



Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

September 2022



Back to school • A good night's sleep
CBD and pain • Herbal maternity support

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A Letter From Us

Autumn carries more gold in its pocket than all the other seasons.

-Jim Bishop, American journalist

It's hard to believe that fall arrives this month, but here comes September. Kids are heading to classes, the morning air feels cooler, the light is turning golden and the shadows are a little longer. Are we ready? Pull out those rain jackets, and then let's cross our fingers and hope we won't actually need them until October.

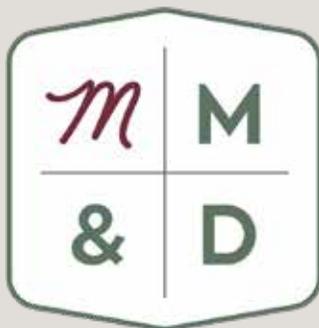
Everything seemed to happen a little later this past growing season. Spring was cold and wet and lasted well into June. There's an upside to that, though: there are still enough blackberries hanging around for a fresh crisp or cobbler! Grab a bucket and prepare for a few scratches. It's not too late to enjoy one more sweet gift from living in this region.

This is also the time of year when Marlene's produce departments receive a fantastic new crop of apples, root vegetables, winter squashes and hearty greens! September harvest is here with its early autumn produce that will be freshly picked in the coming weeks. It's time to dust off your fall recipes, and we'll supply you with the very best ingredients that this season has to offer.

It's also time to prepare ourselves and our families for cold and flu season. Of course, we carry a broad selection of excellent supplements, but don't forget our wide variety of immune supporting teas. They are wonderful to have on hand this time of year.

Take care of each other, and we hope to see you soon at Marlene's!

Lisa



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CRISPY QUINOA SNACKING SQUARES

2 ½ cups	quinoa crispies (available in Marlene's bulk department!)
½ tsp	sea salt
⅔ cup	almond or peanut butter
⅔ cup	brown rice syrup or honey
1 Tbl	coconut oil
1 tsp	vanilla
¼ cup	your choice of dried fruit, diced
¼ cup	your choice of nuts, diced
2 Tbl	your choice of sesame, flax or sunflower seeds

Kids and adults alike will flip for these delicious squares, and they're loaded with nutrition, too! These treats are protein and fiber-rich and full of satisfying, good-for-you fats. You can easily customize this recipe with any nut butter or seed butter you choose. Let's get snacking!

Lightly grease an 8 x 8 baking dish with coconut oil or vegetable oil spray.

In a medium saucepan over low heat, combine sea salt, nut butter, brown rice syrup, coconut oil and vanilla. Heat and stir until well mixed.

In a large bowl combine quinoa crispies and nut butter mixture. Mix thoroughly using a wooden spoon or non-stick spatula.

Spread evenly into prepared baking dish and lightly press mixture to form an even layer.

When mixture has cooled, cut into squares and serve. Keep squares in an airtight container in the refrigerator for up to two weeks. Bet they won't last that long!



What to Know Before Choosing a Mushroom Supplement

by Om Mushrooms

Mushrooms are a functional food of choice among holistic health advocates. They're also getting attention in the mainstream media for their potential health benefits when taken daily in supplement form. When shopping for a mushroom supplement like lion's mane, you're likely to find a wide range of prices and formats ranging from capsules to powders to functional beverages, and more.

Before you buy, it's important to know where your mushrooms come from and how they are grown. You'll also want to consider the different procedures for growing or sourcing mushrooms. With so many choices available, it's helpful to know what sets one brand apart from others.

The most important quality to look for in a mushroom brand is transparency. You should know exactly what you're putting in your body when consuming mushroom supplements. Some mushrooms may come from multiple farms or even other countries with different quality standards.

Key Questions to Ask About Processed Mushroom Products

Once the mushrooms are grown and harvested, they are processed to create a packaged product. When choosing a powdered mushroom product, here are some important questions to ask:

Is the whole mushroom used in the final product (the fruiting body and the mycelium, both of which contain beneficial bioactive components)?

Are the mushrooms dehydrated at low heat to preserve as many nutrients as possible?

Is the air quality controlled during the dehydration process?

Are other ingredients or fillers added to the mushroom powder?

Are the mushrooms quality tested for heavy metals and other toxic elements that may be absorbed from their environment?

Why Choose Om Mushroom Superfoods?

Om Mushrooms are USDA organically grown in Carlsbad, California. The mushrooms are grown on organic oats, an environmentally friendly and gluten-free product that gives the mushrooms a nutrient-rich food source. The mushrooms that Om Mushrooms grows are dehydrated with clean, filtered air, using low heat, and then powdered. All products are third-party tested after processing to certify they are free of heavy metals and other toxins, as well as gluten-free.

The powdered mushrooms are available as single species powders, capsules, functional beverages such as coffee, coffee latte, hot chocolate, and protein-packed mushroom broths. These blends combine mushrooms with other herbs and vitamins for a wide variety of uses. Om Mushrooms offers high-quality, organic mushrooms—and values full transparency with customers regarding all steps of the growing and processing of its superfood mushrooms.



TRIPLE MUSHROOM SMART PIZZA

- 7 oz mushrooms, sliced
- 3 garlic cloves, sliced
- 4 Tbl + 1 tsp olive oil, divided
- 2 tsp Om Lion's Mane Organic Whole Food Mushroom Superfood Powder
- pre-made pizza crust
- 2 tsp truffle oil
- 2 cups of arugula
- ¼ cup mozzarella cheese, cubed into ½ inch chunks
- ½ cup shaved parmesan cheese, divided
- Pinch of flakey sea salt

Preheat the oven to 425°F degrees.

In a large pan over medium heat, add 3 Tbl olive oil then sauté mushrooms and garlic for 5-10 minutes until golden on both sides.

Meanwhile, mix Lion's Mane powder with 1 Tbl olive oil.

Add Lion's Mane mixture to cooked mushrooms and stir until coated.

Place pizza crust on greased baking sheet.

Add mushrooms and bake for 10 minutes.

Remove pizza from oven. Top with mozzarella cubes and sprinkle with 6 Tbl of parmesan cheese.

Return pizza to oven and bake another 8-10 minutes until crust is lightly golden.

Just before serving, toss arugula with truffle oil, 2 Tbl of parmesan cheese and a pinch of flakey sea salt.

Serve arugula salad on top of pizza and enjoy!



Herbal Products for a Healthy Pregnancy

by Traditional Medicinals

Whether you are a first-time mama or seasoned parent, each pregnancy is unique. It's natural for expecting moms to seek out the best herbal teas for their pregnancy, giving them that extra daily support and well-deserved moment of calm and rest.

Herbalism has long held healthy rituals for the womb, and drinking a soothing, nourishing cup of herbal tea is an easy way to receive the benefits of plants. Whether it's using herbs to tone and prepare the womb for childbirth, sipping on a nutritive tonic, or soothing the occasional bout of nausea, irritability, or constipation – herbs can support you.

The appropriate use of herbs during pregnancy requires specialized knowledge and care. However, finding the right ones to nourish and tonify shouldn't be confusing and overwhelming. Rest assured, plants have been used during pregnancy and breastfeeding for thousands of years. Our herbalists have put together a list of teas that are caffeine-free, supportive and soothing to the most common discomforts of pregnancy.*

Herbal Products for Maternity Support

Organic Pregnancy® tea

A nourishing blend of some of the best herbs for nutritive support and to prepare for labor and delivery, this tea was made for expectant moms. Predominant herbs featured in this formula include raspberry leaf and nettle leaf. Best known for its role in toning the womb, raspberry leaf prepares the uterus for giving birth. Filled with minerals, nettle is a nutritive tonic for daily support. Additionally, spearmint and fennel make it mildly sweet and supportive to the digestive system. This balanced blend of gentle herbs is best sipped daily as part of your prenatal routine.*

Organic Nettle tea

Considered one of the very best nutritive tonics, nettle is one of nature's best wild herbs. Its earthy green taste and nutritive profile make it a wonderful tea to sip on throughout the day or to add into smoothies or soups for a little something extra. As a gentle tonic herb, nettle offers wellness support for the length of your pregnancy.



Organic Chamomile tea

One of the most beautiful phases of life, pregnancy can also stir up emotionally turbulent days and a bit of anxiety as you await the arrival of your little one. One of the most trusted plants in herbalism today, chamomile has been traditionally used to support the nervous system, offering a sense of calm and relaxation to your day. Conveniently, chamomile provides dual support for healthy digestion.* You can rest assured knowing that

for our teas, we select medicinal-grade chamomile to achieve the desired effect and use only the essential oil-rich flowering tops, preserving its classic apple-like fragrance and naturally sweet flavor. You'll want to keep this on hand throughout your pregnancy and beyond. Chamomile also makes an excellent cold compress for those warm maternity surges and swollen feet.

Organic Ginger tea

Ginger's warm and soothing qualities make it one of the world's most well-known medicinal plants. Celebrated not only for its spicy flavor, a comforting mug of ginger tea can also provide support during those unexpected bouts of nausea and digestive discomfort.*

Organic Smooth Move® tea

Our best tea for occasional constipation, this tea features senna leaf, an herb traditionally used to stimulate bowel movements. Sweet and slightly bitter, with spiced orange notes, this tea is pleasant and beneficial to support occasional constipation experienced as your body changes and grows throughout pregnancy. Sip this organic laxative tea before bedtime and sleep easy knowing it'll be smooth sailing by morning. Smooth Move® Peppermint offers the same support with a minty twist and is perfect for those who experience bloating with their constipation. Smooth Move® Chamomile is pleasantly floral and may provide soothing relief for those also experiencing digestive cramping.*

As each pregnancy and body is different, we advise you to thoroughly read the instructions on each tea box to find out if it's right for you. If questions arise, we recommend consulting your health practitioner.

*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.



HOW DOES CBD AFFECT PAIN?

By Jason Wilson, MS

All of us are familiar with pain, but some of us cannot seem to get away from it. Whether due to trauma, arthritis, neurodegenerative disease, or some other condition, chronic pain affects nearly one fifth of the U.S. population. That equates to approximately 50 million people nationwide that are living with day-to-day pain. (CDC, 2018)

It can be challenging to get through each day when your body does not feel up to performing even basic day-to-day tasks. The therapies available to treat chronic pain can be a mixed bag. Physical therapy is one option, which involves moving the body in particular ways to build or stretch particular muscles to help alleviate pain. Additionally, physical therapies like exercise or even yoga, can sometimes help free pinched nerves or loosen up rigid joints. But much of the time, physical therapy is not enough. What can we do then?

Pharmaceutical interventions for pain include the use of things like pain killers, muscle relaxers, and antidepressants. However, many of these drugs can carry significant side effects and may become addictive. Additionally, continual use of some of these drugs can cause other health problems, such as liver damage.

There are also more invasive techniques to alleviate pain, such as nerve blocks or Botox injections. In severe cases, surgery can sometimes be performed to attempt to fix the source of the pain. But what if these therapies are inadequate and you're still suffering from pain. Could products containing CBD be a potential solution?



WHAT IS PAIN?

Pain is a bit tricky to study scientifically because it is in one sense a subjective experience, and there are different types of pain. When we talk about whether something might be effective in treating pain, it is important to acknowledge what kind of pain we are referring to, whether it be muscle pain, nerve pain, or inflammatory pain, for instance. But even when we are on the same page in regard to the type of pain we may be trying to treat – there is the subjectivity problem. If we measured the brain signaling patterns to try and

determine how much pain someone is in, we can be quite wrong. How pain feels and how it appears on brain scans or other medical tests can be discordant.

MODULATION OF PAIN SIGNALING IN THE BRAIN

The brain produces several chemicals which influence the activity of neurons – either “exciting” them or “inhibiting” their activity. The compound glutamate is thought of as an “excitatory” neurotransmitter, responsible for encouraging more signaling in the brain, whereas the compound GABA is known as an “inhibitory” neurotransmitter, often associated with rest and calm. By influencing these two compounds in the brain, it can be possible to essentially manipulate the “volume” of neurons in the brain. This can be particularly important for people who experience neuropathic pain, or nerve pain. By essentially telling the brain to signal less and quiet down, the intensity of pain can be turned down. This won't necessarily make the pain go away, like a pain killer, but it may make the pain more tolerable and less intrusive. The good news is that CBD has exhibited activity on these neurotransmitters, and through a variety of mechanisms, at certain doses CBD may be able to encourage more GABA, and less glutamate – ultimately turning that pain volume down. (Pretzsch, 2019)



Learn more online!
**How CBD Works to
Counter Pain & Stress**
with Doug Williams of Green
Earth Medicinals
Thursday, September 22
at 2 pm
Details at
[marlenesmarket-deli.
com/classes](http://marlenesmarket-deli.com/classes)



MODULATING INFLAMMATION

Cannabinoids are well known as potent anti-inflammatory compounds, and CBD is no exception. While CBD has the potential to reduce the activity of pro-inflammatory signaling compounds in the body, it also directly interacts with different chemical receptors, like the Transient Receptor Potential Vanilloid (TRPV) channels, that are involved in the relationship between inflammation and pain. TRPV receptors often tell your body information about sensations like temperature and pressure – each of which relate to the sensation of pain. As inflammation takes place in the body, the inflammatory response manipulates these kinds of receptors and causes feelings of tight pressure or swelling, heat, and nerve sensations.

DISTRACTION

Pain is often also associated with depression, anxiety and inflammation. All of these things are interconnected, and by affecting one, you may be able to affect the others. When a person is anxious or depressed, they are more likely to feel pain more acutely than if they were happy or calm. CBD has exhibited promise in some human clinical trials as a method for relieving anxiety. (Shannon, 2019) Additionally, if CBD is present alongside THC (the cannabinoid responsible for intoxicating effects), it can be possible to not only relieve anxiety, but to help a person forget. This idea of calming and distracting can be a very effective tool for reducing the perceived intensity of pain.

GUT HEALTH

Another way that CBD and other cannabinoids may influence pain is by affecting the gut microbiome and the expression of cannabinoid receptors in the gut. (Rousseaux, Thuru, Gelot, 2007) In recent years, it has been established that the gut microbiome is connected to the functioning of part of the nervous system responsible for visceral responses. By affecting the health of the gut, we may be able to then affect pain. However, research into this area is still very new, so we will have to wait to see what researchers learn about this fascinating new field of study.

While much of the human clinical research examining CBD's effects on pain is often a bit clouded with the inclusion of THC, there are numerous rodent studies and other types of research

that indicate that CBD may be effective at relieving pain through a variety of mechanisms. CBD may directly alter pain signaling in the brain by “turning down the volume” of the pain. CBD may also reduce inflammation which can relieve the nerves and reduce stress on various parts of the body – ultimately lessening the pain response. Finally, CBD may also be useful in improving one's mental outlook, which has a direct impact on the subjective experience of pain.

Jason is a science educator and natural products researcher living in Southern Oregon. He is the author of Curious About Cannabis: A Scientific Introduction to a Controversial Plant and is the host of the Curious About Cannabis Podcast. Curious About Cannabis is a learning initiative by Natural Learning Enterprises, a mission-driven company dedicated to enhancing critical thinking skills and scientific literacy about the natural world.

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KIND LIPS FOR KINDER KIDS

The folks at **Kind Lips** are on a mission to make the world a kinder place, and they're inviting us to join in!

With 20% of profits given to anti-bullying organizations, each tube of **Kind Lips** is a reminder to be kind. This natural and organic lip balm will leave your lips nourished and protected, while reminding you to choose kind words.

Kind Lips BE KIND School Program offers educators an easy way to encourage young people to think about the impact of their words and what kind of a world they want to use their words to create. It's a program that promotes kindness and encourages improved behaviors in school.

What an awesome idea!

These clean, organic ingredients are the base for every **Kind Lips** lip balm

- Coconut Oil
- Shea Butter
- Natural Flavor
- Beeswax
- Olive Oil
- Vitamin E
- Jojoba Oil
- ... and nothing else!

*Stop by Marlene's today and put your
Kind Lips on!*



Great for kids at heart, too!

**All Kind Lips Lip Balm
20% Off for the Month
of September!**



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

Is There a Connection Between Oral Health and COVID-19 Severity?

by Dr. Carla Yamashiro of Ecologic Dentistry

Even as COVID-19 infection rates may finally be tapering off, the risk of catching COVID-19 is still alive and well. It's still as important as ever to be vigilant against infection and aware of potential risk factors.



Over the last two to three years, COVID-19 has hit the global population hard. Like many diseases, the novel coronavirus has been known to impact more severely those with underlying health conditions. While a case of COVID-19 can be severe for anyone, it has been documented that certain groups may be more at risk for developing serious disease.

According to the Mayo Clinic, older adults, individuals with a history of lung problems such as asthma and cystic fibrosis, individuals with diabetes, heart problems, and overall weakened immune systems are at a higher risk for developing serious symptoms. But did you know it may be possible that poor oral hygiene could be another indicator of how severe a COVID-19 infection can become?

The Connection Between Oral Health and COVID-19 Severity

A 2021 study published in *Oral Radiology* sought to explore the connection between COVID-19 disease severity and oral health. It found that there was indeed a significant connection between these two factors. A similar 2020 study claimed that maintaining good oral hygiene was a good way to help prevent severe COVID.

A possible reason for this may be because of the increased presence of ACE2 receptors found in individuals with poor dental hygiene. Angiotensin converting enzyme 2, also known as ACE2, is the receptor through which the novel coronavirus enters the bloodstream. The right balance of these enzymes plays an important role in allowing the body to maintain control over essential things



like blood pressure, blood volume, nervous response, and kidney function. Individuals with diabetes and heart issues (aka those who are predisposed to severe COVID) often have an excess of ACE2 enzymes. Interestingly, individuals with poor oral hygiene also tend to have higher than average ACE2 enzymes. This may equate to an increased risk for severe disease.

While the exact reason for this connection between elevated ACE2 cells and severe

COVID-19 isn't completely understood, one theory is that when COVID-19 virus enters the body of an individual with elevated ACE activity, the virus automatically has an abundance of sites where it can clone itself, leading to possible increased severity of illness.

The Importance of Maintaining Good Oral Health

It's no secret that good oral hygiene—brushing, flossing, and cleanings—is key to maintaining not only oral health, but overall wellbeing. Not only is it a good habitual practice, brushing regularly can help to prevent gum disease, plaque build-up, and bacteria growth. We are by no means claiming that brushing your teeth can keep you from getting COVID-19 and its variants. However, maintaining good oral

health and a healthy airway can help you to maintain a stronger overall immune system, which in turn may help your body have a strong immune response should infection—COVID or otherwise.

Ecologic Dentistry in Bonney Lake is your holistic dentist. If you would like to be seen by Dr. Yamashiro, please contact our office to schedule an appointment today: 253-863-7005, or visit us at ecologicdentistry.com

September Events & Education

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

GUT HEALTH AND GLYPHOSATE



with Kim Stevens, ION* Educator
Tuesday, September 6 at 5 pm

Approximately 6.1 billion kilograms of glyphosate (Roundup herbicide) have been used across the planet within the last decade! This fact alone makes it hugely important that we understand the risks of using glyphosate and determine its effect on the environment and human health. Join ION* Educator, Kim, as she explores the effects of this widely used chemical and its effects on overall health and gut health specifically. Learn the steps you can take to mitigate its impacts.

BACH FLOWER REMEDIES



with Carl Anderson, BFRP
Thursday, September 8 at 5 pm

Bach Flower Remedies balance negative emotions by neutralizing the energetic imbalance that causes them. They can even eliminate long-standing emotional baggage, restoring balance and harmony. They are completely natural. Unlike medications, they have no side effects. They can relieve everything from hatred and jealousy to depression and anxiety. Find out how the Bach Flower Remedies can help improve your life.

FALL GROUNDWORK IN A NATURAL GARDEN



with Laura Matter, Garden Hotline Educator
Saturday, September 10 at 10 am

Get a jump on spring by taking care of the garden in fall! We'll cover the maritime northwest climate and microclimates, how to protect your soil for the winter with mulch and cover crops, types of mulch and fall planting. You will learn why this is a good season to plant, good botanical choices for the northwest, lawn care tasks to do now that will save you time in the growing season, and tips for winterizing your garden. Discover why a total cleanup of your garden beds now is not necessarily the best way to go, and find ways to encourage and take care of wildlife this winter.

BREATH, BODY AND BALANCE



with Hansie Wong, MD and Health Coach
Saturday, September 10 at 1 pm

Learn to use your breath in a simple practice to connect with your body and balance your mind and energy. You will leave this workshop feeling both energized and relaxed! Please wear loose, comfortable clothing.

BREATHE, DECLUTTER AND DESTRESS



with Denise Frakes, Home and Life Coach,
Facilitator for Puget Sound Asthma Coalition
Tuesday, September 13 at 2 pm

A little stress is healthy, a lot is disruptive. When we're happy, our immune system is strengthened and our creativity and ability to detach from stressors flows more easily. Join decluttering expert, Denise, to learn Breath of Awe, a 10-minute emotional freedom technique and 10 more exercises to strengthen your radiant energy system! Informational material will be provided, and all levels of health and fitness are welcome.

MOVING OUT OF CHRONIC PAIN



with Isaac Ho, Owner and Fitness
Coach at Beometry
Tuesday, September 13 at 5 pm

Pain is an imbalance in the body. It is possible to break out of chronic pain, gain mobility and lose excess weight! Did you know that there are 4 imbalances that create pain and keep you from moving freely and living your life with ease and joy? Join coach Isaac, the founder of Beometry, and learn how his experience with clients struggling with limitations, injury and pain led him to develop an innovative system that addresses these imbalances and really works!

HEALTHY AGING



with Glen Depke, Dr. Mercola Brand Educator
Thursday, September 15 at 5 pm

Examine some of Dr. Mercola's exciting new formulations for healthy cellular aging, brain and cognition, cardiovascular function and weight management. Also, learn about fermented supplements and the powerful, widespread benefits of molecular hydrogen!

ANTI-INFLAMMATORY DIET



with Tyrone Brown, Chef and Owner of Soul
Ty's Custom Catering
Saturday, September 17 at noon
\$25

Chronic inflammation may lead to various health problems and can greatly affect one's quality of life. This class is an introduction to preparing delicious and satisfying anti-inflammatory foods. You'll learn how they can help your body maintain optimum health, exciting and tasty recipes that are simple to prepare, and healthy cooking tips that allow you to adapt your existing recipes at home.

VEGAN HAND ROLLS



with Erika Hughes and Brandie Iyo of Real Green Thyme
Saturday, September 17 at 2 pm
\$25

Looking to do something different for your next gathering? Join Brandie and Erika of Real Green Thyme as they show you how great healthy can taste and how fun it can be to prepare with good company! Real Green Thyme welcomes you to the world of plant-based sushi making, a creative, fun and delicious alternative for your next party.

CHAMPION BREAKFASTS



with Cathy Raymer, Holistic Health Coach and Chef
Tuesday, September 20 at 2 pm
\$25

Breakfast should be fuel for the busy day ahead! While many of us in the USA settle for a quick lift with coffee, donuts or cold cereal, we pay for it later with sugar crashes and exhausted adrenals. Breakfast foods in other regions of the world offer a different approach by focusing on deep nourishment and lasting energy. Join Cathy to learn more and experience some delicious alternatives such as Israeli shakshuka, gluten free pumpkin muffins and delectable braised greens with shiitake mushrooms!

MINERALS: WHAT THEY ARE AND HOW THE BODY USES THEM



with Neil Edward Levin, CCN, DANLA, Senior Nutrition Education Manager for NOW Foods
Tuesday, September 20 at 5 pm

Minerals are dietary elements; inorganic molecules that enable hundreds of biochemical bodily functions. Digestion creates organic molecules essential for mineral absorption. These 'chelated'

mineral transporters deliver minerals to distinct cells and tissues of the body, with different effects.

What are the major calcium and magnesium transporters found in supplements, and some key differences?

How do vitamins D and K support mineral transport?

How does digestive health affect mineral status?

What nutrients are needed for bone health?

Join Neil for the answers to these questions and more.

HOW CBD WORKS TO COUNTER PAIN & STRESS



with Doug Williams of Green Earth Medicinals
Thursday, September 22 at 2 pm

How does CBD affect pain and stress? Join Doug for an in depth look at the endocannabinoid system's role and how it helps manage healthy perception of pain and emotional threat. In addition, Doug will explore CBD's role in supporting a healthy gut.

IMPORTANCE OF VEGETABLES AND FRUITS



with Cathy Hains, Registered Dietitian
Thursday, September 22 at 5pm

Fruits and vegetables are literally the earth's medicines! When you stack nature-provided produce against all the tantalizing processed foods out there, it's easy to choose the latter until you know the many benefits of eating what nature has already provided for us—no processing necessary! To increase your motivation to eat fresh produce, join Registered Dietitian Cathy Hains to find out how to incorporate more fruits and vegetables,, and how they can help you live your life to its fullest!

UNDERSTANDING AND ADDRESSING INFLAMMATION AND DISEASE



with Cheryl Myers, Chief of Scientific Affairs and Education for Europharma
Tuesday, September 27 at 2 pm

When you have pain, you have inflammation. Some estimate that 80-90% of all disease is directly related to chronic inflammation, but many drugs that are formulated to counter it may cause dangerous side effects and are not always the best answer.

Discover the newest safe, natural, and effective ways from Terry Naturally to stop disease and reclaim your health!

ACUPUNCTURE FOR PAIN RELIEF



with Reed Stine, EAMP, LAC, MAC, MS
Thursday, September 29 at 2 pm

Pain is a complex response that is difficult to understand and to treat. One reason for this is that the brain often plays a significant role in how pain is perceived and processed. Learn how acupuncture can help alleviate pain and change the way your brain processes it.

IMPROVE LIFE THROUGH LYMPH FLOW



with Nicole Wirth, LMP, Lymph Drainage Therapist
Thursday, September 29 5 pm

Stiff? Groggy? Poor sleep, headaches and eye strain? These symptoms could mean it is time to jump start your lymphatic system. Although known for detoxification, the full function of the lymphatic system is often overlooked and misunderstood. Learn about its role in cellular digestion, hormone conveyance and how proper stimulation is required for improved function of many body systems.

Supporting Yourself Through Decision Fatigue

by Denise Frakes

Do you feel like your 'brain is foggy' or you have a lack of focus? Do you feel unmotivated to get going again? Well, you're not alone. Welcome to decision fatigue, 2022!

"When there are too many options, we tend to feel overwhelmed, anxious, stressed or otherwise out of sorts. This is decision fatigue, a state of mental overload that can impede our ability to make additional decisions." - Stacy Colino, Washington Post

"...There are four main symptoms: procrastination, impulsivity, avoidance and indecision.... If your brain is worn down, it may cause you to become more reckless with your decision making or not think things through, ...you might notice that you get angrier with colleagues and family, splurge on clothes, or impulsively buy more junk food." -Sara Berg, MS, article for the American Medical Association: *What Doctors Wish Patients Knew About Decision Fatigue.*

Sounds daunting, right? But there is good news: we can help ourselves with lifestyle shifts that give us healthy, well-rested brains, and we can build mental muscles, too.

5 habits to improve your decision-making ability

Make your most important decisions after a break.

First thing in the morning. At the beginning of the day our brains have fresh decision-making muscles. Use this time for your most purposeful decisions or important work. Learn to take brain breaks and then use the time directly following a break to do work requiring a happy brain. Work will be easier, and you will make better decisions.

Take 'brain breaks'. Learn to work in pockets. Set your timer for 30-90 minutes of deep focused work. Follow this with a 6 to 30-minute brain break. By giving your brain a rest, your work will be better and you'll feel clearer and refreshed. A brain break is like a computer reboot. Turn it off and then turn it on again and ...voilà! Like magic, things start working.

Examples of excellent brain breaks:

- A good night's sleep or nap
- A walk (As little as a 6-minute walk outside can give you a 60% increase in your creativity!)
- Being in nature



Streamline and schedule: Make daily decisions automatically! Schedule your exercise time, pick 5 favorite meals and repeat, wear pink t-shirts every Tuesday, schedule your day the night before. Having daily life laid out saves on unnecessary decisions.

Unclutter, Simplify and Tidy up: If you've ever needed a good reason to simplify your life, downsize, and unclutter... this is it. The act of tidying up and uncluttering your environment reduces the number of things your brain is processing. By keeping your home tidy and simple your brain can relax. A cluttered space will keep your brain on constant alert and always working. Clear off your desk, pick up your home, clean out the kitchen sink. Simplify! Simplify! Simplify!

Take care of your brain's health: A well-nourished brain, body and spirit work better. Eat a diet of organic vegetables, fruits, clean proteins, and healthy fats. Be well hydrated. Exercise both your body and mind. Make sleep a priority and go play! Play is good medicine. Be in nature, and when possible, be social.

Take that 20-minute nap. Or meditate for 5-20 minutes. Wash dishes, listen to music, unplug from media, take up yoga, practice tai chi, and play with your pets. The point is to let your brain relax, stop thinking, rest, and just be.

The last few years have been tough, so give yourself some much needed tender loving care. Approach developing some of these habits as play. Take note of how you feel as these habits become routine. Do you feel more vital, refreshed and focused? If the answer is 'yes', you're successfully supporting yourself through decision fatigue!

Denise Frakes is a healthy lifestyle and home coach. She specializes in using daily practices to create the life and home you wish for. She is a Certified Healthy Home Specialist, Transformational Life Coach and the Facilitator of Puget Sound's Asthma Coalition. Visit her website www.denisefrakes.com or contact her at dfbluesky@yahoo.com for more information.



Better Booch:

Life is Sweet, No Extra Sugar Needed

While lots of folks reach for kombucha because of its many health benefits, many brands are packed full of sugar.

Full of sugar? Doesn't that seem like it defeats the purpose of kombucha?

That's what the folks at Better Booch thought, too. And long before they were a company, they were a family working in a traditional English tea house. Over the years, their knowledge of blending grew, and they found that the use of certain botanicals, loose-leaf teas and adaptogens can enhance the sweetness of a brew *without adding sugar*. So once the kombucha culture has finished the fermenting process, no additional sugars are needed!

If you're looking for all of the benefits and fantastic flavors of top quality kombucha without all of the sugar, it's time to make a trip to Marlene's and pick up a Better Booch!

"We're brewing our kombucha for our parents who've been drinking diet sodas their whole lives and want something better. We're doing it for dudes who love the craft beer life, but want less alcohol. We're doing it

for the moms who want something healthy in their wine glasses. For adventures, sunsets, park picnics and days at the beach. *We're doing it for the quality of life in the here and now...*"

-Trey Lockerbie, Co-Founder & CEO of Better Booch



Bob's Red Mill: A Kernel of Inspiration Yields a Remarkable Company

by Bob's Red Mill

Bob Moore and his wife, Charlee, founded Bob's Red Mill Natural Foods 1978 with the mission of inspiring joy with wholesome foods. The motivation to do so took root in the mid-1960s, when he was inspired by both Charlee, who had set out to establish a healthier lifestyle for their family, and a chance reading of the book John Goffe's Mill. The book is about restoring an old stone mill, and Bob, a lifelong tinkerer and entrepreneur, was instantly driven to do the same. He searched high and low to find rare usable stone mills, and he and his family opened their first mill in Redding, California.



After going into semi-retirement and moving to Oregon, it was another chance encounter that led to the creation of the Bob's Red Mill

we know today. He and Charlee were out walking one afternoon when they came across an old mill that was for sale. He again tracked down stone mills and began stone grinding flours and cereals for local customers, starting with a handful ingredients like stone ground whole wheat and their signature oats.



In 1988, when Bob was 60 years old and the business had become quite successful, the unthinkable happened: an arsonist burned Bob's Red Mill to the ground. Most people of Bob's age wouldn't have had the heart or



the energy to rebuild from scratch, but Bob is not like most people! So, he started over yet again.

The new Bob's Red Mill quickly grew larger than the original. And today, they produce more than 200 products at their new facility and ship them to 80 countries worldwide. In addition, the Bob's Red Mill Whole Grain Store & Visitors Center welcomes visitors from all over the world—all of whom enjoy Bob's Red Mill's vast product selection, along with a bakery and restaurant.

In the late 1980s, Bob also recognized the need for safe and delicious gluten free foods, and he led the company to be a pioneering leader in the category. With its dedicated gluten free manufacturing facility, strict safety protocols and state-of-the-art in-house laboratory, the company established itself as a leader in gluten free products. In 2005, the company was invited to testify before an FDA panel about its gluten free manufacturing, testing and product labeling practices. With Bob's Red Mill helping to set the standards, the FDA in 2013 issued gluten free labeling guidelines.

By 2010, on his 81st birthday, Bob surprised his employees by announcing he was creating an Employee Stock Ownership Plan (ESOP) and making them all employee-owners. The announcement stunned not only those hundreds of employees, but also the dozens of corporations who had made inquiries about buying the company over the years. Bob said at the time he simply had no choice but to give the company to those who had helped build it.

Today, Bob's Red Mill is 100% employee owned and proud to continue Bob and Charlee's mission of bringing wholesome, delicious food to the world! At 93 years old, Bob continues as Founder and President, and yes—he still enjoys a delicious bowl of whole grain oatmeal every morning.

Shop for dozens of Bob's Red Mill grains, mixes and cereals at both Marlene's locations!



How to Get a Good Night's Sleep

by Daniel Gagnon, Medical Herbalist

If you are one of the many people suffering from occasional sleep problems, you are not alone:

58% of adults experience minor sleep problems one night each week.*

Sleep problems affect more than 25% of the United States population annually.**

Sleep problems affect more women than men (40% vs. 30%).*

Older adults tend to suffer from chronic (constant) sleep problems.*

Younger adults tend to suffer from transient (short term) and intermittent (on and off) sleep problems.*

How to get a rejuvenating night's sleep.

To get the rejuvenation your body needs, deep and relaxing rapid eye movement (REM) sleep is critical. It is during REM sleep that dreaming occurs. A wealth of research has shown that dreams are essential for us to process the daily events of our lives.

How can Deep Sleep® help?

Deep Sleep® is designed specifically to help people with a variety of sleep problems, including difficulty falling asleep, waking up during the night, inability to fall back to sleep, waking up too early in the morning and not getting REM sleep.

Here is a list of the herbs that make Deep Sleep® such a wonderful sleep remedy:

California poppy (*Eschscholzia californica*, fresh [undried] whole herb in flower) is specific for those who awaken during the night or too early in the morning.

Valerian (*Valeriana officinalis*, fresh [undried] root) reduces sleep latency, which means it reduces the time it takes to fall asleep.

Passionflower (*Passiflora incarnata*, fresh [undried] flowering herb tip) is especially helpful for those with active minds that won't quiet down at night.

Chamomile (*Chamomilla recutita*, fresh [undried] flower) is a useful herb for mild to moderate uneasy sleep.

Lemon balm (*Melissa officinalis*, fresh [undried] whole herb) produces a sedative action that calms and normalizes respiration, cardiac rhythm and blood pressure.

Oat (*Avena sativa*, fresh [undried] seed in the milky stage) is an excellent nervous system tonic.

Orange (*Citrus sinensis*, dried whole peel) is considered a mild sedative in traditional Chinese medicine.

This herbal formula isn't habit forming and doesn't have any side effects. Deep Sleep® offers substantial benefits for people with sleep problems. You'll wake up feeling refreshed and alert, not lethargic, groggy or tired. Deep Sleep® is available in softgels or a liquid extract.

*National Sleep Foundation, 2002-2003.

**National Institute of Health, 2004.





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Nutritional Support for Hair and Skin

by Nordic Naturals

Essential fatty acids have documented roles in both the dermal and epidermal layers of the skin, and a deficiency in these fats can affect skin function and appearance. More specifically, essential fatty acid deficiency can lead to skin conditions characterized by dry, itchy, and inflamed skin and increased moisture loss from within the layers of the skin.

Gamma linolenic acid (GLA) promotes a healthy balance of fats in the skin and the formation of inflammation-resolving molecules.¹ At clinical doses, GLA supplementation can promote skin hydration, increase skin elasticity and firmness, improve the appearance of dry skin, and decrease the appearance of redness and skin imperfections.⁷⁻¹⁰

Skin health is also strongly influenced by biotin, a vitamin essential for human health. Also known as vitamin B7 or vitamin H, biotin plays a key role in the metabolism of fats, proteins, and carbohydrates. Clinical signs of biotin deficiency include skin rash, itching, and hair loss.¹¹ This has led some dermatologists to recommend biotin as a nutritional supplement for hair and skin.¹² Indeed, studies show that biotin supplementation can promote hair growth and skin health in instances of biotin deficiency.^{13,14}

Supplements for Skin and Hair Health

Gamma linolenic acid (GLA) is a long-chain fatty acid belonging to the omega-6 family of polyunsaturated fats. It derives from linoleic acid (LA)—an essential fatty acid with implications for cellular signaling, brain function, skin health, and more.¹⁶ GLA is classified as “conditionally essential”, meaning that it can become essential if an individual lacks the enzyme needed to convert LA to GLA, or is unable to efficiently convert LA to GLA.

Borage oil derives from the seeds of the borage plant (*Borago officinalis*), a large plant with blue, star-shaped flowers found throughout Europe and North Africa and naturalized to North America. Out of all primary sources of GLA available, borage oil contains the highest amount of naturally occurring GLA, making it ideal for dietary supplementation.¹⁵

Biotin is a B vitamin (B7) required for processes involved in energy metabolism, such as the synthesis of fatty acids, and conversion of non-carbohydrates into glucose.¹⁸ Biotin also aids in the breakdown of fat and helps metabolize carbohydrates and amino acids. These functions make biotin an important part of creating the energy humans need.¹⁸ Although biotin deficiency is relatively rare, certain metabolic conditions can impede the body’s metabolism or uptake of biotin, making supplementation advisable.^{13,18} Other factors, including pregnancy, lactation, malnutrition, advanced age, exercise, and habitual alcohol consumption can also lead to low biotin levels that may benefit from supplementation.¹⁸⁻²¹



ZERO SUGAR HAIR & SKIN GUMMY CHEWS

*SUPPORT FOR SKIN AND HEALTHY HAIR FROM WITHIN**

- Essential support for skin and hair in a delicious gummy*
- Pairs well with other omega-3 and GLA products
- Promote a healthy balance of fats in the skin*
- Promotes the resolution of cellular stress in the skin*
- Support healthy hair*
- No artificial coloring, flavoring, and preservatives

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September Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 4	Labor Day Both stores open regular hours. 5	Gut Health and Glyphosate with Kim Stevens, ION* Educator 5 pm, Online 6	7	Bach Flower Remedies with Carl Anderson, BFRP 5 pm, Online 8	Beer & Wine Tasting Tacoma 2 pm - 4 pm 9	Fall Groundwork in a Natural Garden with Laura Matter, Garden Hotline educator 10 am, Online Breath, Body and Balance with Hansie Wong, MD and Health Coach 1 pm, Online 10
11	Uniform Monday! 10% off to all firefighters, police, and military! 12	Breathe, Declutter and Destress with Denise Frakes, Home and Life Coach 2 pm, Online Moving Out of Chronic Pain with Isaac Ho, Owner and Fitness Coach at Beometry 5 pm, Online 13	14	Healthy Aging with Glen Depke, Dr. Mercola Brand Educator 5 pm, Online 15	Beer & Wine Tasting Federal Way 2 pm - 4 pm 16	Anti-Inflammatory Diet with Tyrone Brown, Chef and Owner of Soul Ty's Custom Catering \$25 Noon, Online Vegan Hand Rolls with Erika Hughes and Brandie Iyo of Real Green Thyme \$25 2 pm, Online 17
18	19	Minerals: What They Are and How the Body Uses Them with Neil Edward Levin of NOW Foods 5 pm, Online Champion Breakfasts with Cathy Raymer, Holistic Health Coach and Chef \$25 2 pm, Online 20	21	How CBD Works to Counter Pain & Stress with Doug Williams of Green Earth Medicinals 2 pm, Online Importance of Vegetables and Fruits with Cathy Hains, Registered Dietitian 5 pm, Online 22	Beer & Wine Tasting Tacoma 2 pm - 4 pm 23	24
25	26	Understanding and Addressing Inflammation and Disease with Cheryl Myers, Chief of Scientific Affairs and Education for Europharma 2 pm, Online 27	28	Acupuncture for Pain Relief with Reed Stine, EAMP, LAC, MAC, MS 2 pm, Online Improve Life Through Lymph Flow with Nicole Wirth, LMP, Lymph Drainage Therapist 5 pm, Online 29	Beer & Wine Tasting Federal Way 2 pm - 4 pm 30	



All Things Fasting

Fasting can be of benefit in conditions as different as weight loss, diabetes, cardiovascular disease, autoimmune disease, and generally in overall health and longevity. We'll cover all the facets to fasting and will equip you with the skills to start exploring fasting for yourself at your own pace.

Join us for an online group class scheduled:
 4:30-6:00 pm PST on Tuesday, October 18, 25 and November 1, 8.

More info at drdanlukaczer.com/about-3
For questions: info@drdanlukaczer.com or 253.319.1900

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

Deli Hours

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

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253.472.4080

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

Deli Hours

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

Grab and go options available until closing.

We value your suggestions and feedback! Write to us at:
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This October, join us for samples, savings and gift basket giveaways!

