density occurs usually around the age of 30 years old, but we can continue to build new bone as long as we are alive. However, there are certain things that can affect bone health.

A few of the key factors that the Mayo Clinic¹ notes can affect bone health include the following:

The amount of calcium in your diet

Your physical activity

Tobacco and alcohol use

Hormone levels

Prescription medications

Gender (women usually have less bone tissue than men)

Getting an adequate intake of calcium is important for bone support. The primary form of calcium that is in the bone is calcium phosphate (aka hydroxyapatite). Bones contain almost 99% of the calcium found in the body while the remaining 1% of calcium is found in the blood, muscles and other tissues. Calcium is an essential macromineral that must be consumed because the body cannot manufacture it.

Collagen is also part of the bone (and joints). It provides a soft framework while calcium adds the strength and hardness support. The body can make collagen from essential amino acids or it can be consumed in supplement form. Additional nutrients associated with supporting bone health include Vitamin D3 and Vitamin K2, as both have shown to be important to support bone remodeling.^{2,3}

Providing proper bone support involves more than just adding a vitamin. Review the above list of factors reported by the Mayo Clinic and then decide on your supplement needs. So how do you select the right product? Make sure to look at the supplement facts panel on your chosen product to verify you are getting the 'hydroxyapatite' form of calcium, if you are looking for bone support. Remember, this is the form of calcium that is *in the bone!* You can also find supplements that would include Vitamin D3 and Vitamin K2, or those can be taken separately. And as always, consult your health care provider when you are planning any changes to your diet, exercise or supplement regimen.

1 <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060>

2 <https://www.britannica.com/science/bone-anatomy>

3 <https://www.bones.nih.gov/health-info/bone/bone-health/what-is-bone>



Learn how to choose the right bone supplements. Bring your questions! Online on Tuesday, October 18 at 5 pm. Details on page 11.

Food for Thought: Supporting Your Mental Health

by Karen Masterson Koch, CN, President of Aloe Life

People take their brain health for granted until a major thinking or behavior issue arises. The brain is the most important organ of the body, operating like the pilot of a plane. It controls every thought, mood and movement, and all growth and development throughout every stage of life. The brain must function properly to support healthier thoughts and actions, and that starts with whole foods.

Several studies over the years have shown that eating healthy foods rewards children with longer attention spans, better cognition and higher test scores.

Adversely, negative behaviors are linked to allergies that are triggered by too much inflammatory or junk food consumption; high salt, sugar and trans-fat diets. A nutritionally unbalanced diet can cause a myriad of mental and behavioral issues. Sugar consumption alone has steadily risen over the years at approximately 57 pounds per person, yearly. This parallels the rise of all diseases, including mental illness.

The U.S. has a growing population with many types of mental and behavioral challenges, but only 1 in 4 adults and 1 in 6 teens and younger children receive treatment. Sadly, suicides from chronic depression are up 25% from the past 20 years, rising above fatal traffic accident statistics.¹ Additionally, 1 in 7 children ages 2 – 8 have Attention Deficit Hyperactivity Disorder (ADHD) or slow development from Autism Spectrum Disorder (ASD).²

Cognitive Function and Behavior

We tend to blame age or personality for under-performance, whether in a child or an adult, but it's the right combination of nutrients that supports optimal mind and body function. I recall a young cashier who repeatedly forgot how to run the cash register. When asked if he ate breakfast, he responded, "I never do!" This is a prime example of the effects of nutrient deficiency.

If you think of yourself or others as a "slow learner," or experience confusion, depression or have health or behavior problems, start by thinking about what was eaten that day for

nourishment. Sometimes it is not just what you eat, but what you don't eat or digest properly, that robs the brain of wellness and performance.³

Some excellent news for all people, including underachievers, special needs individuals and folks wanting to take more preventative measures with their health, is that nourishing foods and key supplements can help improve your mental health – just give it at least 45 days to test drive healthier choices!

Key Brain Health Factors⁴

Daily Nutrition and Digestion – Eat a variety of quality proteins, vegetables, fruits. Avoid inflammatory foods, such as sugars and starches, and shop organic as much as possible. Always read the labels!

Hydration – Body size matters! Approximately 1 ounce of water per pound of body weight, plus critical electrolytes, is required from foods and beverages. The average adult needs 2 – 3 quarts of water daily.

Exercise – Challenging the brain and body with daily movement and thinking exercises for 30 – 45 minutes a day can be beneficial for stress reduction and mood improvement.

Daily Detox & Cleansing – A variety of foods support daily regularity including: raw celery, carrots, apples, beets and fresh greens. Popular detoxification supplements include fiber and pre- and probiotics. An effective supplement to consider is whole leaf Aloe Vera. DetoxPlus by Aloe Life contains a high concentration of whole leaf Aloe Vera, and it is formulated to be a gentle and effective addition to a cleansing regimen.



Brain Supplements –

- Whole leaf aloe vera concentrate
- Essential fatty acids (omegas 3,6,9, as well as DHA and EPA)
- Daily greens supplements (avoid if taking blood thinners)
- B-Complex with B12
- COQ-10 enzyme
- Amino acids
- Vitamin E, C and A, plus minerals like zinc and magnesium
- Trace minerals

Choose greater health today!

Karen Masterson Koch is a certified nutritionist and the President of Aloe Life. She is also a health researcher, educator, and the author of Beyond Gluten Intolerance. For more information, please visit aloelife.com.

- 1) 2017, National Institute of Health (NIH)
- 2) 2015, Center for Disease Control (CDC)
- 3) 1991, BIOMARKERS, Tuft's University, Fireside, New York, NY.
- 4) 2012, Beyond Gluten Intolerance – GI S (1), Masterson, K.A., ISBN-13:978-0-692-01650-3, Santee, CA.



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Imlak'esh Organics is a sustainable, intentional company that specializes in the import and distribution of superfoods ethically sourced from small-scale organic farmers around the world.

Imlak'esh started as many good stories do: with a backpack and a one-way ticket. When co-founder Tucker quit his job and left for South America, he watched his body and mind transform when he began to incorporate local superfoods into his diet. This change left him with vibrant health and wellness he had never experienced.

He spent months traveling the country connecting with farmers and suppliers and learning from cacao growers in the cloud forest, traveling to remote villages and living with Shapibo Indians in the Amazon.

He saw the incredible quality of foods being grown, but also a prevailing struggle: the inability of small producers to access



domestic and international markets. Here, the Imlak'esh mission was born: create a direct line of trade that would bring the highest quality superfoods directly from source to shelf, creating sustainable livelihoods for those who grew them.

Tucker and co-founder Philip, started Imlak'esh Organics to fulfil their mission. Since selling their very first jar of cacao at a local market, Imlak'esh has grown beyond their expectations. They have been able to give back to communities both at home and in South America, strengthen their sources and find powerful foods from Peru and beyond.



October

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 2	3	Mushrooms for Stress Support with Xochitl Palomino, Host Defense® Practitioner Channel Educator, ND 4 pm, Online What to do When You Can't Go #2 with Dr. Jennea Wood, ND of Tummy Temple 7 pm, Online 4	5	Pranic Healing 101 with Eduardo Sztokbant, Associate Pranic Healer 5 pm - 7 pm, Online 6	Beer & Wine Tasting Tacoma 2 pm - 4 pm 7	Enhancing Health and Healing Through Art with Dianne Aoki, Artist and Founder of Studio Aoki \$25, 10 am, Online Khinkali - Dumplings of Georgia with Gracie Schatz, Founder HOW Cooking School \$25, 2 pm, Online 8
Full Moon 9	Uniform Monday! 10% off to all firefighters, police, and military! Indigenous People's Day 10	Breast Cancer Prevention with Shanna Rivera, CTT and Linda Huxtable, ND 5 pm, Online 11	12	Bone and Joint Health with Barlean's Oils with Julie Hawkes, Barlean's Educator 5 pm, Online 13	Beer & Wine Tasting Federal Way 2 pm - 4 pm 14	Putting the Garden to Bed with Laura Matter, Garden Hotline Educator Noon, Online 15
16	17	Bone and Joint Health with Audrey Ross, Country Life Educator 5 pm, Online 18	19	Foods for Neuroprotection with Dr. Deanna Minich, PhD, FACN, CNS, IFMCP – Nutritionist, Author, Researcher, and Educator 5 pm, Online 20	Beer & Wine Tasting Tacoma 2 pm - 4 pm 21	Gut Health with Vegan Cuisine with Gina Erskine, owner of Stirring Vegan \$25 Noon, Online 22
23	24	A Key to Physical and Mental Health with Linda Frank, RF, NBCR, LMT, CREd, Director, Founder, Reflexology Academy NW 5 pm, Online 25	26	Seasonal Comfort with Ayurveda with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor 2 pm, Online A Stroke Can Happen Anywhere to Anyone with Carmen Lewis, Stroke Navigator, RN, BSN, SCRn and Sarah Christie, Stroke Program Coordinator, RN, BSN, SCRn, CMSRN 5 pm, Online 27	Beer & Wine Tasting Federal Way 2 pm - 4 pm 28	29
30	Halloween 31					



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Tuesday, 10 am - 2 pm
253.225.6679

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.



FEDERAL WAY

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253.839.0933

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Sunday 9 am - 7 pm

Deli Hours

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

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TACOMA

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Tacoma 98409
253.472.4080

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

Deli Hours

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Sunday 9 am - 6 pm

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

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