



SOUND OUTLOOK

October 2023



Supporting Fair Trade • Homemade tinctures
Mushrooms for wellness • Embracing autumn

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

A Letter From Us

This month we are celebrating Non-GMO and Fair Trade. We invite you to celebrate with us by signing up for our gift basket giveaways and looking for monthly specials. Our education focus this month includes tools for supporting your immune system, tips for creating a joyful living space, healthy weight management, exploring thermography and more! Please see pages 10 and 11 for details and visit us online to learn more at marlenesmarketdeli.com.

October is an excellent time to replenish your herbs, teas and spices! Our bulk department has just replenished a variety of seasonal and fragrant spices and herbs. What better way to welcome autumn than with the scent of baked goods wafting through the kitchen or a fruity and spicy herbal tea? Perhaps you'll be inspired to create your own blends to share with family and friends.

As the weather gets cooler, we tend to gravitate indoors more. While this has its merits, I encourage you to bundle up and take frequent walks in the crisp, autumn air. It's so good for us in every way!

Be well and take care of each other,

Lisa



Sound Outlook Coordinator | Jeanne Logman | jeanne@marlenesmarket-deli.com
Education Coordinator | Elizabeth Ashbrook | classhost@marlenesmarket-deli.com
Marketing Manager | Joe Moralez | joemoralez@marlenesmarket-deli.com
 Questions or comments? Contact us at feedback@marlenesmarket-deli.com.

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Mushrooms are a wonderful ingredient to incorporate into your autumn recipes! Their earthy flavor and meaty texture complement a broad variety of dishes.

Here are two simple, delicious autumn recipes that bring out the best of mushrooms.

Mushroom and Sage Quinoa Risotto

1 cup quinoa, rinsed
2 cups mushrooms (mix of wild and cremini), sliced
2 Tbl olive oil
1 small onion, finely chopped
2 cloves garlic, minced
¼ cup dry white wine (optional)
4 cups vegetable broth, kept warm
2 Tbl fresh sage, chopped
¼ cup grated or shredded Pecorino Romano cheese, more for serving

Salt and pepper to taste

1. In a large skillet, sauté the onion and garlic in olive oil until translucent.
2. Add the mushrooms and cook until they release their moisture and become golden brown.
3. Add the quinoa and toast for a minute or two. If using wine, pour it in and cook until mostly absorbed.
4. Begin adding the warm vegetable broth, one ladle at a time, stirring and allowing the liquid to absorb before adding more.
5. Continue this process until the quinoa is cooked and has a creamy consistency.
6. Stir in chopped sage and Pecorino Romano cheese, reserving a little for garnish.
7. Season with salt and pepper to taste and serve warm.



Creamy Mushroom and Cauliflower Soup

1 head cauliflower, chopped
2 cups mushrooms, sliced
1 onion, chopped
2 cloves garlic, minced
4 cups vegetable broth
1 cup unsweetened almond milk (or any milk of choice)
2 Tbl olive oil

Salt and pepper to taste

Fresh parsley and dill sprigs for garnish

1. In a large pot, heat olive oil over medium heat. Add onions and garlic, sauté until translucent.
2. Add mushrooms and cook until they release their moisture and begin to brown.
3. Add chopped cauliflower and vegetable broth. Bring to a boil, then reduce to a simmer and cook until cauliflower is tender.
4. Use an immersion blender to puree the soup until smooth. If using a regular blender, let the soup cool slightly before blending in batches.
5. Return the blended soup to the pot, stir in almond milk, and warm gently. Season with salt and pepper.
6. Serve the soup garnished with fresh parsley, dill sprigs and a drizzle of olive oil.



WHY MARLENE'S SUPPORTS FAIR TRADE

Fair trade is a trading partnership based on transparency and respect, that seeks greater equity in international trade. It aims to help farmers and workers to improve their lives and to protect the environment for the next generation.



There are many merits to supporting fair trade!

FAIR PRICES - Fair trade sets minimum prices for products, which helps to protect farmers and workers from the volatility of the global market. This means that they can earn a decent living, even if the price of their product drops.

LIVING WAGE - Fair trade requires that producers pay their workers a living wage. This means that workers can afford necessities like food, shelter, and healthcare for themselves and their families.

SOCIAL PREMIUM - Fair trade also provides a social premium to producers. This money can be used to invest in community projects, such as education, healthcare, and infrastructure.

GOOD WORKING CONDITIONS - Fair trade requires that producers provide good working conditions for their workers. This includes things like safe and healthy workplaces, freedom of association, and no child labor.

ENVIRONMENTAL SUSTAINABILITY - Fair trade supports environmentally sustainable production practices. This includes things like reducing pesticide use, conserving water, and protecting biodiversity.

In addition to these specific benefits, there are also side benefits to supporting fair trade. For example, fair trade can help to:

REDUCE POVERTY - By providing fair prices and living wages, fair trade can help to reduce poverty in developing countries.

IMPROVE EDUCATION AND HEALTHCARE - The social premiums from fair trade can be used to improve education and healthcare in developing countries.

EMPOWER WOMEN - Fair trade can help to empower women in developing countries by giving them access to better jobs and opportunities.

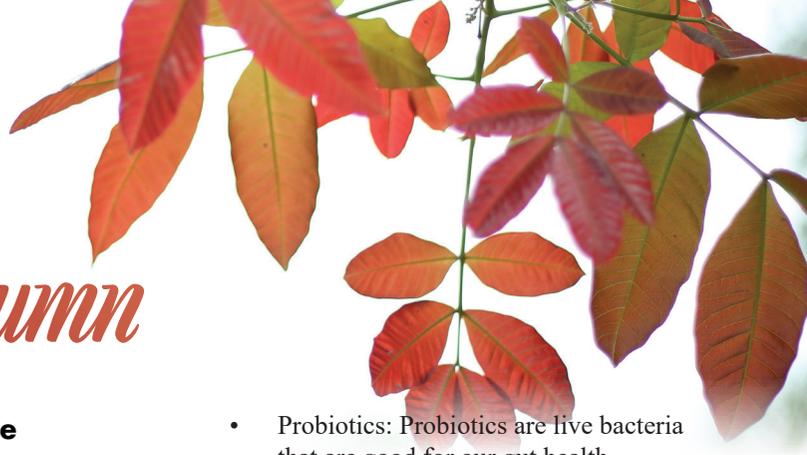
PROTECT THE ENVIRONMENT - Fair trade can help to protect the environment by promoting sustainable production practices.

...and that's good for everyone!

Fair Trade is a way to ensure that farmers and workers in developing countries are treated fairly and that they can earn living wages. It is also a way to support sustainable development and protect the environment. If you are looking for ways to make a difference in the world and to support these efforts, we encourage you to look for Fairtrade Certified logos when you shop. It's a small way to make a big difference!



Changing Seasons: How to Embrace Autumn



The transition into the autumn season can be a challenging time for our health. The shorter days, colder weather, and increased risk of illness can all take a toll on our physical and mental well-being. However, there are many things we can do that can help us stay healthy and vibrant during these months.

Enjoy a seasonal diet

One of the best things you can do for your health during the autumn and winter is to eat a seasonal diet. Seasonal foods are fresh, local, and packed with nutrients that are essential for supporting our health. They're also delicious! Fruits and vegetables that are in season during these months are a great source of antioxidants, which can help protect our cells from damage and boost our immune system.

Some of the best seasonal foods for autumn include:

- **Root vegetables:** Beets, carrots, parsnips, and sweet potatoes are all warming and nourishing foods that are high in carotenes and other vitamins and minerals.
- **Cool weather berries:** Cranberries, blackberries, and elderberries are all packed with antioxidants and other nutrients that can help boost our immune reserves.
- **Oily fish:** Salmon, anchovies, sardines and tuna are all good sources of omega-3 fatty acids, which have been shown to have several health benefits, including reducing inflammation and improving heart health.
- **Citrus fruits:** Oranges, lemons, grapefruits, and limes are all excellent sources of vitamin C, which is essential for a healthy immune system.

Get regular exercise

Exercise is another important natural health support that can help us stay healthy as we transition into autumn. Exercise helps boost the immune system, improves circulation, and reduces stress. Even a moderate amount of exercise can make a big difference, so try to get at least 30 minutes of exercise most days of the week.

Get enough sleep

Sleep is essential for overall health and well-being. As the days shorten, it can be even more important to get enough sleep. Aim for 7-8 hours of sleep each night.

Manage stress

Stress can take a toll on our health, both physically and mentally. Some helpful stress-management techniques include yoga, meditation, deep breathing, and spending time in nature noticing the beauty of the changing season.

Take supplements

In addition to eating a healthy diet and getting regular exercise, you may also want to consider taking some supplements to support your health. Some of the most beneficial supplements for this time of year include:

- **Vitamin C:** Vitamin C is an essential nutrient for a healthy immune system.
- **Vitamin D:** Vitamin D has been shown to boost the immune system and we are unable to produce our own without exposure to sunlight.
- **Zinc:** Zinc is a mineral that helps to support the immune system and wound healing.

- **Probiotics:** Probiotics are live bacteria that are good for our gut health. They can help to improve digestion, boost the immune system, and reduce inflammation.

Take care of your mental health

Autumn can also be a challenging time for our mental health. The shorter days, colder weather, and increased risk of illness may contribute to feelings of sadness, anxiety, and depression. If you are struggling with your mental health during this time, it's important to reach out for help. Talk to your healthcare practitioner or a mental health professional about what you are going through and get the support you need.

By following these natural health supports, you can help to keep yourself healthy and vibrant during the challenging seasons. By eating a seasonal diet, getting regular exercise, getting enough sleep, managing stress, and taking supplements, you can boost your immune system, improve your circulation, and reduce inflammation. You can also care for your mental health by reaching out for help if you are struggling. By taking these steps, you can help to ensure that you have a healthy and happy autumn!



PAUL STAMETS IS SPREADING THE MYCELIAL MESSAGE

By Host Defense Mushrooms

Renowned Mycologist, Paul Stamets, is an industry leader in fungi production, habitat, and research who has made it his life's work to bridge the divide between people and fungi.

In 1980 Paul started Fungi Perfecti, LLC, makers of Host Defense[®] Mushrooms[™], and quickly became synonymous with cutting-edge research and innovative mycological solutions. This serves as the foundation for the formulations and product development for Host Defense[®] mycDrafeium-based supplements and products.*

At their home base near the Olympic Rainforest in Washington state, Fungi Perfecti employs a full-time internal R&D team. Under Paul's leadership, projects they work on include uncovering the endless potential for the use of fungi in everything from mycofiltration and mycoremediation, to harnessing the power of beneficial mushroom mycelium to help bees, trees, people, and planet.*

Eco-conscious and people-first business efforts are a natural extension of the Fungi Perfecti mission to explore, study, preserve, and spread knowledge about the use of fungi to help people and planet.

As of 2021, they calculate their scopes 1, 2 and 3 emissions. Scope 3 is by far the biggest source of emissions for any organization, and includes emissions that fall outside the direct control of the organization. They then offset the total combined emissions by 110% — that's 10% MORE than they produce — making them climate positive.



Additionally, as of 2023, Fungi Perfecti is a Certified B Corporation, joining a group of businesses around the world committed to creating a more sustainable future through conscientious choices, transparency in operations, and corporate responsibility. B Corp organizations take into consideration the ways in which their operations affect all stakeholders, including their employees, their customers, the environment, and the local communities where they operate and do business.

Paul has dedicated his life to discovering, understanding, and spreading knowledge about the unique, mysterious, and fantastic world of fungi. The team at Fungi Perfecti and Host Defense are united in spreading the mycelial message and seeing his vision come to life.

“To ensure the future of our planet and our species, I believe we must act now, adopting and applying the natural intelligence of the vast mycelial networks sustaining life in ecosystems everywhere. Applying what we learn from the mycelium, we must work together to build our own networks, in our families, our communities, and around the world — for the sake of our collective future.” — Paul Stamets

Scan the QR Code below to read the Fungi Perfecti 2021/2022 Impact Report!



*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.

#1 BEST-SELLING MUSHROOM BRAND IN THE U.S.

Source: SPINScan Natural/52 Wks Ending 6/18/2023

HOST DEFENSE[®] Mushrooms[™]

LOCALLY
OWNED

AVAILABLE AT MARLENE'S MARKET & DELI

**ALL HOST DEFENSE PRODUCTS ARE 25% OFF
THROUGH OCTOBER 31, 2023!**

Founded by renowned mycologist Paul Stamets, Host Defense[®] Mushrooms[™] is a leader in formulating products that support brain health, the immune system, energy and stamina, and stress reduction. Host Defense is locally owned and located near Olympia, Washington.*



Certified



Corporation



TikTok (@fungiperfecti)

IG (@HostDefense) & FB (Host Defense)

YouTube (HostDefenseMushrooms)

hostdefense.com

MARLENE'S SOUND OUTLOOK

Fungi Perfecti[®], makers of Host Defense[®] Mushrooms[™], is dedicated to **HELPING BEES, TREES, PEOPLE & PLANET**. We're proudly **110% CLIMATE POSITIVE**, offsetting emissions from scopes 1, 2, and 3!

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

OCTOBER 7

Nelly's Organics: The Best of Everything



Nelly was my mom. She was an amazing woman who met the challenge of raising me and my brother as a single parent with a lot of love and wisdom, a great sense of humor and a warm smile. She lost her battle with breast cancer when I was 18.

Our company is dedicated to her!

Years after my mom passed, as I raised my own daughters, I reevaluated our family's food choices. Exploring healthy diets, food production changes spanning decades, and the link between food quality and life quality became my focus. I uncovered the harmful effects of factory farming, the importance of organic and non-GMO choices, and the far-reaching benefits of a plant-based diet. This shift transformed not just my health, but also my values.

Soon, I began crafting treats from whole foods and chocolate for friends and family to enjoy. **Nelly's Bars** were the hands-down favorites!

ABOUT OUR INGREDIENTS...

Nelly's Bars are made with organic, nutrient-dense whole foods, enrobed with fair-trade Italian dark chocolate! We carefully choose only the highest quality ingredients available - often sourced from smaller farms that are more concerned with the flavor and purity of their products than their margin of profit.

The whole fruits, nuts, legumes, and chocolate in our bars are

abundant in vitamins and minerals. These ingredients complement each other, helping deliver healthy nutrients, antioxidants, and fiber to your body in the way nature intended!

WHAT'S NOT IN OUR PRODUCTS...

Just as important as what's in our bars... is what's not in them. We do not use any additives, preservatives, soy, gluten, GMOs, palm oil, animal-based or difficult-to-pronounce ingredients! Additionally, we don't use highly-processed, powdered ingredients (such as milk, egg & whey powders), which are in so many bars on the market today.

Using 100% organic ingredients minimizes risks of toxic metals and pesticide residues common in non-organic counterparts.

Nelly's Bars steer clear of harmful elements like oxysterols, which are linked to major chronic diseases and are commonly found in other bars.

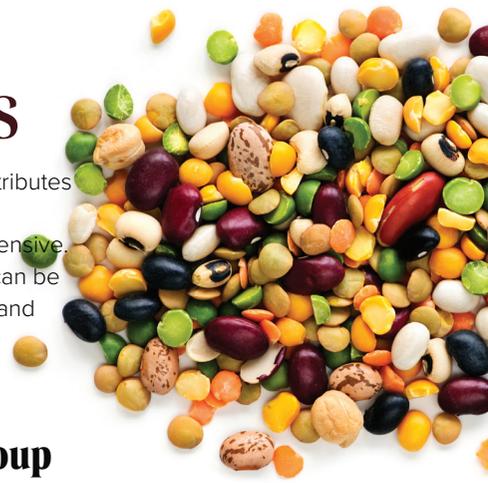
Lactose and casein, common allergens associated with various adverse effects, are also excluded. In fact, roughly 65% of people struggle to digest milk products, leading to symptoms like nausea, bloating and gas. No thank you!

Nelly's Bars were born out of a desire to help make a difference in the way people eat. Our plant-based bars are delicious chocolate-covered snacks that I stand behind 100% - products that are better for people, animals and our planet! - *Carla*



For the Love of Beans, Peas & Lentils

Beans, peas and lentils belong to the legume family. Studies show that regularly consuming these foods contributes more significantly to longevity than any other food group! Loaded with protein, fiber, minerals and nutrients, legumes are the cornerstone of many vegetarian and vegan diets. They are tasty, easy to prepare and inexpensive. We are proud of the tremendous variety of organic beans, peas and lentils we offer in our bulk section. You can be confident we are bringing in the highest quality available to ensure your legume-based dishes are nutritious and delicious!



Creamy and Savory Coconut Red Lentils

Vegan and gluten free, this red lentil dish is inspired from the flavors of India and will fill your home with the most delicious spicey aromas! Pairs brilliantly with basmati rice.

2 cups	dried red lentils, rinsed thoroughly	1 tsp	ground coriander
		½ tsp	turmeric powder
½	large yellow onion, coarsely chopped	2 tsp	sea salt
½	large yellow onion, finely diced	1 Tbl	coconut oil
		2 tsp	whole cumin seeds
1 cup	tomatoes, coarsely chopped	¼ cup	finely shredded coconut
1	serrano chili, finely diced	1 cup	Thai Kitchen Coconut Milk
1 tsp	ground cumin		

1. In a large saucepan, combine lentils, coarsely chopped onion, tomatoes, serrano chili, ground cumin, coriander, turmeric, sea salt and 4 ½ cups of water. Bring mixture to a simmer over medium high heat. Reduce heat to low and cook uncovered for about 30 minutes, until lentils are soft.
2. Heat coconut oil over medium high. Add cumin seeds and allow to fry a couple minutes until fragrant and just beginning to brown. Add finely diced onion and shredded coconut and cook until lightly browned.
3. Add contents of pan to lentil mixture. Add coconut milk. Simmer 10-15 minutes more, until consistency of thick chowder. Tastes even more incredible the next day!

MARLENE'S SOUND OUTLOOK

Easy Instant Pot 7 Bean Soup

1	onion, diced	¼ cup	dried French green or brown lentils
1	medium carrot, diced		
2	celery stalks, sliced	1 tsp	oregano
2 Tbl	olive oil	1 tsp	thyme
3 cups	green or Italian kale, ribbed and sliced into ribbons	1 tsp	garlic powder
		1 tsp	onion powder
		1 tsp	marjoram
½ cup	dried black beans	1 tsp	paprika (sweet or smoked)
½ cup	dried pinto beans	½ tsp	ground sage
½ cup	dried navy beans	1 ½ tsp	sea salt
¼ cup	dried garbanzo beans	½ tsp	black pepper
¼ cup	dried black eyed peas	5 cups	water
¼ cup	dried green or yellow split peas	1 can	Muir Glen Crushed Tomatoes (28 oz)

1. Sauté onion in olive oil over medium heat about 5 minutes. Add carrot and celery and sauté until just softened, about 7 minutes more. Stir in kale and set aside.
2. Rinse beans and place them in the Instant Pot.
3. Add the herbs and spices (do NOT add salt now).
4. Add tomatoes and 5 cups water.
5. Close lid, set valve to sealing, and press "Pressure Cook" or "Manual" to pressure cook on high pressure for 50 minutes.
6. Allow it to release naturally for 10-30 minutes, then gently release the pressure by slowly turning the valve to "venting."
7. Stir in sautéed vegetable mixture and salt.



OCTOBER 9

October Events & Education

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

Super Senior Sunday

Sunday, October 1

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

PREPARE FOR THE HOLIDAYS: HEALTHY WEIGHT MANAGEMENT SUPPORT AND METABOLIC HEALTH



with Glen Depke, Dr. Mercola Educator

**Thursday, October 5 at 5 pm
Federal Way IN-PERSON**

As the holiday season approaches, it's crucial to prioritize metabolic health. Almost 9 out of 10 Americans grapple with metabolic issues, leading to unwanted weight gain. This class offers essential strategies to reduce white visceral fat, maintain normal blood glucose levels, foster effective weight management, enhance fatty acid production, optimize digestion and ensure regularity for a vibrant and balanced holiday season.

FALL SOIL CARE IN YOUR EDIBLE AND ORNAMENTAL GARDEN

with Laura Matter, Garden Hotline Educator



Saturday, October 7 at 10 am

Prepare your garden for the winter rains! Gain expertise in selecting the right mulch for various garden zones, discover optimal cover crop seeds, and master techniques to safeguard your soil. Join us for a vital lesson in sustaining garden health through the changing seasons.

Uniform Monday

Monday, October 9

10% off to all firefighters, police and military!

LOSE WEIGHT WITH HYPNOSIS

with Lisa Shook, Certified Master Hypnotist and Founder of Stress-Less Prosperity Institute



Tuesday, October 10 at 5 pm

Tired of the repetitive cycle of weight fluctuations from the endless variety of weightloss programs that you've tried? You can escape these dieting frustrations and achieve lasting weight loss! Join Lisa Shook, a Certified Master Hypnotist, to say goodbye to diets and discover a better path to wellness.

PREVENT AND OVERCOME CANCER: THE IMPORTANCE OF DIET AND LIFESTYLE



with Mauris Emeka, Researcher and local book author

Thursday, October 12 at 5 pm

After his wife's 2001 cancer-related death, Mauris Emeka delved into finding safe and natural ways to combat cancer and has since written two books about cancer and nutrition. His talk at Marlene's will center on detoxification, lifestyle shifts, and nourishing foods to amplify the body's healing capacity. The presentation will also address acid/alkaline equilibrium, digestive enzymes, immune fortification and oxygenation to create an anti-cancer bodily environment.



MUSHROOMS FOR A BALANCED IMMUNE RESPONSE

with Xochitl Palomino, ND, Host Defense® National Science Educator

Tuesday, October 17 at 4 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. Learn 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.



BREAST CANCER PREVENTION

with Shanna Rivera, CTT and Linda Huxtable, ND

Thursday, October 19 at 5 pm

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



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



ACHIEVE OPTIMAL BREAST HEALTH

with Cheryl Myers, Chief of Scientific Affairs and Europharma Educator

Tuesday, October 24 at 5 pm

Breast cancer is on the rise and yet it remains highly preventable and can be effectively treated. Join integrative health nurse and cancer specialist Cheryl

Myers as she discusses scientifically-validated dietary supplements and nutrition that can reduce cancer risk factors, facilitate recovery and help prevent recurrence.



5 WAYS TO CREATE A HEALING HOME

with Denise Frakes, Home and Life Coach, Facilitator for Puget Sound Asthma Coalition

Thursday, October 26 at 5 pm

Your home can either nurture or harm your health. As we approach the cooler months, crafting a healing home becomes paramount. Discover five

essential ways to transform your living space into a sanctuary that not only enhances your well-being but also elevates your happiness. Take control of your environment and let it become a source of nourishment for both your body and soul.

BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

Federal Way

2 pm - 4 pm

Friday, October 6

Friday, October 20

Tacoma

2 pm - 4 pm

Friday, October 13

Friday, October 27

About the Non-GMO Project



The Non-GMO Project is a non-profit organization that works to protect consumers who want to avoid genetically modified organisms (GMOs) in their

food. The organization's verification program is the most rigorous in North America, and it requires that products meet strict standards to be labeled as "Non-GMO Project Verified."

The verification process includes:

- Testing of major, high-risk inputs to ensure that they are GMO-free.
- Review of the product's supply chain to ensure that there is no cross-contamination with GMOs.
- Compliance with the Non-GMO Project's rigorous standards for labeling and marketing.

Products that have been verified by the Non-GMO Project can be identified by the organization's logo. If you are looking for food and other products that are made with non-GMO ingredients, look for the Non-GMO Project butterfly logo, a trusted symbol assuring that the product meets the highest standards for GMO avoidance:

The Non-GMO Project verification gives consumers the option to choose food that is free of GMOs, if that is what they prefer. The organization's work is helping to give consumers more control over their food choices and protecting the right of consumers to know what is in their food.

Here are some of the benefits of the Non-GMO Project Verification:

- It provides consumers with peace of mind knowing that their food is made with non-GMO ingredients.
- It helps to protect the environment by reducing the use of herbicides and pesticides.
- It promotes sustainable agriculture by supporting farmers who choose to grow non-GMO crops.
- It gives consumers more choices when it comes to food.



Herbs to Help Support Your Menstrual Cycle



The menstrual cycle is a complex process that is regulated by many hormones. Herbs can be used to support a healthy menstrual cycle by helping to balance hormones, reduce inflammation, and relieve pain.

Here are some of the most popular herbs for supporting a healthy menstrual cycle:

Vitex agnus-castus (*chaste tree berry*) is a popular herb for regulating hormones and relieving PMS symptoms. It is thought to work by increasing progesterone levels and reducing prolactin levels. Vitex can be taken in capsule form, as a tea, or in a tincture.

Dong quai (*Angelica sinensis*) is another popular herb for regulating hormones and relieving PMS symptoms. It is thought to work by increasing blood flow to the uterus and improving circulation. Dong quai can be taken in capsule form, as a tea, or in a tincture.

Red raspberry leaf is a traditional herb for supporting pregnancy and childbirth. It is also thought to be helpful for regulating the menstrual cycle and relieving cramps. Red raspberry leaf is wonderful as a tea and can be taken in capsule form or as a tincture.

Chamomile is a calming herb that can help to relieve anxiety and stress. It is also thought to be helpful for relieving menstrual cramps. Chamomile is wonderful as a tea and can be taken in capsule form, or as a tincture.

Ginger is a warming herb that can help to relieve nausea and vomiting. It is also thought to be helpful for relieving menstrual cramps. Ginger can be taken in capsule form, as a tea, or crystallized as a candy.

It is important to note that not all herbs are safe for everyone. If you are considering taking for your menstrual cycle issues, it is important to talk to your doctor first.

In addition to herbs, there are other things you can do to support a healthy menstrual cycle. These include:

Eating a healthy diet: Make sure to eat plenty of fruits, vegetables, and whole grains. These foods are packed with nutrients that are important for overall health and well-being.

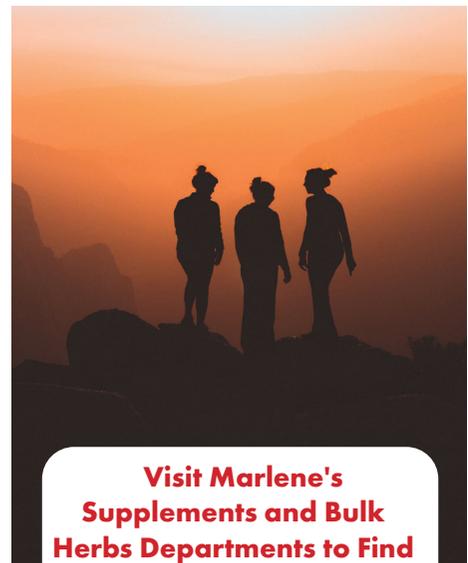
Exercising regularly: Exercise helps to regulate hormones and reduce stress. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Getting enough sleep: Sleep is essential for hormone production and repair. Aim for 7-8 hours of sleep per night. In addition, a well-rested person is less likely to crave sugary, quick-energy snacks.

Managing stress: Stress can disrupt the menstrual cycle. Find healthy ways to manage stress, such as yoga, meditation, or spending time in nature.

If you are experiencing menstrual irregularities, such as heavy bleeding, painful cramps, or irregular cycles, it is important to talk to your healthcare practitioner. There may be an underlying medical condition that needs to be addressed.

With the right support, you can go a long way toward a more comfortable and regular menstrual cycle!



Visit Marlene's Supplements and Bulk Herbs Departments to Find These Fine Herbs!



Marlene's Partners with Vitality Works for the Win!

with Terri Slyne, Marlene's Market & Deli Supplements Category Manager

You've probably seen Marlene's branded products in our supplements department, but do you know who manufactures them for us? It's an incredible company called Vitality Works!

We researched our options for a long time before finally putting our name on a line of products with the quality sourced ingredients from one of the most respected formulators in the natural foods industry. Our customers expect and deserve that level of quality, and we found it at Vitality Works! I recently had the opportunity to tour Vitality Works to see firsthand how they operate and to meet the owners and their team.

Vitality Works is a company that has been manufacturing herbal and nutraceutical supplements since 1982. They are known for their uncompromising quality and commitment to providing the purest products of the highest possible quality.

The company is the culmination of founder Mitch Coven's life's work. His quest to find an answer to the question 'What does it mean to be well?' laid a foundation he has been building upon since the opening of a small health clinic in New Mexico in 1982. Passionate about providing natural alternatives to conventional medicine, he saw a need for a company that could produce the highest quality of herbal, vitamin, nutraceutical and homeopathic supplements that were safe and effective.

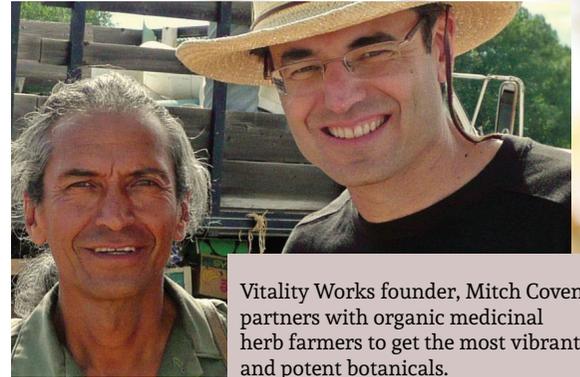
Vitality Works began with just a few products, but they quickly grew to become one of the leading

manufacturers of herbal supplements in the United States. They have a team of experienced herbalists and scientists who work together to develop new products and ensure that all their products meet their internal standards and exceed industry requirements.

One of the things that sets Vitality Works apart from other supplement companies is their commitment to using only the highest quality ingredients. They also use state-of-the-art manufacturing facilities to ensure that their products are produced safely and efficiently and they test rigorously to ensure that products are free from contaminants. Vitality Works has spent years building strong relationships with organic farmers and wild harvesters, ensuring a dependable source of purity and potency for their products. They take nothing for granted, testing 100% of the ingredients that come into their facility, and 100% of their formulations and finished products before they go out.

More than 40 years after Mitch first launched his mission, Vitality Works has expanded into a thriving 145,000 square foot facility on 22 acres of land. The facility strives to operate in an environmentally sustainable way by recycling, composting, reducing energy and water consumption, and continuing to explore methods to refine efficiency. Here, dedicated employees strive to produce amazing products that are effective and affordable, yet uncompromising in their excellence.

If you are looking for the highest quality of herbal supplements that are made with great care and attention to detail, then our Marlene's brand is for you!



Vitality Works founder, Mitch Coven partners with organic medicinal herb farmers to get the most vibrant and potent botanicals.



100% of ingredients and 100% of finished products are tested to ensure purity, potency and stability.

**All Marlene's Brand
Vitality Works Products
20% off Through the
Month of October!**



Effective Natural Remedy for Pain

by Cheryl Myers, RN, BA, Head of Scientific Affairs and Education for Europharma, Inc.

Pain is an important signal that lets us know something has gone wrong and needs attention. It is important to understand why the body may be sending this signal so that the best steps can be taken to address the problem that is causing pain to occur.

The Dangers of Pain Drugs

You might be shocked to learn that the number one cause of acute liver failure is acetaminophen and more than 16,500 people a year die from the complications of using ibuprofen. The reason people keep buying these over-the-counter drugs is because they reduce pain, but at what cost? In addition, we are in an incredibly damaging epidemic of narcotic pain relievers that shows little sign of abating.

As if these consequences weren't enough, there is also another glaring problem: these drugs do nothing to treat the underlying cause of the pain. They do not facilitate healing.

Finding a way to treat pain and inflammation that is both safe and powerful is incredibly important. It can even save lives.

Curcumin with Turmeric Essential Oil

Curcumin is a concentrated extract of the spice turmeric. For relieving most types of pain, addressing inflammation is key, and curcumin may be the most effective natural anti-inflammatory in the world. And rather than mask the pain signal, or drive down inflammation artificially, curcumin modulates inflammation, and reduces pain with relatively little risk. It also does what these drugs cannot do: it boosts the healing of the underlying cause of pain.

Unfortunately, curcumin is hard to absorb. There is a patented, clinically studied, enhanced absorption curcumin that uses turmeric essential oil, rich in ar-turmerone.

It has been shown to reduce both pain and inflammation in both osteoarthritis and rheumatoid arthritis, performing as well as drugs.

Boswellia

The perfect companion to curcumin is the ancient herb, Boswellia. In fact, this combination was shown to stop arthritis pain as effectively as celecoxib, with better reductions in pain and greater increases in walking distances. And unlike celecoxib, known for adverse effects that include increased risk of heart attack and stroke, the herbal group saw no serious side effects at all.

Better Together

While these interventions on their own are very useful, for serious pain relief, the combination is best. Pairing a clinically studied, powerful form of curcumin with Boswellia provides synergistic benefits that are proven safe and effective in reducing inflammation and relieving pain. These products work well on their own, but are even better together.

Look for this combination in **Curamin** by **Terry Naturally** at both Marlene's locations!

Cheryl Myers, RN, BA, is an integrative health nurse, author, and expert on natural medicine. She is a nationally recognized speaker who has been interviewed by the New York Times, Wall Street Journal and Prevention Magazine. Her many articles have been published in such diverse publications as Aesthetic Surgery Journal and Nutrition in Complementary Care, and her research on botanicals has been presented at the American College of Obstetrics and Gynecology and the North American Menopause Society. Ms. Myers is the head of Scientific Affairs and Education for Europharma, Inc.



Turmeric powder



Boswellia resin



MARLENE'S SOUND OUTLOOK

Crafting Your Own Herbal Tinctures: A Journey into Natural Wellness

Crafting your own herbal tinctures can be a rewarding and empowering experience. These liquid extracts have been used for centuries to address various health concerns. Making your own tinctures allows you to explore the world of herbalism, harness the potency of botanicals and take control of your health in a holistic way.

Getting Started:

Select Your Herbs: The first step is to choose the herbs you want to work with. Research their properties, potential benefits, and any contraindications. Common herbs for tinctures include echinacea for immune support, lavender for relaxation, and peppermint for digestion.

Gather Supplies: You'll need high-proof alcohol (organic vodka), dried herbs (fresh herbs can introduce moisture and spoil the tincture), glass jars with tight-fitting lids, and labels for proper identification.

The Tincture-Making Process:

Measure and Chop: Measure the desired amount of dried herbs (usually in ounces) and chop them finely. The finer the herbs, the better they infuse the alcohol.

Combine Herbs and Alcohol: Place the chopped herbs in a glass jar and cover them with alcohol. The alcohol should fully submerge the herbs. Seal the jar tightly.

Shake and Store: Store the jar in a cool, dark place for at least 2-6 weeks, shaking it daily. This allows the alcohol to extract the active compounds from the herbs. Longer steeping times can result in stronger tinctures.

Strain and Bottle: After the steeping period, strain the liquid through a fine mesh strainer or cheesecloth into a clean glass jar or bottle. Squeeze the herbs to extract every last drop.

Label and Store: Clearly label your tincture with the herb(s) used, the date it was made, and any specific instructions. Store it in a cool, dark place, away from direct sunlight and heat.

Tips for Success:

Alcohol Strength: The alcohol you use should be at least 40% (80 proof) to ensure effective extraction. Adjust the alcohol-to-herb ratio for stronger or milder tinctures.

Quality Matters: Use high-quality, organic herbs for your tinctures to ensure purity and potency.

Safety First: Research each herb thoroughly, as some can interact with medications or have contraindications. Start with small doses and monitor your body's response.

Experiment and Customize: Crafting tinctures is an art as well as a science. Feel free to experiment with different herb combinations and proportions to create tinctures that address your specific health needs.

Using Your Tinctures:

Herbal tinctures can be used in various ways:

Oral Ingestion: Typically, tinctures are taken in small dropperfuls (a few drops to a teaspoon) diluted in water or juice. Follow recommended dosage guidelines.

Topical Application: Some tinctures can be diluted with a carrier oil and applied to the skin for localized relief.

Cooking and Beverages: You can incorporate tinctures into recipes or mix them into beverages like tea or smoothies.

Crafting your own herbal tinctures is a journey into the world of herbalism and natural wellness. It allows you to deepen your connection with nature, take control of your health and explore the therapeutic properties of plants. Remember that while herbal remedies can be powerful, it's essential to consult with a healthcare professional if you have specific health concerns or are taking medications, as herbal tinctures can interact with other treatments. With care, knowledge, and a little patience, you can create personalized, effective tinctures that enhance your well-being in a holistic and natural way.





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Organic Cold
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12 oz. Assorted varieties

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**PERFECT BAR
Organic Nut Butter
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Did you know that the human body is made up of approximately 37 trillion cells, and each one of them contains important omega-3 fatty acids that the body needs to stay healthy and function normally?



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Supplements & Wild Caught Fish Oil

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- Bach Flower Remedies
- Biosil
- Country Life & Biochem
- Crystal Star
- +PlusCBD by CV SCIENCES
- Flora

- Four Sigmatic
- Manitoba Harvest
- Herbs, Etc.
- Mickelberry Gardens
- Navitas
- New Chapter

- OneFarm
- Organ
- Organic India
- Rescue Remedy
- Ener-C
- Ultima



David and Nancy Brown have been growing incredible certified organic squashes at Mustard Seed Farms since 1991. We look forward to these local gems each autumn.

Enjoy this bounty of heirloom squashes right now in Marlene's produce departments!



Inclusive Trick-or-Treat Options for Those with Food Sensitivities

For individuals with food sensitivities, the excitement and tradition of Halloween can sometimes be tinged with anxiety. The prospect of trick-or-treating, where the typical loot consists of a variety of candy and snacks, can be challenging for those who must carefully navigate their dietary restrictions. However, there are numerous inclusive options and strategies to ensure that everyone can enjoy a safe and satisfying Halloween experience.

One of the most significant advancements in recent years is the growing availability of allergen-free and sensitivity-friendly treats. Many companies now offer candies and snacks that are free from common allergens like nuts, dairy, gluten and soy. These products provide a safe and delicious alternative for children and adults with food sensitivities.

Parents and caregivers can also participate in the Teal Pumpkin Project, an initiative that promotes inclusivity on Halloween. By placing a teal-painted pumpkin on their doorstep, they signal that non-food treats are available for trick-or-treaters with food sensitivities. These non-food items can include small toys, stickers, glow sticks or other creative goodies.

Another option is organizing allergen-free Halloween parties or events within the community. These gatherings can feature games, costume contests and safe treats that cater to various dietary needs. It's an excellent way to build a sense of community and support among individuals and families facing similar challenges.

Communication is key! Parents can educate neighbors and friends about their child's dietary restrictions, helping them make informed choices when offering treats. This can create a more understanding and accommodating atmosphere within the community.

Halloween should be an enjoyable experience for everyone, regardless of dietary restrictions. By embracing allergen-free treats, participating in the Teal Pumpkin Project, and fostering open communication, we can ensure that trick-or-treating becomes an inclusive and delightful celebration for all.



October Calendar of Events

Class registration at:
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 1	2	3	4	IN STORE: Federal Way HEALTHY WEIGHT MANAGEMENT with Glen Depke, Dr. Mercola Educator 5 pm 5	Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm 6	FALL SOIL CARE with Laura Matter, Garden Hotline Educator 10 am 7
8	Uniform Monday 10% off to all firefighters, police and military! 9	LOSE WEIGHT WITH HYPNOSIS with Lisa Shook, Certified Master Hypnotist and Founder of Stressless Prosperity Institute 5 pm 10	11	PREVENT AND OVERCOME CANCER with Mauris Emeka, Researcher and Author 5 pm 12	Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm 13	14
15	16	MUSHROOMS FOR A BALANCED IMMUNE RESPONSE with Xochitl Palomino, ND, Host Defense® National Science Educator 4 pm 17	18	BREAST CANCER PREVENTION with Shanna Rivera, CTT and Linda Huxtable, ND 5 pm 19	Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm 20	21
22	23	ACHIEVE OPTIMAL BREAST HEALTH with Cheryl Myers, Chief of Scientific Affairs and Europharma Educator 5 pm 24	25	5 WAYS TO CREATE A HEALING HOME with Denise Frakes, Home and Life Coach, Facilitator for Puget Sound Asthma Coalition 5 pm 26	Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm 27	 28
29	30	31				

BODYWORK SCHEDULE

TACOMA
 Vitamin B and glutathione shots with Voda Health
 Tuesday, 10 am - 2 pm
 401.217.9902
 Text "HERE" when you arrive.
 You will be notified when it is your turn.

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

FEDERAL WAY
 Vitamin B and glutathione shots with Voda Health
 Wednesday, 11 am - 3 pm
 401.217.9902
 Text "HERE" when you arrive.
 You will be notified when it is your turn.

Seated Massage with Erica Seter
 Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm
 Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

Reservations may be required.



FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

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

Deli Hours

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

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

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

Deli Hours

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

Grab and go options available until closing.

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



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October 2023

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Celebrate Non-GMO & Fair Trade Month

This October, join us for samples, savings and gift basket giveaways!

