

*Marlene's*<sup>™</sup>

— MARKET & DELI —  
shop local, eat organic

# SOUND OUTLOOK

October 2024



Autumn wellness • Foods for Fall  
Celebrate Non-GMO and Fair Trade

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

## A Letter From Us

"October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures."

– Sarah Guillory, American author and high school teacher

October is such a lovely month in our area. We are truly fortunate to have such beauty right outside our doors. If you take a short drive less than two hours in any direction, there is an ocean, the mountains, and even a desert landscape to experience. I hope you're able to find some time this season to take it all in.

We are also quite lucky to have rich, volcanic soil and a long, mild growing season in this region. There are many wonderful local organic farms right here that we have built relationships with over the years. It's been a gift to watch their families and businesses grow and to be a part of their success. This month, we get to enjoy an excellent harvest! The shelves in our produce department are bursting with your autumn favorites, so be sure to stop in.

October is also our non-GMO and Fair Trade month. We have gift basket giveaways and product demos throughout the month that you won't want to miss.

It's also officially soup season! Come enjoy a 12 oz, pint, or quart of our famous, delicious, scratch-made soups in the deli. That's where you'll find me. Wink, wink.

Be well and take care of each other,

*Lisa*

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Squashes and flannels and wool socks, oh my! It's chili season!

## Vegan Pumpkin Chili

Spice up your fall with a bowl of vegan pumpkin chili that's as cozy as your favorite sweater. This hearty dish combines the earthy, silky sweetness of pumpkin with the warmth of spices, making it perfect for crisp October evenings. Packed with nutritious veggies and plant-based protein, it's a comforting meal that's good for you, and the planet.

- 12 oz meatless Italian sausage (**Tofurky Italian** and **Field Roast Italian Garlic & Fennel** are great choices!)
- 1 Tbl olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- ½ cup carrot, diced
- 3 garlic cloves, chopped
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 2 Tbl chili powder
- 1 tsp sea salt, plus more to taste
- ½ tsp chipotle chili powder
- 1 tsp cinnamon
- 1 15 oz can **Muir Glen Diced Fire-Roasted Tomatoes**
- 1 15 oz can **Eden Red Beans**, drained and rinsed
- 1 15 oz can **Eden Pinto Beans**, drained and rinsed
- 1 15 oz can **Eden Navy Beans**, drained and rinsed
- 1 15 oz can **Farmer's Market Organic Pumpkin Purée**
- 2 cups **Pacific Foods Vegetable Broth**
- 2 tsp maple syrup
- Garnish corn chips, **Forager Project non-Dairy Sour Cream**, **Daia Cheddar Style Shreds**, avocado, and jalapeno slices if desired

In a large soup pot, heat the oil over medium heat. Add the sausage and cook, stirring to break into pieces, browning and warmed through, about 5 minutes. Using a slotted spoon, transfer the sausage to a small bowl.

Add the onion, carrots and bell pepper to the pot. Cook over medium heat, stirring, until softened, about 8 minutes. Add pumpkin puree and allow it to darken slightly and reduce its moisture, stirring frequently for about 10 minutes. Stir in the garlic, cumin, smoked paprika, chili powder, salt, chipotle, and cinnamon. Cook, stirring, for 2 minutes.

Stir in the tomatoes, all beans, vegetable broth, maple syrup, and sausage. Bring to a boil over medium-high heat. Reduce the heat to medium-low, cover, and cook, stirring occasionally, until the flavors meld, about 20 minutes. Season with additional salt if desired. Serve with garnishes.



# Celebrate NON-GMO & FAIR TRADE Month



In October, we celebrate both Fair Trade Month and non-GMO Month at Marlene's — highlighting two labels you may have often seen on your food and are curious to know more.

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

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

## What are GMOs?

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

Many people oppose GMOs in the food supply due to concerns about health risks, environmental impact, and economic implications. Some individuals worry about potential allergies and unknown long-term health effects. Environmental concerns include potential harm to ecosystems and reduced biodiversity. Economically, there are fears that GMO crops may lead to increased dependency on expensive seeds and chemicals, which could strain small-scale farmers and disrupt traditional farming practices.

At Marlene's, we work to avoid GMOs whenever possible. One way we do that, (and you can, too) is to look for **Non-GMO Project Verified** products. Non-GMO Project verification means that a product is compliant with stringent provisions for ingredient testing, traceability, and segregation. Also, organic certification standards exclude GMOS, so that is always a safe way to shop if you wish to avoid GMOs.

## Why is trade not fair? What can we do about it?

Every day, we enjoy products that are only grown in tropical countries — products like coffee, chocolate and bananas. These farmers and workers often do not earn enough to have a decent living — that is, to eat nutritious food, send their kids to school, have adequate shelter and weather a crisis. Many live on less than \$3 per day.

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

This October, shop the labels! We will be highlighting products that are Fair Trade Certified and Non-GMO Project Verified. We encourage you to support brands working towards a more sustainable future and try something new this month!



# Equal Exchange Explains the Cacao Farming Crisis

Roughly 5-6 million small-scale farmers (under 12 acres) produce 90% of the world's cocoa, and some 50 million people worldwide depend on the cocoa supply chain for their income or employment. Around 70% of the world's cocoa beans come from West Africa, mainly the Ivory Coast and Ghana, and their most recent main harvest was not good. The shortage is primarily caused by factors like agricultural diseases, atypical climate patterns, and aging farms in West Africa. The commodity market has been greatly affected, leading to a significant price increase. This has cascading effects on the supply chain, resulting in higher prices for consumers and potential supply issues for chocolate manufacturers.

Three primary factors came to a head this season:

**Agricultural diseases:** Serious agricultural diseases are harming cacao trees and decreasing harvest outputs. This harvest year, black pod disease and swollen shoot virus are contributing to significantly lower yields.

**Climate change:** Unpredictable weather patterns increased occurrence of disease and disrupted farm productivity resulting in a higher-maintenance, lower-yield season. Specifically, this season has had both too much rain and not enough rain at different key moments in the cacao growing cycle, exacerbating the progression of disease and damage.

**Aging farms:** Many farms are aging and have not been reinvested in adequately over time. Even under good conditions, older trees produce less cacao per tree. Farms with poor investment mean depleted soil and less healthy trees, making them even more vulnerable to agricultural pests and weather challenges.

These issues have had a detrimental impact on farmers, as the increased prices do not translate to higher income due to government regulations and lower harvest yields. Alternative supply chains, like organic and fair trade, which offer better prices to farmers and

support sustainable farming practices, are of greater importance than ever.

Equal Exchange focuses on investing in farming communities and promoting organic farming. This continued support helps farmers adapt to climate change and reduce reliance on harmful chemicals. Instead of chemical-based pesticides and fertilizers, farmers are enabled to use byproducts from cacao farming and gardening to create their own organic composts and natural fertilizers. They also use native plants to help with pest control and nitrogen fixation while saving their best seeds for cultivating and planting young, hearty trees. The focus is on more of a self-sustaining layered system, rather than focused only on maximizing outputs for a short period. The attention to soil, tree health, water systems, and erosion control makes for plants and farms that are better prepared to withstand disease and weather disruptions.

The cocoa industry is highly consolidated, with only four companies dominating the market. This concentration of power allows these corporations to dictate prices and control the supply chain, further exploiting farmers. There is also the issue of child labor, which is prevalent in the cocoa industry due to poverty and the need for farmers to increase productivity when they are not paid fairly for their crops.

There continue to be challenges facing the supply chain and risks to manage related to financing and securing supply during the shortage. There is also a deep need for collaboration and

sustainable practices to address the shortage and ensure a more equitable supply chain. While addressing the challenges posed by the global cocoa shortage, we must remember the positive aspects of continued Fair Trade-based patronage for farmers and the importance of sustainable farming practices. Despite these ongoing issues, Equal Exchange remains committed to supporting its farmer partners and promoting a more equitable and sustainable chocolate supply chain.



A variety of cacao pods farmed and processed in Ghana.



# Autumn's Best Gifts

## Warming and Nourishing Foods



As the leaves change color and the air turns crisp, our bodies crave foods that are both comforting and sustaining. Autumn offers a bounty of ingredients perfect for creating warm, nourishing meals.

**Root Vegetables:** The heart of autumnal cuisine lies in the earth. Root vegetables, such as carrots, beets, and parsnips, are packed with essential nutrients and a natural sweetness that adds depth to dishes. Sweet potatoes are a nutritional powerhouse, rich in beta-carotene and fiber with a much lower glycemic index than white, yellow or red potatoes. Most root vegetables can be simply roasted with a drizzle of olive oil and a sprinkle of salt and herbs. Roots make a hearty side dish, soup or stew.

**Squashes:** From butternut to acorn to pumpkin, squashes are synonymous with autumn. These versatile vegetables can be roasted, pureed into soups, or baked into pies. They are rich in vitamins, fiber, and antioxidants, making them a nourishing choice. Pumpkin in particular is associated with comfort and warmth and can be used in everything from breads and muffins to creamy pasta sauces.

**Apples and Pears:** Crisp and juicy, apples and pears are quintessential autumn fruits. They can be enjoyed fresh, baked into desserts, or cooked into sauces and compotes. Packed with fiber and antioxidants, these fruits offer a sweet and satisfying treat with no regrets.

**Hearty Grains:** Autumn is the perfect time to indulge in warm, comforting bowls of grain-based dishes. Brown rice, quinoa, and oats are excellent choices. They provide sustained energy and pair well with a variety of flavors. Consider adding roasted vegetables, lentils, or beans for a complete protein and satisfying meal.

**Legumes:** Black beans, lentils, chickpeas, and all beans and dals are excellent sources of protein and fiber. They add heartiness and warmth to soups, stews, and salads. These legumes also help to stabilize blood sugar levels, making them a great choice for sustained energy.

**Warming Spices:** Autumn is the season to experiment with warm spices like cinnamon, ginger, nutmeg, and cloves. These aromatic spices add depth and complexity to both sweet and savory dishes. They also have the added benefit of promoting digestion and warmth. Try steeping a pinch of spice with your tea for an added boost.

**Soups and Stews:** Nothing warms us to the bones like a bowl of homemade soup or stew! With a base of hearty vegetables, legumes, or grains, you can create endless variations. Add a splash of wine, a dollop of yogurt, or a drizzle of olive oil and herbs to bring your dish to the next level.

By incorporating these seasonal ingredients into your diet, you can create delicious and nourishing meals that will help you stay warm and healthy throughout the autumn months. The key to enjoying these foods is to focus on fresh, whole ingredients and to savor the flavors of the season.



# Preparing for the Dark Months

## Addressing Seasonal Affective Disorder

As the days become shorter and the weather turns colder, many people find their moods shifting. For some, these seasonal changes can trigger a more serious condition known as Seasonal Affective Disorder (SAD). Characterized by feelings of depression, lethargy, and a loss of interest in activities, SAD can significantly impact quality of life. However, with proactive steps, it's possible to mitigate its effects.

### Understanding SAD

SAD is a type of depression that follows a seasonal pattern. It typically begins in the fall and winter when there's less natural sunlight. While the exact cause isn't fully understood, experts believe it's related to the body's internal clock (circadian rhythm) and the production of melatonin and serotonin hormones. SAD is characterized by feelings of sadness, hopelessness, and lack of interest in activities. Physical symptoms such as changes in appetite, sleep patterns, and energy levels are also common. It's important to recognize that SAD is a real condition and not just a case of the winter blues.

### Proactive Steps

#### Increase Light Exposure

- **Light therapy:** This involves sitting near a light box for a specific amount of time each day. It mimics natural sunlight and can be highly effective.
- **Maximize natural light:** Open curtains and blinds to let in as much natural light as possible.
- **Spend time outdoors:** Even on cloudy days, being outside can help increase light exposure.



#### Prioritize Physical Activity

Regular exercise helps boost mood and energy levels. It's important to find indoor activities that you enjoy (like dancing, yoga, or gym workouts) if outdoor exercise is challenging.



### Maintain a Healthy Diet and Supplement Regimen

A balanced diet provides essential nutrients for overall well-being. Consider incorporating foods rich in vitamin D, like fatty fish and fortified dairy products, or pick up a quality vitamin D supplement from Marlene's.

### Establish a Sleep Routine

- Aim for consistent sleep patterns by going to bed and waking up at the same time each day.
- Create a relaxing bedtime routine to improve sleep quality.



### Build a Strong Support System

- Connect with friends and family for emotional support.
- Join support groups or online communities to connect with others experiencing SAD.

### Manage Stress

- Practice relaxation techniques like meditation, deep breathing, or progressive muscle relaxation.
- Incorporate hobbies and activities you enjoy to reduce stress.

### Seek Professional Help

If symptoms are severe or interfering with daily life, consult a mental health professional. They can provide diagnosis, treatment options, and support.

### Creating a Brighter Winter

In addition to these strategies, creating a warm and inviting home environment can contribute to a positive mood. Consider adding cozy elements like blankets, beeswax candles, and plants. Incorporate indoor activities you enjoy, such as reading, cooking, or crafting.

Remind yourself that it's okay and not uncommon to experience fluctuations in mood during the darker months. Be patient with yourself and celebrate small victories. By taking proactive steps and seeking support, you can effectively manage SAD and enjoy the winter season.

# Autumn Immune Support



Autumn in the Puget Sound area is a time of robust beauty and gifts from nature. It's also the time of year that colds, flu and viruses begin ramping up again.

As the kids are now back in school (and accidentally sharing those microbes) and the days are becoming chilly and short, our immune systems could use extra support. Marlene's is here with a tried-and-true, industry-favorite line of products from Source Naturals, just in time to fortify you for the coming season.

## Wellness Formula®

In 1983, Source Naturals established itself as the industry leader in immune health with the release of Bio-Aligned Wellness Formula®. Wellness Formula® has earned many awards over the years, including being a 15 time winner of the industry's coveted Vity Award! It continues to be a favorite supplement among our staff and customers alike. Its comprehensive blend of herbs, vitamins, and nutraceuticals has been proven to deliver immune, respiratory, and antioxidant defense. As emotional and physiological stresses can also significantly impact the immune system, Wellness Formula® includes effective adaptogens that support the body's response to stress.



## The Wellness Family™

Following the success of its original Wellness Formula®, Source Naturals has carefully crafted a family of formulations: The Wellness Family™. Here are some of those top quality supplements you can find at Marlene's:

**Wellness D-munity®** The next level in D supplementation, Wellness D-munity® is designed to address the serious problem of vitamin D absorption and utilization. This formula addresses multiple, interrelated body systems—including respiratory, liver, kidney, cardiovascular, antioxidant and musculoskeletal health—to support the immune system and make sure your vitamin D works hard for you when you need it the most.

**Wellness ImmuNitric®** This revolutionary formula is the first advanced daily immune formula featuring nutrients that the body uses to produce nitric oxide (NO) naturally. Wellness ImmuNitric® uses researched amounts of L-arginine and L-citrulline and other essential ingredients to help the body make NO to activate and regulate the body's innate and adaptive immune response.

**Wellness Herbal Resistance®** contains a combination of herbs designed to help support your immune system. Echinacea and coptis have been traditionally used to promote well-being while Yin Chiao, a valued traditional Chinese herbal complex, helps our bodies to combat the symptoms of the common cold. This specialty formula is also available in a great-tasting liquid or chewable for children called Wellness Herbal Kids®.

Take some time to prepare yourself and your family for the inevitable challenges of the coming season. You're already shopping at Marlene's for top quality organic produce, delicious and nutrient-dense juices and smoothies at our deli, and all the wonderful goods on our shelves to support vitality and wellbeing. Be sure to swing by our supplements department and explore Source Naturals Wellness Family™ products the next time you're shopping, and get your autumn off to the best start!

Healthy, nourishing, warming, comforting. Cheers!

# Sips for the Season

## ANTI-INFLAMMATORY CHAI

Dr. James Hébert is the inventor of the Dietary Inflammatory Index (DII™) and a renowned expert on chronic inflammation. This is his recipe for anti-inflammatory chai, which makes about four 12-ounce servings.

- 4 cups water, just off the boil
- 1 Tbl loose black or green tea leaves
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom
- ¼ tsp ground nutmeg
- ¼ tsp ground coriander
- ½ tsp ground turmeric
- ½ tsp ground black pepper\*
- ¼ tsp ground cloves
- 3 Tbl grated fresh ginger
- 2-3 Tbl honey
- 2 cups milk of choice, warmed



Steep all ingredients except honey and milk for 5-10 minutes, then add in the honey and milk. Strain into mugs for serving.

\*The ground black pepper is an essential ingredient, since black pepper makes curcumin, the anti-inflammatory compound in turmeric, more bioavailable according to Dr. Hébert.

## TINCTURES FOR YOUR TEA

Try adding a serving of your Herb Pharm liquid extracts into these delicious **The Republic of Tea** herbal blends. Deliver the benefits of medicinal herbs in a comforting cup of yum!

- Almond Coconut Macaroon Tea
- Banana Cuppa Chocolate Tea
- Coconut Cocoa Cuppa Chocolate Tea
- Red Velvet Cuppa Chocolate Tea
- Strawberry Cuppa Chocolate Tea

Both **The Republic of Tea** teas and **Herb Pharm** liquid extracts are on sale this month - a perfect pairing with perfect timing!



MARLENE'S SOUND OUTLOOK

## PUMPKIN & PROTEIN SMOOTHIE

(makes 2 servings)

- ½ can **Farmer's Market Organic Pumpkin Purée**, frozen
- 2 tsp fresh ginger, grated (or 1 tsp powdered ginger)
- 1 tsp pumpkin pie spice
- 2 bananas, frozen
- 3 cups plant milk
- 2 scoops vanilla protein powder



Combine all ingredients in a blender and blend until smooth.

## SAVORY IMMUNE-BOOSTING MUSHROOM BROTH

Great to have on hand when the sniffles start!

- 4 cups water, just off the boil
- 1 white onion, chopped
- 2 Tbl olive oil
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 garlic bulb, cloves smashed
- 1 lb fresh shiitake mushrooms, sliced
- 8 oz fresh mixed mushrooms of your choice, sliced
- 2 tsp dried thyme
- 1 Tbl whole black peppercorns
- 2-inch piece of ginger, sliced
- 2 Tbl soy sauce or **Bragg Liquid Aminos**
- 2 tsp sea salt
- ¼ tsp chili flakes (optional)
- 8 cups water

In a large soup pot over medium heat, heat olive oil and sauté onions for 5 minutes. Add carrots, celery, and garlic and sauté another 5 minutes. Add mushrooms and sauté until mushrooms release their liquid and become soft. Add all other ingredients. Heat until simmering. Adjust heat to low, cover and simmer for 1 hour. Strain solids and serve, refrigerate or freeze broth for later use.



OCTOBER 9

# October Events & Education

## HOST DEFENSE – SUPPORT FOR IMMUNITY & MORE\*



with Jerry Angelini, MS, Host Defense Head of Education

**Tuesday, October 1 at 4 pm, ONLINE**

This lecture provides a great basic review of Host Defense® and Fungi Perfecti®. We discuss the benefits of mycelium grown on rice (no fillers!), and the groundbreaking research associated with Host Defense® Mushrooms™ products. We will elaborate on why our products stand out above the rest, including our rigorous testing, sustainable cultivation, and good manufacturing practices. We will dive deeper into specific Host Defense products and explore how to incorporate these products into your lifestyle.

This lecture wraps up with a live Q&A session, an opportunity to interact with your educator and have your questions answered in real time.

\*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.

## HARVESTING HEALTH: AYURVEDIC SEASONAL CLEANSING FOR VIBRANT HEALTH



with Suzanne Silvermoon, LPN, LMT, C-IAYT Certified Yoga Therapist, Ayurveda Health Counselor of Northwest Wellness Center

**Thursday, October 3 at 5 pm, FEDERAL WAY**

Ayurvedic autumn cleansing helps rid the body of toxins and excess Pitta (Fire-Heat) accumulated during the summer. Join Ayurvedic Health Counselor Suzanne to discover how to maximize the Rasayana (rejuvenation) phase of your Autumn Cleanse, transforming summer's heat into a soothing, sustaining warmth that enhances resilience, vitality, and constitution throughout the winter. Class will run approximately 2 hours.

## PUTTING THE GARDEN TO BED: AUTUMN AND WINTER CARE



with Laura Matter, Garden Hotline Educator

**Saturday, October 5 at 10 am, ONLINE**

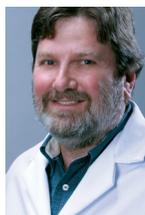
Prepare your garden for the winter rains! Gain expertise in selecting the right mulch for various garden zones. Discover optimal cover crop seeds, and master techniques to safeguard your soil. Join us for a vital lesson in sustaining garden health through the changing seasons.

## SUPER SENIOR SUNDAY

**Sunday, October 6**

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

## HEALTHY SWEETENER CHOICES: FROM AGAVE TO XYLITOL



with Neil Edward Levin, CCN, DANLA and NOW Foods Senior Nutrition Education Manager

**Tuesday, October 8 at 5 pm, ONLINE**

Learn how natural and alternative sweeteners compare in nutritional pros and cons, uses, and origins. We'll discuss comparative sweetness, substitutions for table sugar in beverages and baking, how they're metabolized, and effects on blood sugar. Includes stevia, monk fruit, agave, honey, fruit sugars, and the differences between various sugar alcohols.

## WHAT QUALITY REALLY MEANS FOR HERBAL IMMUNITY



with Mitch Coven, Owner and Founder of Vitality Works

**Thursday, October 10 at 5 pm, ONLINE**

Join Mitch Coven, owner and founder of Vitality Works for an eye-opening educational session about how to distinguish high-quality, effective medicinal herbal products through expert guidance on reading and understanding labels, supply chain, production and processing methods, and the meaningfulness of every step in the finished product.

## UNIFORM MONDAY

**Monday, October 14**

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

## DISCOVER YOUR AYURVEDIC CONSTITUTION



with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor of Puget Sound Family Health

**Tuesday, October 15 at 5 pm, TACOMA**

In Ayurveda, understanding your constitution and imbalances is essential for making effective health recommendations. In her presentation, Ariane will explain how Ayurveda practitioners assess physical cues and health tendencies to determine which of the three doshas—Vata, Pitta, or Kapha—is predominant. Discover how this knowledge can deepen your understanding of your own health.

Online class registration available at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes).

### FEAR CANCER NO MORE

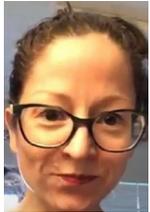


with Mauris Emeka, Author, Health Researcher

**Thursday, October 17 at 5 pm  
TACOMA**

Join Mauris L. Emeka, author of two insightful books on cancer prevention, for a powerful class on taking charge of your health. After losing his wife to cancer, Mauris dedicated himself to researching practical lifestyle changes that can help prevent and overcome cancer. Learn how simple, back-to-basics strategies can empower you to take greater responsibility for your well-being.

### HOLISTIC INSIGHTS FOR BREAST HEALTH



with Nicole Wirth, LMP, LDT

**Tuesday, October 22 at 5 pm  
TACOMA**

Explore the deep connections between breast health and the rest of your body with Nicole Wirth, a lymphatic therapist and holistic healer. Discover how breasts relate to ear drainage, jaw movement, ovarian function, and intimate relationships. Through lecture, live demos, and personal exploration, gain renewed hope and understanding of your body's intricate beauty. Attendees receive a discount for personal sessions with Nicole.

### EATING FOR MENTAL HEALTH



with Dr. Jennifer Champion, DCN, CNS, FMCHC, CN, HMCC, BCH, Functional Nutrition Practitioner, Author, Educator, Speaker, Hypnotherapist and Coach

**Thursday, October 24 at 5 pm  
TACOMA**

Explore the connection between mental health and nutrition in this course. Understand how diet impacts mood, cognitive function, and overall well-being. Learn evidence-based strategies to optimize mental health through balanced nutrition, incorporating essential nutrients, and creating personalized dietary plans for improved emotional and psychological wellness.



**Join us on November 9**  
between 11 am and 2 pm to celebrate  
with samples, savings and gift basket giveaways!

### October Beer, Wine & Spirits Tasting Schedule

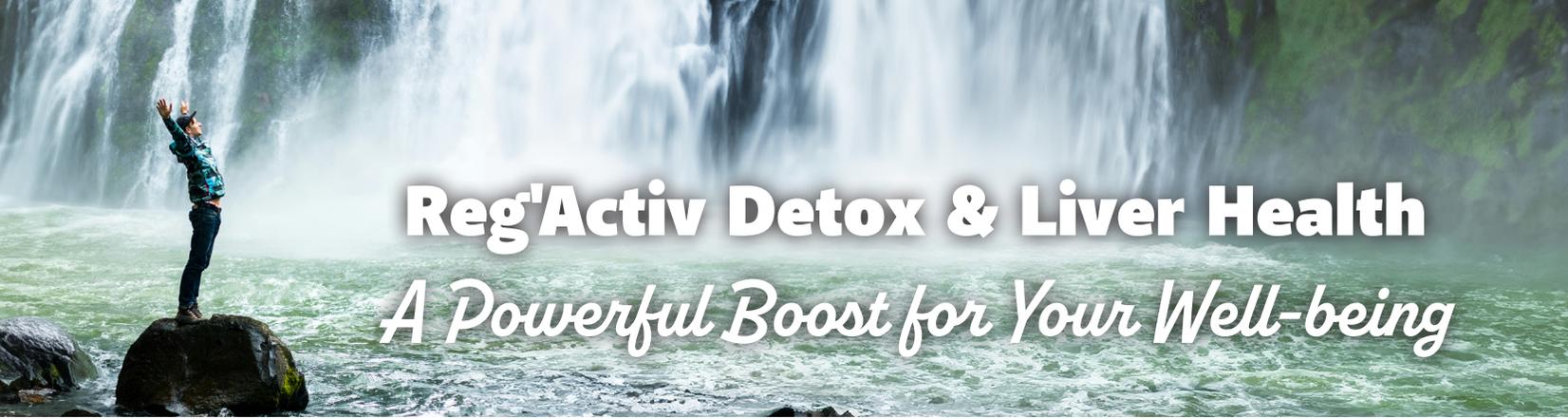
2 - 4 pm | 21+ with ID

#### Federal Way

Friday, October 4  
Friday, October 18

#### Tacoma

Friday, October 11  
Friday, October 25



# Reg'Activ Detox & Liver Health

## *A Powerful Boost for Your Well-being*

Have you ever considered the importance of your liver? Often overlooked, this vital organ works tirelessly to filter toxins, metabolize nutrients, and support overall health. At Essential Formulas, we're committed to providing you with products that promote optimal well-being, and we're excited to introduce Reg'Activ Detox & Liver Health from Essential Formulas.

### What is Reg'Activ Detox & Liver Health?

Reg'Activ is a groundbreaking supplement that harnesses the power of probiotics to support liver health and detoxification. Unlike traditional liver supplements, Reg'Activ focuses on boosting glutathione, the body's master antioxidant. Glutathione plays a crucial role in protecting liver cells from damage and aiding in the detoxification process.

### How Does it Work?

The core of Reg'Activ's effectiveness lies in its unique probiotic strain, *Lactobacillus fermentum* ME-3. This remarkable probiotic produces glutathione directly in your gut, increasing its levels in your body. Additionally, Reg'Activ includes other key nutrients like selenium and milk thistle extract, which work synergistically to support liver function.



- **Boosted Immunity:** The liver plays a critical role in immune function. Reg'Activ can contribute to a stronger immune system.
- **Increased Energy Levels:** A well-functioning liver is essential for efficient energy production.

### Who Can Benefit from Reg'Activ?

Reg'Activ is suitable for individuals seeking to support overall health and liver function. It can be particularly beneficial for those exposed to environmental toxins, heavy metals, or individuals with dietary habits that may put stress on the liver.

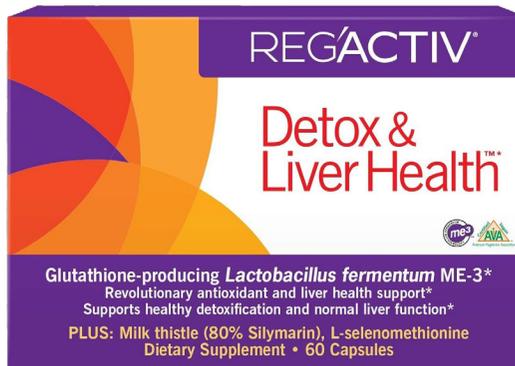
### Incorporating Reg'Activ into Your Routine

To experience the benefits of Reg'Activ, take two capsules daily, preferably 30 minutes before a meal. For optimal results, combine it with a balanced diet and healthy lifestyle habits.

We believe in providing you with the highest quality products to support your well-being. Reg'Activ Detox & Liver Health is a valuable addition to your health journey. Visit Marlene's Market & Deli today to learn more and discover how this innovative supplement can benefit you.

### Benefits of Reg'Activ Detox & Liver Health

- **Enhanced Liver Function:** By supporting glutathione production, Reg'Activ helps protect your liver from oxidative stress and toxins.
- **Improved Detoxification:** A healthy liver is essential for eliminating harmful substances from your body. Reg'Activ can help optimize this process.



**Disclaimer:** While Reg'Activ is a powerful supplement, it's important to consult with your healthcare provider before starting any new supplement regimen.

*This information is intended for general knowledge and informational purposes only, and does not constitute medical advice.*

# HEALTHY LIFE

## The Road to a Long, Healthy Life Begins with REG'ACTIV®!

These revolutionary formulas contain the pioneering probiotic strain *Lactobacillus fermentum* ME-3, proven to produce the 'Master Antioxidant' Glutathione within every cell in your body. Glutathione is crucial for detoxification, fighting free radicals, and encouraging healthy aging...from the inside out. While each formula addresses a specific health concern, all provide the key to longevity — Glutathione. With REG'ACTIV® you're on the highway to health!\*

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\* 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.

# LION'S MANE: THE MUSHROOM ON EVERYONE'S MIND

By Host Defense® Mushrooms\*

**LION'S MANE** is a mushroom on everyone's mind. It's rapidly becoming known as "The Smart Mushroom." As a stand-alone for memory and cognition support, Lion's Mane is a sure bet. But, what about combining key B vitamins with Lion's Mane for a multi-ingredient approach? B vitamins are well researched as supportive to brain and nerve health and more. B3 and B12 are two in particular that support a range of activity associated with the nervous system and our brain as a whole.\*

Niacin is the common term for B3. There is research suggesting that niacin supports the optimal functioning of mitochondria, the energy factories of our cells. It is part of the pathway that creates ATP, the cellular gasoline that powers every cellular function in every cell of our bodies including our nerve cells. Nerve cells are highly metabolically active and are constantly conducting signals to and from our brain and body. Nerve cells use a lot of energy. Niacin supports the creation of that cellular energy and also supports nerve and brain health and day-to-day nerve generative activity. There are a number of forms of niacin. The most basic is nicotinic acid.\*

One thing to consider when supplementing with nicotinic acid is that some people can experience something called a flush. The flush occurs as nicotinic acid triggers the dilation of capillaries, or microscopic blood vessels and may be felt as a heating sensation spreading across the skin. The extent of a niacin flush depends on the amount taken and how sensitive a person is to niacin. While some people have a small response, some don't feel it at all, and others might experience it quite strongly. While niacin is beneficial for a vast group of people, it's important



to talk to your healthcare provider before adding it to your daily supplement regimen if you have any health issues.\*

Vitamin B12 is important for overall health and wellness. Methylcobalamin, a form of B12, allows for rapid absorption and use by our cells and is well researched for its support for energy and nerve health. The data suggest that B12 supports energy, endurance, nerve health and signaling, attention, cognitive function, and even glycemic balance. Data also demonstrate safety of Vitamin B12 at up to 500 micrograms. There is evidence that taking 1000 micrograms, long term, could be problematic for people with diabetic neuropathy. Here again, if you have any health issues, you'll want to check with your healthcare provider to determine if the addition of B12 is right for you.\*

Lion's Mane mycelium combined with Nicotinic Acid and Methylcobalamin, like in new BrainPower Stack™ from Host Defense®, supports nerve cell energy, nerve signaling, attention, concentration, cognitive functioning and mood. Together,

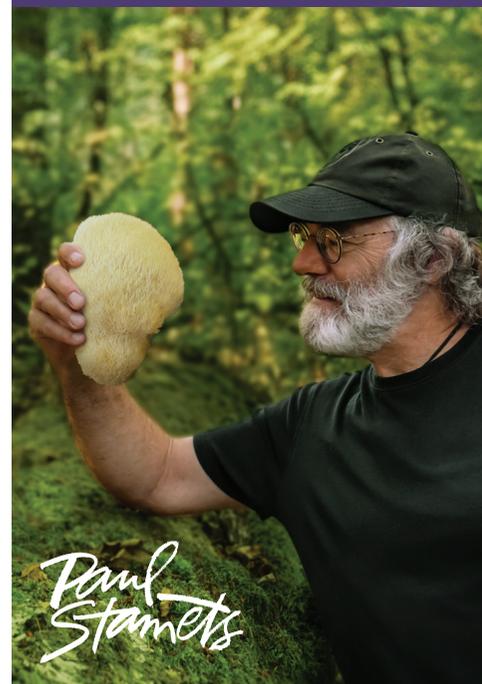
they also support the gut-brain connection by promoting a probiotic intestinal microbiome, daily nerve generative activity, and cellular ATP production. Lion's Mane, niacin, and B12 is a great combination for promoting a mental edge, and for nerve and whole body cellular energy and metabolic function.\* ■

## 5 TAKEAWAYS

A COMBINATION OF LION'S MANE, NIACIN AND B12 ALL SUPPORT:



1. Cognitive function\*
2. Mental energy\*
3. Focus and concentration\*
4. Mood\*
5. Daily nerve generative activity.\*



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

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Specially developed by renowned mycologist and "Smart Mushroom" expert Paul Stamets, BrainPower Stack<sup>™</sup> is formulated with organic Lion's Mane mushroom mycelium along with two B vitamins well-known for brain support!\*

*Paul Stamets*



Certified



Corporation



TikTok (@fungiperfecti)

IG (@HostDefense) & FB (Host Defense)

YouTube (HostDefenseMushrooms)

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## October is Breast Cancer Awareness Month

Consider this checklist for tips and tools that can help you optimize your chances to prevent breast cancer.

### Lifestyle Factors

#### Healthy Dietary Choices:

- Prioritize fruits, vegetables, whole grains, and lean proteins.
- Limit processed foods, red meat, and sugary drinks.
- Maintain a healthy weight.
- Consider dietary supplements: Some studies suggest that certain supplements, like vitamin D, may offer potential benefits. Consult with your healthcare practitioner before starting any new supplements.

#### Regular Exercise:

- Aim for at least 150 minutes of moderate-intensity exercise per week.
- Consider activities you enjoy like walking, swimming, or cycling.

#### Limit Alcohol Consumption:

- If you drink alcohol, limit it to one drink per day or fewer.

#### Quit Smoking:

- There is an increased risk of breast cancer if you smoke. There are many online resources available to help you quit including Nicotine Anonymous – a twelve-step program.

### Regular Screenings

#### Breast Exams:

- Consult your healthcare practitioner for guidance on how to perform a self-exam.
- Perform regular breast self-exams so you can be aware of any changes and communicate them to your healthcare practitioner.
- Schedule regular clinical breast exams with your healthcare practitioner.

### Risk Factors and Genetic Testing

#### Understand Your Risk:

- Discuss your family history of breast cancer with your healthcare provider.
- If you have a family history, consider genetic testing to assess your risk.

#### Hormone Therapy:

- If you use hormone therapy, discuss the potential risks and benefits with your healthcare practitioner.

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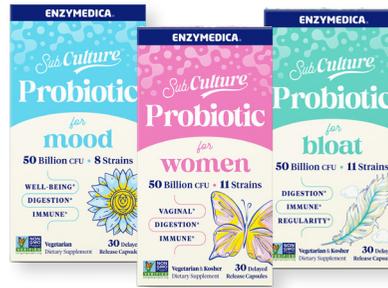


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# Could It Be Adrenal Fatigue?

by Terry Lemerond

Imagine if you awakened every morning feeling completely inadequate to meet the demands of the day. How would you feel if even a little physical or mental stress left you feeling drained? Problems such as these have an enormous negative impact on relationships, careers, and personal happiness. And the root cause is very often impaired adrenal function.

Adrenal insufficiency is likely the number one factor underlying many health disorders. It usually begins after a period of prolonged stress—emotional or metabolic. Severe fatigue in the morning is the main symptom. Usually, people with adrenal insufficiency describe themselves as “slow starters”.

Interestingly, the ability to resist infections is a function of the adrenal’s integrity even more than the immune system. People with exhausted adrenal glands typically have recurrent minor infections. Post-viral fatigue is common in this case as well. In fact, more than half of chronic fatigue syndrome cases begin after significant stress such as surgery, viral infection, trauma or accident. This inability to recover is in large part due to adrenal exhaustion that has developed due to underlying stress such as poor nutrition, mental and physical stress, overwork and lack of sleep.

Allergies are very often a manifestation of adrenal insufficiency, too. Recurrent sneezing can be a subtle clue of adrenal weakness. In nearly every case of multiple chemical sensitivity syndrome, low adrenal function has been the underlying cause. Those who have less severe sensitivities tend to have proportionately less severe adrenal insufficiency.

## Support the Adrenal Glands with the Right Diet

The ideal diet for someone experiencing adrenal insufficiency would be similar to the diet for the hypoglycemic person. It should be low in carbohydrates (no refined carbs and no sugar) and emphasize whole, unprocessed proteins and high quality fats, including olive oil and butter. For adrenal repair, sodium is a critical factor and should not be avoided. However, the salt should be of high quality and not refined white salt or white sea salt. I would

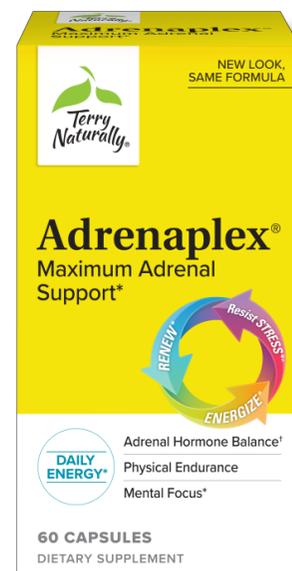
highly recommend Celtic sea salt, usually ½ teaspoon of salt to a quart of water, three quarts of the salt and water combination per day.

## The Right Nutrients

I recommend specific nutrients to help repair adrenal insufficiency. For instance, B vitamins—particularly vitamin B6 (P5P, the biologically active form of B6) and pantothenic acid are a must. L-tyrosine helps produce the adrenal hormones epinephrine and norepinephrine. You need vitamin C because the only place in the body that vitamin C is temporarily stored is in the adrenal glands. DHEA and pregnenolone are two adrenal hormones that are also precursors for all other hormones. I believe it is critical to support the adrenal function with freeze dried adrenal extract. There are also two herbs that I would heavily rely on to support adrenal function; licorice root extract (*Glycyrrhiza glabra*) and rehmannia (*Rehmannia glutinosa*). Both support liver function and restore adrenal function. They also facilitate the body’s normal response to stress, and help keep adrenal hormones active longer. The ideal combination of these ingredients can be found at Marlene’s as Adrenaplex® by Terry Naturally.

With these nutrients and the right diet, you can bounce back from adrenal exhaustion and begin living a vibrant, full and energetic life!

*Terry Lemerond is a natural health expert with over 50 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.*







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