

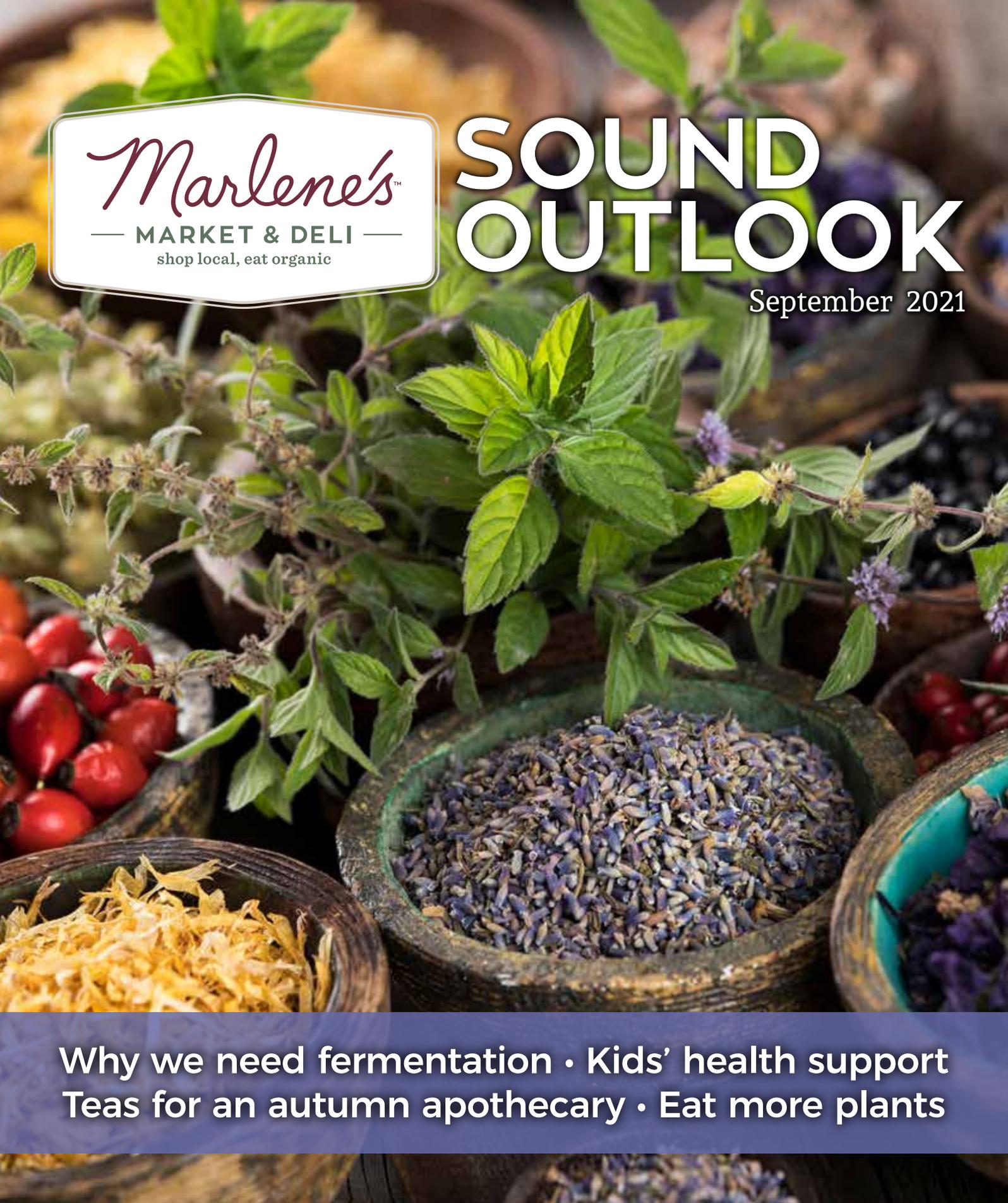


Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

September 2021



Why we need fermentation • Kids' health support
Teas for an autumn apothecary • Eat more plants

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A Letter From Us

Summer is drawing to a close and we are moving toward the cooler, wetter months. After a very dry and toasty season, I am definitely ready for some good, old fashioned Pacific Northwest rain!

We all want the best possible start as we enter the cold and flu months. The next time you're shopping with us, consider stopping by the supplement department to pick up the essentials that complete your wellness regimen. Don't know where to start? Our staff is happy to answer any questions you may have and assist you in preparing yourself and your family for autumn and beyond.

All of our classes in September will be held online. We have a wonderful variety of interesting topics, so don't miss our Events & Education pages in this issue.

See you at Marlene's!

Lisa



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Savory SEED & Herb BREAD

An ultra-hearty, fiber-rich and nutrient-dense snack! Slice it into very thin portions and lightly toast one side under the broiler. Delicious on its own, but pairs brilliantly with smashed and salted avocado, hummus or cream cheese. The chia and psyllium not only add an impressive amount of fiber, but when mixed with hot water, they form a kind of binding agent that holds this delicious loaf together.

1 cup	sunflower seeds
1/2 cup	pumpkin seeds
1/2 cup	whole psyllium seed husk
1/3 cup	chia seeds
1/2 cup	hemp seeds
1/4 cup	sesame seeds
1/2 cup	chopped walnuts
2 Tbl	dried onion flakes
1 tsp	sea salt
2 tsp	dried thyme
1 tsp	fennel seeds
1 tsp	dried rosemary
1/4 cup	extra virgin olive oil
1 1/2 cups	boiling water

Preparation

Preheat oven to 400° and generously grease a standard size loaf pan with olive oil.

In a large bowl, combine the seeds, walnuts, onion, salt, herbs and olive oil. Add the hot water and mix well.

Add your batter to the prepared loaf pan, patting it down firmly. Bake for 1 hour. Remove from the oven and let the bread cool completely before removing it from the pan (about 2 hours).

Slice into 1/4 inch portions. Place slices in an airtight container and refrigerate up to a week.

*Vegan &
gluten free!*



Join Dr. Wilen online!
**Gastrointestinal Health
 and Healthy Skin**
 Thursday, September 9
 at 5pm -
 Details at [marlenesmarket-
 deli.com/classes](http://marlenesmarket-deli.com/classes)

The Clear Skin and Healthy Gut Connection

Adrienne Wilen, ND

Acne is a common disease of the modern world, whether it be on your face, neck, chest, or back. There has been a recent uprising in acne complaints since the start of mask-mandates, and sometimes hygiene just doesn't cut it. Acne is a multifactorial disease involving excessive sebum production, follicular hyperkeratinization, an increase in inflammation, and opportunistic bacteria. Often, we focus on keeping our face clean and using topical products, but what if our skin isn't where the acne is stemming from? There has been an increase in research involving the gut and skin connection, especially in the case of acne.

Our gut is full of bacteria, unique to each person based on their genetics, diet, and environment. Our gut bacteria perform multiple functions and play a role in immune system regulation, food breakdown, and preventing growth of harmful bacteria. Orally consumed probiotics have been shown to reduce systemic markers of inflammation and oxidative stress. By decreasing systemic inflammation, we see a decrease in inflammation of the skin that plays a role in the pathogenesis of acne. Unfortunately, one of the most common treatments for acne is



oral antibiotics, which can impact the gut microbiome. There are many ways to support your microbiome, and in turn, your skin health. Fermented foods like kimchi, yogurt, sauerkraut, miso, tempeh, and kombucha all provide both pre- and probiotics. These foods are teeming with beneficial bacteria and also provide a food source for them. A recent study involving 56 patients with acne showed that the consumption of a Lactobacillus-fermented dairy beverage improved clinical aspects of acne over 12 weeks. Specifically, the probiotic drink consumption led to significant reductions in total lesion count in association with a marked reduction in sebum production. Probiotics can also be consumed in capsules

or powders in higher doses to help seed the gut with good bacteria.

Prebiotics are indigestible fibers that are fermented along the GI tract by bacteria. This fermentation process of prebiotic foods feeds the friendly bacteria in your gut, helping them to produce essential nutrients, including short-chain fatty acids such as butyrate, acetate, and propionate, which nourish your digestive system. Some great examples of prebiotic foods to incorporate are dandelion greens, asparagus, bananas, apples, onions, garlic, leeks, chicory root, and jicama. While your skin may seem to be the organ that needs treatment, remember it might actually be your gut that is contributing to your acne issues!

Dr. Adrienne Wilen has dual Bachelor's degrees from Washington State University in biochemistry and microbiology, and a Doctorate in Naturopathic Medicine from Bastyr University. She has special interests in dermatologic concerns and gastrointestinal health with additional training in herbal medicine. She currently practices at Federal Way Naturopathy seeing patients through telehealth and in the office.

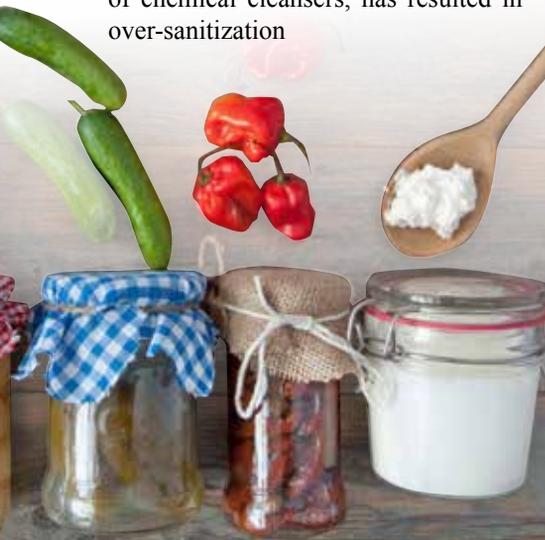
WE NEED FERMENTATION NOW MORE THAN EVER

by Kristin Ragno, Genuine Health

Fermentation's popularity is growing in culinary and nutritional circles – but it's been around since the Neolithic age! We have our ancestors to thank for learning to harness the process, eventually mastering methods to improve the nutrition of their foods, not to mention the taste and more practical aspects like food preservation. Traditional techniques took time, as microbes and enzymes slowly worked in converting carbohydrates in foods to organic acids and/or alcohol – improving their digestibility and nutritional value in the process.

But...why should we care about fermentation now?

- The Standard North American (SAD) diet of processed and refined food is severely lacking in essential nutrients
- Industrial agriculture has depleted the soil of both nutrients and beneficial bacteria, and transporting food over long distances further reduces nutrient potency
- A cultural fear of bacteria, heavy reliance on antibiotics, rampant use of chemical cleansers, has resulted in over-sanitization



MARLENE'S SOUND OUTLOOK



This trifecta has damaged our food supply, our digestive health and the essential bacteria in and on our bodies – our microbiome – resulting in the rise of dietary sensitivities, allergies, digestive issues, and chronic disease in our culture.

With fermentation – you nourish more, digest more and absorb more!

Cultured foods may be (very) old news, but how they can nourish us is being brought to light. Research is revealing a significant range of health benefits from fermented foods, in how their unique properties are of enormous benefit to our nourishment and gut ecology, aiding in the prevention of disease by:

- Partially breaking foods down to rid them of “anti-nutrients”- physical or chemical features which inhibit nutrient absorption, thus readying them for effective human digestion
- Increasing food's bioavailability by “unlocking” vitamins, minerals, amino acids and carbohydrates
- Amplifying the nutritional value of foods by increasing, and even generating nutrients
- Improving digestive health by supporting a strong gut ecology, helping allergies, food sensitivities, weight management, inflammation, skin health, mood and immunity

So...how do I get the benefits of fermentation?

While traditional diets were up to 30% fermented, in today's world, it's not very realistic for it to make up that much of your diet. Some fermented foods like sauerkraut, kimchi, kombucha, and natural sourdough breads can be incorporated into your diet for a dose of fermented fare, but supplementation is an easy and time-efficient way to increase your intake. In fact, the plant and whole-food based ingredients used in high-quality fermented supplements have been shown to provide specific health benefits! For instance, fermentation intensifies the strength of phytonutrients in superfood supplements, increasing their ability to neutralize free radicals and reduce inflammation in the body. Do vegan or dairy-based protein supplements leave you feeling bloated? If so, select a fully-fermented version, which renders the proteins more tolerable.

So there you have it, if you want to absorb maximum nutrients from your food, support digestion and satisfy your beneficial microbes without the bloat, fermentation is the way to go!

Genuine Health is a company that creates all natural, science-based supplements that give the body the nourishment it needs for improved energy, nutrition, mood, cognition, movement, skin and gut health.

Stock Your Fall Herbal Apothecary!

by Traditional Medicinals

One of the most incredible things about herbalism is that it connects us back to ourselves and reminds us of our inextricable connection to the world around us. As herbalists, we look forward to each new season's beauty and subtleties, which informs how we make our medicines, which herbs we collect, and what supplies we need to restock for our seasonal rituals. For fall, that means reading nourishing cookbooks and staying well with the help of warming foods, medicinal mushrooms, and immune-supportive herbs.

Here's what we're stocking our shelves with this autumn!



Herbal Rituals for Autumn Health

Because fall is the time to conserve our energy, bolster our immunity, and warm up our internal fire, much of our herbal activity happens in the kitchen. Like the plants that shed their leaves and recede into the soil to absorb nutrients, we too will be fortifying our bodies to make it through the colder seasons and emerge rested and revitalized in the spring.

Nourish with Adaptogenic Soups & Herbal Broths

While soups may seem to be too simple to be a remedy, any herbalist will assure you they're not. Nutrient-rich broths, porridges, soups, and stews are easy on digestion and offer simple nourishment in cooler times. Plus, they're an incredible vehicle for herbal medicines, foraged greens, and edible seaweeds. Try incorporating some turmeric into your soups or astragalus to pep up your immune system ahead of the winter season.





Support Digestion with Warming & Enzymatic Spices

Spices are arguably some of the most underrated herbs. Many folks don't see spices as herbal medicine, but the trick is all in the dose! Using a little more of these warming spices throughout the day can give you extra herbal benefits, including circulatory and digestive system support. Some of our fall favorites are cayenne, cinnamon, ginger, and turmeric.

Sip on Medicinal Teas & Tonics

We're obviously biased towards teas, but it's actually one of the best ways to take herbal medicine. Teas are simple to make, quickly absorbed by the body, and cost-effective. We try to incorporate teas with a purpose into our daily routine like our Reishi Mushroom with Rooibos & Orange Peel tea for sustained immune support.



Stock your Pantry with these Key Herbs

Buying culinary herbs in bulk and pre-stocking your pantry with herbal teas is the best way to stay motivated throughout the season and prepared for whatever should come. These are the herbs we depend on and incorporate into our fall rituals:

Strengthening & Adaptogenic Herbs

As the demands of work seem to turn up a notch after summer and school kicks into gear, supporting ourselves at the onset is one of the most important things we can do for ourselves. That's why our herbalists recommend incorporating adaptogenic herbs well in advance of seasonal bugs and stressors. These hearty plants will give you an extra buffer through stressful times and seasonal shifts. Our go-to adaptogens for resilience are astragalus, eleuthero, and schisandra; all of which are available in **Urban Moonshine's Immune Tonic** tincture.

Edible & Fortifying Mushrooms

We can't get enough of them. Traditionally these herbal medicines have been highly revered for supporting longevity and overall oomph. There are so many more varieties that range in flavor, texture and benefits than your typical grocery store button mushroom, so we encourage you to be adventurous this fall! Whether you're using mushrooms in foods or as an adaptogenic tea (like our **Reishi Mushroom with Rooibos & Orange Peel** tea), fall is the ideal time to add a bit of fortifying mushrooms to your diet.

Soothing & Immune-Boosting Herbs

While we always stay prepared, sometimes we just simply don't feel 100%. This is when we turn to herbal allies that rev up the immune system. We love having both echinacea and elderberry handy in our **Echinacea Plus Elderberry** tea or **Urban Moonshine's Immune Zoom** tincture. If you need some support for your throat, try demulcent and soothing herbs like slippery elm and licorice. Many of these herbs are front and center in our famous **Throat Coat** teas.

The Whats and Whys of Childhood Bedwetting

by Bambo Nature

Enuresis nocturnal

The majority of children are able to control day-time urination by the age of three, but often it takes a little longer to gain nighttime bladder control. If your child is more than five years old and wets the bed at night, doctors call it enuresis nocturnal. Enuresis nocturnal means "involuntary nocturnal urination" also known as bedwetting. Bedwetting is a very common condition that affects children worldwide.

Bedwetting can be divided into two categories; primary and secondary. Children in the primary category have never been dry at night, while children in the secondary category experience involuntary urination during the night. Often, the child has been dry for more than six months and then suddenly starts wetting the bed again.

Causes of bedwetting

The ability to control the bladder varies from child to child, but if your child is more than 5 years old and still wets the bed at night, it probably means that they have not yet developed the necessary skills to stay

dry at night. Normally, the hormone ADH tells the kidneys that the urine production must be slowed at night. Some children do not produce enough of this hormone, which means their kidneys continue to produce urine at the same rate as during the day. This may be one of the reasons for bedwetting. When your child gets older, they will gradually produce more of this hormone, causing bedwetting to become less frequent, and eventually to stop entirely. Bedwetting can also be caused by psychosocial stress, or have physical causes such as a metabolic disorder like diabetes, external pressure on the bladder caused by constipation, or a urinary tract infection.

How is bedwetting treated?

The majority of children will outgrow bedwetting without ever needing any kind of treatment. As parents, it can be hard to determine whether your child's bedwetting is something that will pass on its own or if treatment is needed. The treatment method always depends on the underlying cause of the bedwetting. Therefore, it is crucial to have your child examined by a doctor, who

together with you, will decide if and what treatment will be the best option for your child. In many cases treatment might not be necessary at all.

Treatment methods

The most common treatment methods of bedwetting are either a bedwetting alarm or medical treatment. The bedwetting alarm is a special kind of alarm that instantly wakes your child when they wet the bed. When your child's sleep is interrupted, their brain is stimulated to control the bladder and thereby prevent further accidents. This method is very effective, but only if your child is ready and motivated to try the alarm device. Your doctor may otherwise recommend pharmaceutical options that work by decreasing the volume of urine at night, or may diagnose and treat any underlying conditions that may be contributing to bedwetting.*

When to take action?

Treatment is usually initiated before your child starts school. Around this age, your child is typically old enough and motivated for the treatment to be a success. You will quickly notice if the treatment is working, as the child's self-esteem and wellbeing will increase significantly.

*We always advise you to contact your family practitioner if your child wets the bed at night. Your doctor can diagnose your child and talk to you about the different causes and treatment possibilities.

Bambo Nature is a family-owned company dedicated to creating eco-friendly baby care products that are safe, gentle, and naturally effective.



Managing Incontinence: What Really Works?

by Terry Lemerond and Michele Olson

Ever plan your route around town based on where you know there's a convenient place to get to a restroom? You are not alone. Urinary incontinence and that constant urge to go are a common issue affecting a quarter to a third of men and women in the U.S. That adds up to millions of Americans. So what's the answer for urinary incontinence that plagues so many people? There is an herbal remedy that has been used for hundreds of years that effectively stops that urgency to go, go, go!

Not Just One Kind

Not a singular problem, there are several common forms of urinary incontinence. Stress incontinence happens when a person laughs, sneezes, or exercises—all things that can put pressure on the bladder, causing it to leak. Another problem you may have heard about or experienced is “overactive bladder”—the urge to urinate and frequently. This type disturbs everyday activities like traveling and a good night's sleep. People dealing with this issue desperately want it to stop.

The Herb That Works

An herb called Icelandic angelica (*Angelica archangelica*) has been shown to effectively reduce urinary urgency. Researchers believe the herb's beneficial compounds become highly concentrated due to the harshness of the climate. Isoquercitrin, one of the prominent active compounds in the herb, inhibits the activity of inflammatory molecules. Taking angelica in supplement form causes less urinary urgency and greater bladder capacity.

And, it works for both men and women. A published clinical study with men having reduced bladder capacity found angelica extract improved their ability to hold urine. In addition, their sleep improved three times more than those taking a placebo. For patients with the most frequent bathroom visits at night, the night time waking up for urination was reduced by 50 percent!

The good news for men and women from the study? The results were due to improved bladder strength. More good news? The angelica extract was well tolerated with no side effects. A clinically proven extract of *Angelica archangelica* can be found

in supplement form as SagaPro Bladder Health by Terry Naturally, available at both Marlene's locations.

A Life Changer

Icelandic angelica is a safe, natural answer to urinary incontinence. Think about the difference it could make in your life. No more wondering where the nearest bathroom is the moment you arrive somewhere. No more continual trips to the bathroom at night when you'd rather be sleeping. No more excessively thinking about your bladder! Focus on the good things in life. Turn from frequent bathroom stops to *Angelica archangelica* leaf in supplement form, and find out for yourself why this has been a prized botanical in Iceland for over 1,000 years.

Terry Lemerond is a natural health expert with over 45 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. A much sought-after speaker and accomplished author, Terry shares his wealth of experience and knowledge in health and nutrition through his educational programs, including the Terry Talks Nutrition website, newsletters, podcasts, webinars, and personal speaking engagements. His books include Seven Keys to Vibrant Health and the sequel, Seven Keys to Unlimited Personal Achievement, and his newest publication, 50+ Natural Health Secrets Proven to Change Your Life. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.



Wild Icelandic
Angelica archangelica

September Eve

All September classes will be held online. R

LET'S TALK ABOUT OILS



with Julie Hawes,
Barlean's Educator
Thursday, September 2,
5 pm

Are you getting the best results from your oils? Find out what makes Barlean's flax and fish oil emulsions so unique,

how emulsions work and why they're three times more bioavailable than other oil sources. Barlean's has been making award-winning, science driven health products with amazing flavors and for over 30 years.

THE ART OF SELF-HYPNOSIS



with Lisa Shook,
Hypnotherapist and
Reiki Master
Tuesday, September 7,
5 pm

Do you have a burning desire to step out of the box? Are you yearning for change? Learn the

art of self-hypnosis to help yourself, and help others to create a positive change. Learn what to expect, how to achieve self-hypnosis and master your own life and take your experience to the next level!

GASTROINTESTINAL HEALTH AND HEALTHY SKIN

with Adrienne Wilen, ND, Federal
Way Naturopathy
Thursday, September 9,
5 pm



Great health and clear skin start in the gut! Learn about recent research into the connection between a healthy microbiome,

overall wellness and healthy looking skin. Explore what steps can be taken to heal your gut and how genetics, diet and environment impact our wellness.

NOT-SO-ROUTINE DINNERS!



with Abbie Cates
Saturday, September 11,
noon

Fall means evening sports and after school activities. They may look a little different than they used to, but are still major drivers of our evening routines.

Don't let dinner time to become too routine! Get fast and fun twists on favorite dishes and stay out of a dinner-rut!

TO THE HEART OF HEALTH



with Nicole Gitlin,
Nordic Naturals
Educator
Tuesday, September 14,
5 pm

The importance of omega-3 fatty acids for heart health is well established, but there is

new information as science never stands still! Examine up-to-date, compelling research on the cardioprotective benefits of omega-3 fatty acids. Examine the Nordic Naturals Advantage for blood pressure, triglyceride levels and cardiovascular disease risk.

HOLISTIC DENTISTRY: GROW, BREATHE, SLEEP, THRIVE



with Carla Yamashiro,
DDS
Thursday, September 16,
6 pm

Teeth grinding, sensitivity and crowding, bed wetting, obstructive sleep apnea, neck pain and behavior issues

may seem like they have nothing in common, when in fact, all may be linked to obstructed airways. Learn about dental solutions for these common but frustrating symptoms.

FALL PREP FOR WINTER GARDENING



with Farmer Brian,
Master Gardener
Saturday, September 18,
11 am

Don't let the coming lack of sunshine stop you from planting now to reap a year-round harvest! Learn what to

plant, how to prepare the soil and protect your plants against cold. Collect seeds as well as a cornucopia of expert advice for a healthy and abundant fall harvest.



Sound Healing Arts

Anthony Calpeno, ND, DC, LAc, DHANP - Practicing Since 1983

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- Pre-Conception and Pregnancy Nutrition
- Bio-Identical Hormone Therapy
- Cannabis Therapy
- Long COVID-19 Recovery Programs

Most Insurances Accepted - Open on Saturday!

Classes & Education

Register at: marlenesmarket-deli.com/classes

BUILD YOUR IMMUNITY FOR FALL AND WINTER



with Jen Joy, ND,
Mt. Rainier Clinic
Tuesday, September 21,
5 pm

An ounce of prevention is worth a pound of cure. Get a fall refresher on how to use diet, exercise and lifestyle

to enhance your ability to ward off and combat disease. In addition to the basics, learn about cutting edge therapies and treatments to overcome disease and restore health!

MELATONIN: MORE THAN SLEEP AND WHY LESS IS MORE



with Lisa Shank,
Symphony Natural
Health Educator
Thursday, September 23,
5 pm

From sleep to immunity, melatonin plays a critical role in our vitality even as our natural production

declines with age. Learn how plant-based, low-dose Herbatonin from Symphony Natural Health can supplement the physiological melatonin dose that your pineal gland naturally produces each day to support a safe, restful night's sleep.

IMPROVE LIFE VIA LYMPH FLOW with Nicole Wirth, Lymph Drainage



Therapist, LMP
Saturday, September 25,
noon

If you deal with excessive morning stiffness, eye strain and headaches or sleepless nights, it may be time for an immune system

reset with lymph drainage. Get a better understanding of how and what the lymphatic system does (hint: it is way more than just detox) and learn how to clear blockages and get the flow going!

Dr. Carla Yamashiro
thenaturalchoice@ecologicdentistry.com

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Get the Dish on Plant-Based Eating

by Marilyn Gemino, Garden of Life

When a plant-based diet focuses on healthy, whole foods rather than processed products, it can be good for you and the planet. Whole plant foods are full of fiber and water, which fill you up without filling you out so you're able to manage your weight. And focusing on plant-based foods, avoiding processed products and limiting refined sugars provides antioxidants and phytonutrients that help lower your blood pressure, along with your risk of heart disease, breast and colon cancers, stroke and diabetes. The healthy benefits extend to the health of the environment since eating plant-based foods reduces the impacts of climate change and cuts down on animal suffering.

The Recipe for Plant-Based Eating

So what's for dinner—and breakfast and lunch!—on a plant-based diet? While fruits and veggies may immediately come to mind, they're just the beginning of the endless choices when meat isn't the main course. Plant-based eating stems from the following types of foods—and be sure to always choose Certified Organic:

- Vegetables such as broccoli, spinach, potatoes, mushrooms and carrots.
- Fruits including apples, pears, berries, bananas, avocado and jackfruit.
- Whole grains like rice, whole wheat, quinoa, farro and amaranth.
- Legumes ranging from chickpeas and lentils, to edamame and peas.
- Nuts like walnuts, almonds, cashews and pistachios.
- Seeds such as chia, hemp, sunflower and flaxseeds.
- Soy from tofu, soybeans and tempeh.
- Plant-based dairy from almonds, soy, oats, coconut, cashews and hemp.

Branch Out to Get Enough Protein

The main concern about plant-based diets is that they don't provide enough muscle-maintaining protein. But both nature and today's grocery stores are full of plant-based products packed with protein, even if you're a full-fledged vegan. Most veggies contain at least a few grams of protein, from mushrooms to broccoli and potatoes. But the most plant-based protein is found in some foods that may be new to you, such as legumes like lentils and chickpeas, ancient grains like quinoa and farro, nuts like walnuts and almonds, and seeds

such as chia and hemp. Beyond the field, plant-based meat substitutes like tempeh and seitan, along with plant-based organic protein powders and dairy products, can help you get enough protein when it's just another meatless Monday!

Supplement Your Diet

While it's easy to find delicious and nutritious plant-based foods, it can be hard to get certain nutrients when dairy, fish and meat are off the menu. To meet your nutrient needs, consider supplements. Start with a plant-based, organic protein powder—a sure way to increase your protein intake. Then a whole food multivitamin full of vitamins and minerals. Since iron is harder to absorb from plants than meat, try an iron supplement, too. While vitamin B-12 is a must for healthy cells and abundant in animal products but found in few plant-based foods, take a B-12 supplement or choose cereals and plant-based milks fortified with the vitamin. Omega-3 fatty acids are overflowing in fish, seafood and eggs, yet take the body longer to convert from plant-based sources like walnuts and flaxseeds, so add an omega-3 supplement to keep your brain and body at their best.

A plant-based diet focused on healthy foods offers many benefits, but isn't right for everyone. So whether you make meat a memory or keep it a mealtime mainstay, try eating more wholesome, plant-based foods to sow the seeds of better health.

Garden of Life is a company on a mission to Empower Extraordinary Health. To fulfill that mission, they continue to bring to market the most innovative Certified USDA Organic and Non-GMO Project Verified foods and supplements without compromise.





FOR BETTER READERS, GIVE KIDS OMEGA-3s!

by Barleans

It's well known that Omega-3 fatty acids support cognitive function in everyone from kids to seniors. And now, new research from Sweden suggests a very specific and important benefit for school-age kids. The study, soon to be published in *The Journal of Child Psychology and Psychiatry*, found that Omega-3 supplementation improved the reading skills of nine and ten year-olds.*^[1]

For a six month study, researchers divided 154 children in mainstream classrooms into two groups. For the first three months, one group took Omega-3s while the other group took a placebo. For the next three months, all the kids took the Omega-3/6 supplement. Reading skills were assessed at the beginning of the study and again at 3 months and 6 months using a computer-based reading test called Logos.

At the three-month point, the children who were taking the Omega-3/6 had improved reading skills compared to those who were taking the placebo. They were better able to read a nonsense word aloud and pronounce it correctly, and they were also better able to read a series of letters quickly. Both of these skills help kids decode written text. Even more encouraging, the students who were identified by their parents as having a normal attention span (in other words, not attention-deficit/hyperactivity disorder) showed the greatest improvement; specifically, their reading speed increased.

Fatty fish like salmon, tuna, mackerel and cod are among the best food sources of Omega-3s, but many kids are fussy about eating fish. If your school-age children are not fish fans, you can try incorporating walnuts and flax seeds into their diet, or you can try any of our amazing Barlean's flavored fish oil or flaxseed oil.

OMEGA-3s AND ATTENTION: WHAT'S THE CONNECTION?

Omega-3s support brain health in people of all ages. Recent research, for

MARLENE'S SOUND OUTLOOK

example, has shown that seniors with higher levels of Omega-3 fatty acids have more mental agility, teens with better stores of Omega-3 process information more quickly, and kids who take an Omega-3 supplement improve their reading skills. So the results of an additional study finding that Omega-3s may play a role in helping kids pay attention is no surprise.^[2]

The study, published last summer in the journal *Clinical Psychological Science*, studied 42 children between the ages of 6 and 12. The three factors evaluated by researchers were:

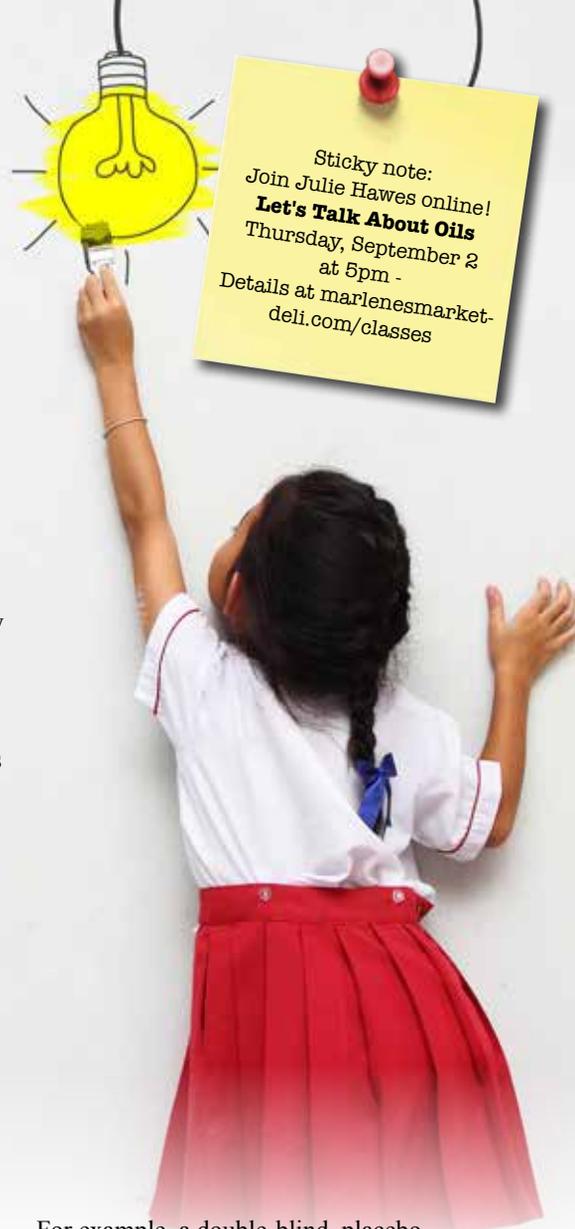
How well the kids were able to pay attention

The levels of Omega-3s in their diet

Their blood levels of Omega-3.

Several tasks measured the kids' ability to pay close attention. The findings were intriguing. Children who had difficulty with attention didn't have different intakes of Omega-3s. But they did have lower blood levels. Researchers surmised these children might metabolize Omega-3s less efficiently, which means they would need to consume more than other kids.

If children with wandering brains are more likely to have lower levels of Omega-3 than their more focused counterparts, could supplementation help them? Previous research suggests it does.^[3]



Sticky note:
Join Julie Hawes online!
Let's Talk About Oils
Thursday, September 2
at 5pm -
Details at marlenesmarket-deli.com/classes

For example, a double-blind, placebo-controlled study from Germany found that taking an Omega-3 supplement (providing 650 mg EPA DHA daily) improved attention among 79 boys aged 8 to 14.^[4]

If you have a child who struggles with attention, make sure he or she is eating plenty of good sources of Omega-3 such as salmon or other fatty fish, walnuts, and flaxseeds, and of course, consider the extra insurance of an omega-3 supplement.*

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat, or prevent any disease.

[1] Johnson M, et al. *J Child Psychol Psychiatry*. 2017 Jan;58(1):83-93.

[2] Chang JP, et al. *Clin Psych Sci*. 2016 June 29. 4(6):1094-1103

[3] Daniells S. *Nutraingredients*. 2015 Sep 16.

[4] Bos DJ, et al. *Neuropsychopharmacology*. 2015 Sep; 40(10):2298-2306

Plant Melatonin vs Synthetic Melatonin

by Symphony Natural Health

It may surprise you to learn that 98% of all the melatonin options on the market are derived from synthetic chemicals or from animal sources. It wasn't until 1987 that melatonin was even discovered in plants, and it was only in 2007 that the first phyto-melatonin (plant melatonin) supplement was released to the world. That product was Herbatonin® - made from unique varieties of chlorella, alfalfa and rice.

How does melatonin support our health?

As a hormone, melatonin has long been recognized for the vital role it plays in supporting our body's circadian rhythms and our sleep/wake cycle, which is intrinsically connected to nearly all aspects of our health. However, this is only a part of what melatonin does in our body, because it also supports healthy inflammation and works as a powerful antioxidant, protecting our cells, DNA, and mitochondria, as well as supporting our immune system and fighting the aging process.*

Antioxidants: What they are and why they're so important.

Antioxidants can be found in fruits, vegetables, nuts, fish and meat, and they play a key role in our health by actively scavenging and fighting unstable, damaging compounds in the body known as "free radicals". Free radicals are produced in our bodies every day. They are the natural by-product or "waste" that ensues from

numerous essential chemical processes, such as metabolizing food into energy, cell repair after exercise or muscle strain, the absorption of oxygen from the air we breathe, and even the detoxification process required to eliminate toxins and chemicals from our bodies.

The "clean up" that antioxidants help our bodies perform is critical, because waste takes its toll. When too many free radicals build up it can result in chronic inflammation, cell and DNA damage, increased aging and disease, which is why it is so essential to get enough antioxidants each day through the combination of a healthy diet and well-balanced supplements.*

What makes melatonin different from other antioxidants?

Unlike most other antioxidants, or any molecule for that matter, melatonin has a unique ability to cross the blood-brain barrier.

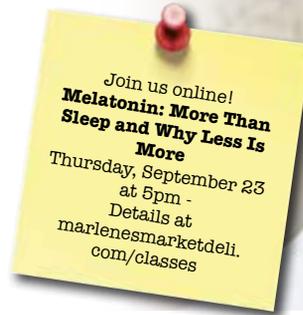
The blood-brain barrier is a naturally protective border that stops toxins, pathogens and many other molecules in our blood from crossing into our brain and nervous system. The challenge is that this border is so protective that it doesn't just stop harmful molecules from entering our brain and nervous system, it also blocks beneficial molecules as well.

But melatonin is unique. It is able to cross the blood-brain barrier because it is soluble in both water and lipids (fat), which enables it to freely pass the barrier and flow through all of the body's tissues and vital organs.

This is a significant finding, and it is creating much excitement among scientists and the medical community, as very few molecules are able to do this.

What is even more exciting is that phyto-melatonin (Herbatonin®) appears to have an even greater impact as an antioxidant than synthetic melatonin. Recent research out of the Medical University of Lublin, in Europe, compared a number of sources of synthetic melatonin with plant melatonin (Herbatonin®), looking at free radical scavenging potential, antioxidant oxygen radical absorbance capacity (ORAC) comparisons, and key enzymes involved in immunity and inflammation.*

Like all of our products, the creation of Herbatonin® is controlled from seed to shelf, using a proprietary method of sustainable farming, combined with a manufacturing process that only includes water, temperature and pressure. This results in a product where the melatonin is not extracted, but naturally contained within the cells of the plant, which means that Herbatonin® is so natural that it is just like eating the plant itself – but in far more concentrated doses.



*These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to treat, diagnose, cure or prevent any illness or disease.

BEYOND CBD:

By NuLeaf Naturals

EXPLORING THE NEXT GENERATION OF CANNABINOIDS

You may already know about the benefits of CBD, but did you know the cannabis plant yields more than 100 cannabinoids? And these cannabinoids are being scientifically investigated for their potential health benefits. NuLeaf Naturals is now offering the world's first full spectrum CBC, CBN and CBG products. Read on to learn how these remarkable cannabinoids can enhance your health and wellness!

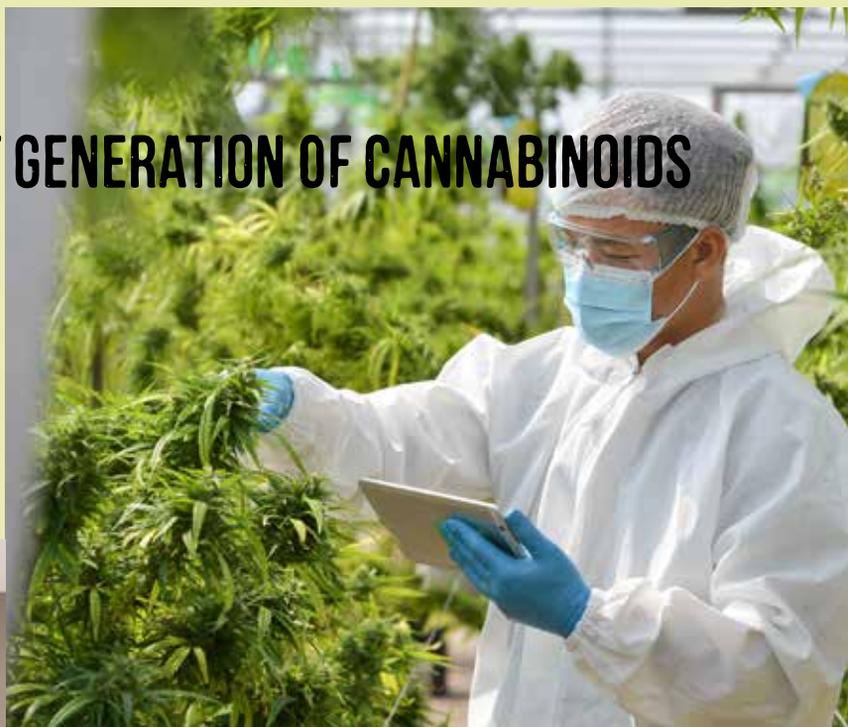


CBC MAY BOOST YOUR MOOD AND IMPROVE FOCUS AND BRAIN FUNCTION

If you're currently using CBD to help with pain management, you're sure to love the cannabinoid known as Cannabichromene (CBC). Studies show CBC may support the body's natural regeneration of nerve cells known as neural stem progenitor cells (NSPCs). NSPCs are essential for the repair of damaged nerve cells and healthy brain function. CBC may also help balance skin inflammation conditions and outbreaks like acne. Full spectrum CBC from NuLeaf Naturals includes 30mg of CBC in each serving.

LET CBN HELP SOOTHE YOUR SLEEP AND REDUCE STRESS

When you're ready to settle down and relax for the day or for sleep, reach for CBN. Cannabinol (CBN) is known as the original cannabinoid to be isolated from the cannabis plant in 1899, and continues to draw scientific research for its many blissful benefits. This mildly psychoactive cannabinoid is created when THCA is



exposed to air or ultra-violet light (like sunlight). CBN can be used effectively as a sleep aid or sedative, helps regulate the immune system, and relieves pain and inflammation. CBN products from NuLeaf Naturals contain 30 mg of CBN per serving.



RESEARCH INDICATES CBG ACTS AS A POWERFUL ANTIOXIDANT

Cannabigerol (CBG) is commonly called the "mother cannabinoid" because it is the precursor to the major cannabinoids found in the hemp plant. This non-intoxicating antioxidant works by binding to endocannabinoid receptors where it is thought to strengthen the function of anandamide, a neurotransmitter that plays a key role in enhancing

pleasure and motivation, regulating sleep, and reducing pain. Full spectrum CBG from NuLeaf Naturals is excellent for restoration and recovery, and is available in both plant-based softgels and oil.

In addition to our award-winning CBD products, NuLeaf Naturals is now offering the world's first full spectrum CBC, CBG and CBN products!

NuLeaf Naturals is one of America's top pioneering hemp companies. Founded by a group of plant medicine aficionados, their vision is to pave the way for a line of cannabinoid wellness products that promote a healthy body and mind.

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



**RADIUS
Dental Care**
Assorted varieties
15.2 oz

20% off

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

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and varieties

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Essential
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**TEA TREE THERAPY
Body Care with
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EWG Verified!



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Dental, Skin
& Body Care**
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and varieties

20% off

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**DERMA E
Hair, Skin
& Body Care**
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and varieties

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Assorted sizes
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MAD HIPPIE
Skin Care & Cosmetics
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DR. BRONNER'S
Sugar Pump Soap
Assorted varieties
12 or 24 oz

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Ugli Butter CBD & Ugli Butter CBD Night
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and varieties

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HERB & SPICE**
**Body Care with
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Hair Color**
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Hair Care
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off**

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Organic Cereal**

Assorted sizes
and varieties

**25%
off**

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**LE PAIN DES
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Organic Crisp
Bread**

Assorted varieties
4.4 oz
Reg. \$6.19

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**ANNIE'S
Organic Mac &
Cheese**

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6 oz
Reg. \$4.39

**2 \$5
for**



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Sustainably grown since 1937!*

**LUNDBERG FAMILY
FARMS
Rice Products**

Assorted sizes
Bulk, Packaged & Snacks

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Almonds**

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Bean Chips**

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for**



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Snacks**

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Reg. \$4.19

\$2⁹⁹



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13 oz

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Organic Baby
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Organic Frozen
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Non & MO!



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Non Dairy Oat
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6 oz.

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Almond &
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8 oz.

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8 oz
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Macadamia
Creamer, Milk &
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30% off

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**CV SCIENCES
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Chestal,
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Assorted sizes
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STRESS & SLEEP**

Tranquil Sleep
L-TRY, Suntheanine™ & Melatonin
60 Chewable Tablets
UNMATCHED FAST ACTING FORMULA

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FAST ACTING
100 mg
60 Chewable Tablets
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Suntheanine
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Assorted sizes
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ADAPTATION & STRESSOR

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HERBAL ANTIVIRAL

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Adults • Kids • Pets

**ION BIOME
ION Gut Health
Liquid**
Assorted sizes
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Herbal
Supplements**
Assorted sizes
and varieties

Deep Sleep
Herbal Sleep Support

Stress ReLeaf
Dual-Action Protection

25% off

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CARLSON
Cod Liver Oil
Assorted sizes
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TERRY NATURALLY
SagaPro
30 tab
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TERRY NATURALLY
SagaPro
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\$23⁹⁵ **\$39⁹⁵**



NULEAF NATURALS
**CBN, CBC, CBG
Supplements**
Assorted sizes
and varieties

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**Psyllium Husks
Supplements**
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OMEGA-3s

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PARKING LOT PICK UP

Let us do the shopping!
Swing by and we will bring
your order out to you.

Federal Way: orders-federalway@marlenesmarket-deli.com
or 253.839.0933

Tacoma: orders-tacoma@marlenesmarket-deli.com
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OLYRA
Organic Breakfast Biscuits
Assorted varieties
5.3 oz.

25% off

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BACK-TO-SCHOOL WELLNESS CHECKLIST:

- EASE BACK INTO A SLEEP SCHEDULE
- HAVE HEALTHY MEAL AND SNACK OPTIONS AVAILABLE
- YEARLY PHYSICAL BY HEALTHCARE PROVIDER
- SUPPLEMENTS FOR A CALM, SHARP MIND (CHECK OUT MARLENE'S GUMMIE SELECTION)
- SUPPLEMENTS FOR NUTRITION AND WELLNESS (CHECK OUT MARLENE'S GUMMIE AND LIQUID SELECTION)

GET YOUR KIDS OFF TO A STRONG START WITH HELP FROM MARLENE'S!



September

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	Let's Talk About Oils with Julie Hawes, Barlean's Educator 5 pm, Online 2	3	4
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 5	Labor Day Both stores regular hours! 6	The Art of Self-Hypnosis with Lisa Shook, Hypnotherapist and Reiki Master 5 pm, Online 7	8	Gastrointestinal Health and Healthy Skin with Adrienne Wilen, ND, Federal Way Naturopathy 5 pm, Online 9	10	Not-So-Routine Dinners! with Abbie Cates Noon, Online 11
12	Uniform Monday! 10% off to all firefighters, police, and military! 13	To the Heart of Health with Nicole Gitlin, Nordic Naturals Educator 5 pm, Online 14	15	Holistic Dentistry: Grow, Breathe, Sleep, Thrive with Carla Yamashiro, DDS 6 pm, Online 16	17	Fall Prep for Winter Gardening with Farmer Brian, Master Gardener 11 am, Online 18
19	Full Moon 20	Build Your Immunity for Fall and Winter with Jen Joy, ND, Mt. Rainier Clinic 5 pm, Online 21	22	Melatonin: More Than Sleep and Why Less is More with Lisa Shank, Symphony Natural Health Educator 5 pm, Online 23	24	Improve Life via Lymph Flow with Nicole Wirth, Lymph Drainage Therapist, LMP Noon, Online 25
26	27	28	29	30		



Bodywork Schedule

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots
with Voda Health
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

2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

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

Deli Hours

Please call for current deli counter service hours.

Grab and go options available until closing.

TACOMA

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Tacoma 98409
253.472.4080

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

Deli Hours

Please call for current deli counter service hours.

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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SEPTEMBER 2021

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October is NON-GMO & FAIR TRADE Month

We're celebrating with gift basket giveaways, delicious samples and amazing deals!