

A vibrant still life of various fruits including figs, pears, blueberries, and nuts. The composition is dense and colorful, with a mix of textures and colors. In the foreground, there are several blueberries, some whole and some sliced. A large, ripe pear with a reddish-orange hue is prominent in the center. To the right, a large, round, reddish fruit, possibly a pomegranate, is visible. The background is filled with more fruits, including figs and nuts, creating a rich and appetizing scene.

*Marlene's*<sup>™</sup>

— MARKET & DELI —  
shop local, eat organic

# SOUND OUTLOOK

September 2023

Plant based eating • Back-to-school nutrition  
Gut-brain connection • Indoor herb gardening

3	Pear-fectly Sweet & Savory Fig-a-licious Tart!
4	Olois: Science-Backed, Effective Homeopathy
5	Greek Mountain Tea: An Amazing Botanical for Optimal Health
6	Get the Dish on Plant-Based Eating
7	What to Know Before Choosing a Mushroom Supplement
8	Farmer Spotlight: Bright Ide Acres
9	Let the Peppers Do the Talking
10-11	Events & Education
12	Indoor Herb Gardens for Winter Bounty
13	Why Should We Eat Collagen?
14	What is Zyflamend?
15	Strengthening The Gut-Brain Connection for Mental Health Support
16-21	In-Store Sales
22	Essential Back-to-School Checklist
23	September Calendar of Events



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

## A Letter From Us

And just like that, here comes autumn! Our days are finally getting a little cooler. The famous bounty of local apples are ripening nicely and beginning to fill our displays. If you're quick, you may still be able to find the last of the blackberries dripping from their vines in pristine wooded areas. Wild mushrooms will be popping up very soon, and we have an incredible variety of fall harvest produce rolling into Marlene's. It's a delightful time of year for Pacific Northwest foodies!

As we cut back our gardens for the season, consider bringing a little bit indoors. If you have a windowsill, you could have delicious culinary herbs all winter. See our article on page 12 for fun and easy tips on growing your own indoor herb garden. They could really enhance your fall recipes.

The kids are heading back to school and we want to help them have their best year yet. Fresh, natural foods will support their brain and immune system, all of which you can find at Marlene's in abundance. Our supplement department has a variety of children's multi-vitamin formulas to round things out. Our staff is here to help you find what you need for you and your family.

Since the kids are heading for the classroom, why not consider taking a few classes yourself? Visit our Events & Education pages and enjoy free, informative seminars this month with local experts and practitioners. We are so fortunate to be partnering with such talent!

Be well and take care of each other,

*Lisa*

**Sound Outlook Coordinator** | Jeanne Logman | [jeanne@marlenesmarket-deli.com](mailto:jeanne@marlenesmarket-deli.com)  
**Education Coordinator** | Elizabeth Ashbrook | [classhost@marlenesmarket-deli.com](mailto:classhost@marlenesmarket-deli.com)  
**Marketing Manager** | Joe Moralez | [joemoralez@marlenesmarket-deli.com](mailto:joemoralez@marlenesmarket-deli.com)

Questions or comments? Contact us at [feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com).

The views expressed by our writers, instructors, vendors and advertisers do not necessarily reflect those of Marlene's Market & Deli and have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease. Information contained in this publication should not be used to replace qualified medical care. Consult your complementary health care practitioner if you have questions.

# Pear-fectly Sweet & Savory Fig-a-licious Tart!

Indulge in the delightful combination of sweet pears and luscious figs with an irresistible savory pear and fig tart! This elegant dish showcases the natural beauty and flavors of these seasonal fruits, enveloped in a buttery filo crust. The harmonious blend of tender pears, succulent figs, and a hint of warming herbs creates a tantalizing treat that is sure to impress your family and friends. Whether you're hosting a special occasion or simply craving a delicious seasonal treat, this pear and fig tart is a wonderful choice.

- 
- 6 sheets of **The Fillo Factory Organic Fillo Dough**, thawed
  - ½ cup olive oil, melted butter, or olive oil spray
  - 1 red onion, thinly sliced
  - ¼ tsp sea salt
  - 1 Tbl olive oil
  - 2 ripe pears, cored, and thinly sliced
  - 6 fresh figs, stems removed and quartered
  - 1 Tbl sugar or honey
  - 2 tsp lemon juice
  - ½ tsp minced fresh rosemary
  - ¼ tsp dried thyme leaves
  - ⅓ cup crumbled bleu cheese
  - 3 oz **Niman Ranch Prosciutto Slices**
  - 2 Tbl apricot preserves (optional, for glazing)
  - microgreens or arugula for garnish
- 



1. Preheat oven to 400°F. Line a baking sheet with parchment, or grease a non-stick baking sheet.
2. In a medium frying pan, heat olive oil over medium flame and saute sliced onion until lightly caramelized. Set aside.
3. Carefully place single sheet of fillo on baking sheet and brush thoroughly with butter. Place the next sheet of fillo on top and repeat the process until all fillo sheets are stacked and buttered.
4. In a bowl, combine the sliced pears, quartered figs, sugar, lemon juice, rosemary and thyme. Gently toss until evenly coated.
5. Evenly distribute sautéed onions over fillo layers. Arrange the pear and fig mixture evenly over the top. Evenly sprinkle bleu cheese crumbles over the top.
6. Bake for 20-25 minutes, until crust is golden and fruits are tender. Remove from oven and top with 2-inch torn pieces of prosciutto.
7. On low heat, warm apricot preserves in a saucepan.
8. Let the tart cool and brush the top with the melted apricot preserves for a glossy finish. Garnish with greens.

# Ollois: Science-Backed, Effective Homeopathy

Theorized and developed by Dr. Samuel Hahnemann in the late 17th century, Homeopathy is a medicine that focuses specifically on the patient as a whole: physically, psychologically, and emotionally. This is why it is defined as a holistic medicine, based on clear and intelligible principles. It is especially based on the Law of Similars or “Like cures Like” (known since Hippocrates, 400 B.C.). It has since made good progress, thanks to advances in science, and is now developing worldwide.

These remedies are made from natural substances: vegetal, mineral, or animal. They are highly diluted, dynamized on a neutral support (sucrose pellets for example).

Homeopathy can help with a very large number of pathologies. As soon as the first symptoms appear, which occur quickly in acute illnesses, it is very often effective to start with Homeopathy.

If its scientific basis is now demonstrated and better recognized by the scientific community, it has however long suffered from a lack of recognition and misunderstanding. There is now solid scientific research (fundamental, pre-clinical, clinical) published in recognized scientific report journals.

It has many advantages:

- It can act fast in acute illnesses (colds, chills, fever, etc.), and can act progressively and effectively in chronic illnesses (allergy, joint pain, etc.); the latter with the help of a Homeopathic Healthcare Professional.
- It acts in a gentle and lasting way by mobilizing the biological self-repairing capabilities of the individual (this is the very operating principle of Homeopathy).
- It has no known toxic effects on the body.

At Ollois we believe in smart and green medicine that you can trust, understand, and use effectively. We are a vertically integrated company, controlling every step from growing our medicinal plants, manufacturing our Mother Tinctures, and manufacturing our remedies.

Ollois brought the first lactose-free, organic certified, and kosher homeopathic medicines to the market. Covering a wide spectrum of symptoms, most of our remedies are also vegan friendly. Following the strictest pharma GMP regulations, we grow our medicinal plants, make our own mother tinctures, develop, and manufacture homeopathic remedies in our on-site laboratories located in the South of France. We control every single step of the process in our unique seed to shelf process to guarantee the highest quality to our customers.

As an ethically and ecologically responsible company, we aspire to become more and more sustainable every day. To realize this aspiration, we have set clear goals which require ambitious thinking and bold innovations. We are constantly improving our production processes and after years of research we are proud to announce that we have created the first 100% bio-sourced tube, made from vegetable oils.



OLLOIS  
Homeopathic  
Supplements

Assorted sizes and varieties

*New at Marlene's!*

**25% off**

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

# GREEK MOUNTAIN TEA:

## An Amazing Botanical for Optimal Health

by Terry Lemerond

Have you heard of the “blue zones” of the world, where the healthiest diets and lifestyles converge and add up to incredible vitality and longevity for the people who live there? People living in blue zones regularly see lifespans that reach 100 years old! Their impressive health can be attributed to many factors, including fresh air, daily exercise, and meaningful social lives. But also, in almost every blue zone, teas make up a significant percentage of the beverages people drink. In the Mediterranean, one of the healthiest blue zones in the world, Greek mountain tea is consumed in abundance.

For the first time ever, Greek mountain tea has become available in the United States in supplement form. While a cup of tea delivers a wealth of amazing health benefits, a dietary supplement is often the most convenient way to get consistent results from a botanical. This new supplemental form makes it possible for everyone to experience the benefits of Greek mountain tea.

### Optimal Health and Longevity

Greek mountain tea promotes overall health and longevity and has an invigorating effect on both the body and mind. It's also known as “Shepherd’s Tea,” because shepherds in the Mediterranean have consumed it for thousands of years to stay warm, alert, and focused while tending to their flocks. In recent years, this botanical has become the subject of clinical trials—especially for its ability to support cognitive health.

### Cognitive Support

In one study, Greek mountain tea was tested against Ginkgo biloba, a botanical

known for its ability to improve memory. In this month-long trial, Greek mountain tea supported better accuracy for processing visual information and improved circulation in the prefrontal cortex—the part of the brain involved in impulse control, learning, and working memory. As an added benefit, the participants taking the Greek mountain tea also reported experiencing less anxiety than those taking ginkgo or a placebo.

Other research has shown that compounds in Greek mountain tea protect against the development of Alzheimer’s disease by decreasing the plaques and tangles that can interfere with brain signals. It also shows promise for reducing physical paralysis symptoms associated with Alzheimer’s disease.

### Overall Prevention

Greek mountain tea is also an extremely powerful antioxidant with the ability to stop free radical damage at a cellular level. It contains a compound called acteoside, which promotes various healthy responses in the body and has been found to inhibit many types of cancer, including prostate, brain, and melanoma.

This impressive botanical also contains

beneficial polyphenols and other nutrients that can re-energize your mind and body. Traditionally, it has been known for boosting immune defenses, treating respiratory illnesses, and alleviating urinary tract issues. Research shows it also stops the growth of harmful bacteria and scavenges destructive free radicals.

In my many years of researching life-enhancing nutrients, I believe Greek mountain tea is one of the most effective botanicals I’ve encountered. I urge you to add this wonder of the Mediterranean to your daily regimen today. Improve your health by taking advantage of a botanical consumed by some of the healthiest people in the world.

*Terry Lemerond is a natural health expert with over 50 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 500 products. 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.*



### TERRY NATURALLY Greek Mountain Tea Supplements

Assorted sizes and varieties

*New at Marlene's!*

# 30% off

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

# 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:

- 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

Be sure to always choose Certified Organic!

## 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. The highest amount of plant-based protein is found in legumes like lentils and chickpeas, ancient grains like quinoa and farro, nuts like walnuts and almonds, and seeds such as chia and hemp. Meat substitutes like tempeh and seitan, along with plant-based organic protein powders and dairy products, can help you meet your protein needs every day.

## 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 incorporate a quality, whole food multivitamin to help close any nutrition gaps in your diet. Since iron is harder to absorb from plants than meat, consider an iron supplement, too. Vitamin B-12 is a must for healthy cells and while it's abundant in animal products, it is found in few plant-based foods. Take a B-12 supplement or choose cereals and plant-based milks fortified with B-12. Omega-3 fatty acids are overflowing in fish, seafood and eggs, but it takes the body longer to convert omega-3 from plant-based sources like walnuts and flaxseeds. Add an omega-3 supplement to keep your brain and body at their best.

Whether you eliminate meat altogether or keep it a mealtime mainstay, try incorporating 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 as they continue to bring to market the most innovative Certified USDA Organic and Non-GMO Project Verified foods and supplements without compromise.*



# 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.

## What to Know About the Mushroom's Growing Process

Mushrooms have a unique life cycle. It begins with spores landing on soil, decomposing wood or other plant matter. The spores germinate and then begin to grow through the "host" material, creating a network of filaments called mycelium. This root-like mass absorbs nutrients and eventually produces the fruiting body, the above-ground growths that we recognize as mushrooms. Much of the host material is consumed during the mushroom life cycle, so it's important when buying mushrooms to ask, "What did these mushrooms eat while they were growing?"

## Key Questions to Ask About the Processed Mushroom Product

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, which both 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, and 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.



## OM MUSHROOMS Mushroom Supplements

Assorted sizes and varieties

# 20% off

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

# Farmer Spotlight:

by Andrew and Micha Ide

# BRIGHT IDE ACRES

We're a couple of California transplants who fell in love with farming in the beautiful Pacific Northwest. As both animal lovers and meat lovers we decided to raise animals with compassionate care so we could enjoy the finest quality meat without guilt.

In 2017 we purchased 30 beautiful acres in the quaint town of Orting, WA near the base of Mt. Rainier. Our farm is on the traditional land of the Puyallup Tribe, and we recognize their continued presence and community in our region.

We also acknowledge our roles as temporary stewards of this space. We are honored that our farm has been conserved by Washington Farmland Trust, and we strive to work in a way that will benefit and enhance the health of this land for generations to come.

Our passion is ethically raised meat. Our ethics are threefold - to give our animals a high quality of life and humane death, to provide our employees with a living wage and exceptional working environment, and to steward the land and protect our natural resources.

By rotating our animals on our pastures, we provide them with fresh and clean living space, nutritious greens and insects for their enjoyment, and allow them to engage in their natural behaviors. This rotation also benefits the soil - manure from our animals fertilizes the pastures and rest periods allow the roots to remain strong and healthy.

The sheep and cows graze our lush pasture grasses, the pigs root up grubs and roots, while the poultry scratch and peck at fresh greens and protein-dense insects. When the wet winters hit, we deep bed our livestock in barns. Any supplemental feed provided is non-GMO and WA State-grown. The meat harvested from such creatures far surpasses what is commercially available, and we encourage our friends and neighbors to give it a try.

We are proud of our high standards, and we think you will be too.

Available at Marlene's: Freedom Ranger Color Yield Chickens

We raise Freedom Ranger Color Yield Chickens, a slower-growing broiler that has a rich flavor and pleasing texture you just can't find in the grocery store. Our chickens are fed freshly-milled, non-GMO grains that are grown in Washington State and are never given any antibiotics, hormones, or chemical additives. They are moved to new pasture daily so they can eat fresh greens and nutritious grubs, all the while helping to improve the fertility of the pasture as they go.

Our farm's slower-growing birds are slaughtered at 10-12 weeks. Being raised outdoors on pasture means they're getting plenty of sun, exercise, and environmental nutrients, which infuses their meat with more flavor and texture.

Whole chickens are available June through October.



# Let the Peppers Do the Talking

with Courtney Jafferian, SPLAT Hot Sauces and Joe Moralez, Marlene's Market & Deli

*Courtney Jafferian, founder and operator of Splat Hot Sauce, had all the right ingredients for a fermented hot sauce company. She is a health conscious, fermentation initiated and business educated individual. Maybe most importantly, she has been a culinary heat fanatic since the third grade. In 2019, she put it all together and started Splat Hot Sauce!*

*I caught up with Courtney by phone while she was at the tail end of processing 800 pounds of garlic. Over the whirring of her garlic shredding machine, we got to the bottom of what makes Splat Hot Sauce such a unique and relevant addition to the shelves at Marlene's.*

## Courtney, could you step us through your fermenting process and ingredients?

It all starts with pepper season which runs roughly from August to November. This is my whole stock for the next year so I have to try and plan accordingly. The peppers come in and I de-stem them one by one, mash them up and throw them into a tank with their lovely companions, salt and garlic. Then we wait for the microbes to work their magic.

This whole process might seem a little unorthodox compared to a lot of other foods. For instance, I share a facility with a jelly and jam maker. For her, raw ingredients are prepared and bottled in about a day. For me, all of the steps are protracted to almost a full year.

I'll have the peppers, salt and garlic in the tank in October. When we get into Spring I'll begin bottling. I like to let fermentation work its magic for as long as possible, but I have to be careful to have it bottled before summer. The ferment doesn't tolerate summer heat very well.

All of the ingredients in Splat Hot Sauces

are organic and locally sourced. We work with farmers a year in advance to make sure we're able to get exactly what we need. I'm really proud that we are able to source from not only family-owned farms, but in a large part, women-owned businesses, just like Splat and Marlene's.

You may know a lot of these names already since we hold many of the same super high standards for produce! Filaree Garlic Farm, Newaukum Valley Farm, Eloisa Organic Farm, Gathering Together Farm. These are independent, local farms that are doing amazing work.

## What do you like most about the sauce life?

Sauce life is boss life. I definitely enjoy being my own boss and cultivating the company culture. It's empowering to see your values amplified in your company and being part of a changing paradigm that prioritizes planet over profit feels special. But at the end of the day, besides the sauce, one of my favorite parts of operating this business is doing deliveries. I'm delivering up and down the Puget Sound and all the way to Portland and beyond. It is really nice to catch up with my customers... and podcasts.

## What should we know about Splat Hot Sauces?

Even though these are fermented foods, the sauces still have a fresh crisp flavor, and they are full of probiotics and raw nutrients. They have had time to develop a super interesting umami flavor and a little tangy kick. The ingredients are not cooked so you retain vital nutrients and deepen their value with fermentation. These are living foods! When you open a bottle, you might even hear a little hiss.

Also of note, we are a zero waste operation.

## How is Splat Hot Sauce best enjoyed?

Okay, don't overthink this part. The sauce ingredients are simple and versatile. I like to say, we keep it simple to let the peppers do the talking. You really don't have to spend too much time wondering what to pair with my hot sauce.

That being said, I would say my favorite way is on eggs and on sandwiches. It's great on soups, pizza and of course tacos, too. And believe it or not, you should try a mild variety like Anaheim & Jalapeño as a salad dressing!

*Courtney Jafferian set forth on a journey to start Splat Hot Sauce in 2019. She reflected on everything she loves and all signs pointed to fermented, local and organic hot sauce. Amidst her mission, she met and partnered with her fellow fermenting fanatic, Pat Jansen, to help catalyze Splat. With a shared value of community, they reached out to farmer friends and got to work.*

Make your other condiments jealous!

Learn how to make your own fermented hot sauces.

Saturday, September 30 at 12 pm. Online \$25

Details at [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

# September Events & Education

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

## Super Senior Sunday

Sunday, September 3

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

### MEDICARE 101



with Kate Esparza-Guerrero

**Thursday, September 7 at 5 pm**

Explore the diverse Medicare options available to seniors! Kate will offer a comprehensive understanding

of the current medicare options available for the upcoming enrollment period. Learn to navigate the complexities of coverage and costs and empower yourself to make informed decisions for your healthcare needs in retirement. Bring your questions!

### MANAGING STRESS NATURALLY: TECHNIQUES FOR RELAXATION AND MIND-BODY WELLNESS



with Dawnn Rabinovich Meiers, Psy.D.

**Saturday, September 9 at noon**

Discover effective, nature-based stress reduction techniques tailored for busy

individuals, especially for busy parents and caregivers (yet beneficial for everyone!). You'll learn about green exercise, blue health, and therapeutic gardens. Dr. Meiers (a psychologist and mom to a neurodiverse teen) will guide you through exercises designed to calm, self-soothe, and promote joy.

## Uniform Monday

Monday, September 11

10% off to all firefighters, police and military!

## BE READY! FLU SEASON IS RIGHT AROUND THE CORNER



with Cassidy McCrea, DC of Northwest Wellness

**Tuesday, September 12 at 5 pm**

Join Cassidy McCrea of Northwest Wellness to learn the secrets of holistic wellness this fall! Learn

how to maintain optimal health using natural and holistic techniques. Explore the power of nutrition, herbal remedies, mindfulness practices and immune-boosting strategies. Empower yourself to navigate the seasonal changes with vitality and balance. Don't miss this opportunity to embrace a holistic approach to staying healthy in the fall.

## AYURVEDIC SECRETS TO HORMONE BALANCE: UNLOCKING INNER HARMONY AND VITALITY



with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor

**Thursday, September 14 at 5 pm**

Explore the ancient wisdom of Ayurveda in this transformative lecture on hormone balance. Discover personalized approaches to harmonizing hormones through diet, herbs and lifestyle practices. Uncover Ayurvedic remedies for menstrual health, stress reduction and thyroid support. Learn to restore balance and vitality, aligning with nature's rhythms for holistic well-being.

## HERBAL ALLIES FOR IMMUNITY: EMPOWERING YOUR BODY'S DEFENSE WITH NATURAL REMEDIES



with Mitch Coven, CEO and Formulator for Vitality Works Pure Herbal Extracts

**Tuesday, September 19 at 5 pm**

Join renowned herbalist, Mitch Coven to discover the world of herbal formulations and their potent role in supporting immune health. Learn about key herbs, effective combinations and preparations that help strengthen your body's defense system naturally. Explore the science behind their effectiveness and learn how to integrate them into your daily routine for enhanced immune health and resilience. Vitality Works produces Marlene's brand of herbal supplements and tinctures.

**In-Person!**

## PLANT-BASED NUTRITION



with Julie Hawkes, Barlean's Educator

**Thursday, September 21 at 5 pm in Tacoma**

Embark on a transformative journey into a new life with plant-based nutrition. Explore the power of plant foods in promoting health, preventing diseases, and enhancing vitality. Discover the abundance of nutrients in fruits, vegetables, legumes, and whole grains. Join Barlean's Educator, Julie Hawkes for practical tips for creating balanced, delicious plant-based meals that nourish your body and the planet.

## BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

**Federal Way**  
2 pm - 4 pm

Friday, September 8  
Friday, September 22

**Tacoma**  
2 pm - 4 pm

Friday, September 15  
Friday, September 29

Explore our past classes at:  
[youtube.com/MarlenesMarketDeliOnline](https://www.youtube.com/MarlenesMarketDeliOnline)

## BREATH, BODY AND BALANCE



with Hansie Wong, MD and Health Coach

**Saturday, September 23 at noon**

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.

## PRANIC HEALING 101



with Eduardo Sztokbant, Associate Pranic Healer

**Tuesday, September 26 at 5 pm**

Join Eduardo to delve into the world of Pranic Healing! Learn practical techniques to cleanse and energize your energy centers, balance your chakras and alleviate physical, emotional and mental ailments. Gain insights into the principles and applications of Pranic Healing, and explore how it can harmonize your body, mind and soul. Leave inspired and

equipped with valuable tools to enhance your overall well-being and unlock your innate healing potential.

## FERMENTED HOT SAUCES



with Courtney Jafferian, Owner of SPLAT Hot Sauces

**Saturday, September 30 at noon \$25**

Whether you have experience fermenting or no idea where to start, this class will make fermenting an approachable, fun practice and will help you dive deeper into the world of microbes. You will learn about lacto-fermentation with a focus on hot sauces -

Courtney's favorite ferments! Learn techniques and troubleshooting, and walk away with 3 hot sauce recipes that will make your other condiments jealous.

## FALL SOIL CARE IN YOUR EDIBLE AND ORNAMENTAL GARDEN



with Laura Matter, Garden Hotline Educator

**Saturday, October 7 at 10 am**

Unearth the secrets of fall soil care for your edible and ornamental garden! Gain knowledge on soil preparation, amendments and composting techniques to improve soil fertility and structure. Learn how to choose mulches, plant cover crops and protect plants from winter damage for a vibrant spring harvest!



Dr. Carla Yamashiro  
[www.ecologicdentistry.com](http://www.ecologicdentistry.com)

**ecologic dentistry**  
THE NATURAL CHOICE

**Get to the Root!**  
**Grow** 🌱 **Breathe** 🌱 **Sleep** 🌱 **Thrive**

Free online presentations

Call or email for details

253.863.7005 | [thenaturalchoice@ecologicdentistry.com](mailto:thenaturalchoice@ecologicdentistry.com)

## Easy Back to School Brain Food Ideas

Remember, hydration is also crucial for optimal brain function, so encourage your students to drink plenty of water throughout the day. These brain food recipe ideas are not only easy to prepare but also delicious and nutritious, making them perfect for school days!

**Peanut Butter Banana Wraps** Spread natural peanut butter on a whole wheat tortilla, add sliced bananas, and drizzle with a bit of honey. Roll it up and slice into bite-sized pieces for a delicious and filling snack.

**Greek Yogurt Parfait** Layer Greek yogurt with granola, fresh berries, and a drizzle of honey. This parfait is rich in protein, fiber, and antioxidants, which can help support brain function.

**Veggie and Hummus Platter** Cut up an assortment of colorful veggies (carrots, cucumbers, bell peppers) and serve them with hummus. Hummus is a good source of healthy fats and protein.

**Fruit and Cheese Kabobs** Alternate chunks of your favorite fruits with cubes of cheese on small skewers. This fun and tasty snack provides a good balance of natural sugars and proteins.

**Egg Muffins** Whisk eggs with chopped vegetables (spinach, bell peppers, onions) and pour the mixture into a greased muffin tin. Bake until set for a protein-packed breakfast or snack.

**Tuna or Chickpea Salad Sandwich Mix** Combine canned tuna or mashed chickpeas with a little mayonnaise or Greek yogurt, add chopped celery and season with herbs like dill or parsley. Spread it on whole-grain bread for a brain-boosting sandwich.

**Smoothie Bowl** Blend frozen berries, banana, Greek yogurt, and a splash of milk or juice until smooth. Pour into a bowl and top with granola, sliced fruits, and a sprinkle of chia seeds for added nutrition.



# Indoor Herb Gardens for Winter Bounty

by Sue Goetz, CHP, EPC

Brighten up a sunny window with potted herbs to use fresh in teas and culinary seasoning through the winter. Herbs are some of the easiest types of plants to grow and can be grown indoors in a sunny window or on the countertop.

## Pottery and Containers

Any type of pot used, whether decorative or traditional, must be well-draining. Most herbs don't like wet feet and need to have water flush through the pot well to prevent roots sitting in boggy water. Traditional terra cotta pottery works well because their porosity allows roots to breathe. Use drip trays underneath your container herbs to prevent water damage to windowsills and countertops. Place small pebbles in the trays for decorative and useful purposes. The pebbles hold the moisture to increase humidity.

## Soil

Use a good quality organic potting soil mix used for container gardens. Check the label on bagged mixes to assure it is organic and does not include unnecessary fillers like moisture granules or fertilizers.

## Light

Your indoor herbs need as much natural light as you can give them. Look for a windowsill that faces south or west or an area with the most direct light. Four to six hours of bright sun is ideal. If you don't have a window with enough sun, place potted herbs on a countertop under grow lights. Look for tabletop grow light systems at garden or farm supply stores.

## Water

Plant the herbs in well-draining pots and water as needed. Check the moisture of the pot by touching the surface of the soil; it should be cool and lightly moist. Water when the top inch of soil is starting to dry out. Avoid overwatering, as it is the most common failure of indoor gardens.

Provide humidity, especially in the winter when the heating system can dry the air. Lightly mist your herb plants daily if needed. Don't saturate the leaves with water, just give them a dewy misting.

## Warmth

Herbs grow best in temperatures around 70 degrees F. Kitchens or laundry rooms tend to be warm places to grow plants through winter months. If herbs are in a windowsill, make sure it doesn't get lower than 45 degrees F. on cold days. Take them out of the windowsill at night if needed.

## What to grow?

Grow what you love to use! Choose herb varieties that you will use frequently in cooking. You will be inspired to use them if they are available through the year – plus, the ongoing harvest will keep herbs compact and bushy.



## Herbs for a Windowsill Garden

Basil (Greek, Purple Opal, or Genovese), Chives, Cilantro, Dill, Parsley (both curly and flat leaf), Peppermint, Rosemary, Tarragon, Thyme, Spearmint and Stevia

*Sue Goetz, CPH, EPC, is an award-winning garden designer, writer and speaker from Tacoma, Washington. Sue celebrates her love for growing and using herbs in her books, *A Taste for Herbs* (January 2019) and *The Herb-Lover's Spa Book* (January 2015). Through her business, *Creative Gardener*, she works with clients to personalize outdoor spaces – from garden coaching to full landscape design. A popular speaker and hands-on workshop leader, Sue is all about creativity in and out of the garden. To learn more, visit [www.herbloversgarden.com](http://www.herbloversgarden.com) and [www.thecreativegardener.com](http://www.thecreativegardener.com).*

# Why Should We Eat Collagen?



For years, the bodybuilding, protein-gorging community has maligned collagen for its inessentiality and lack of input into the muscle-protein synthesis process. From their perspective, it sort of makes sense. Why bother with “low quality” protein like gelatin/collagen when you can pound the whey, eat the meat, and focus on other sources of the essential amino acids directly involved in building muscle?

Now it turns out the research is reflecting that these “nonessential” proteins are pretty darn useful!

## 1. We don't make enough glycine to cover our body's needs

Most people view amino acids in one of two ways: either they're essential, meaning our bodies can't synthesize them, or they're inessential, meaning our bodies can. There's a third category: amino acids can be conditionally essential. Glycine, the primary amino acid in collagen, is synthesized from the amino acid serine to the tune of 3 grams per day. That's not nearly enough. The human body requires at least 10 grams per day for basic metabolic processes, so we're looking at an average daily deficit of 7 grams that we need to make up for through diet. Even more in disease states that disrupt glycine synthesis, like rheumatoid arthritis.

## 2. It's good for your skin

Your face is made of collagen. Your underarms are made of collagen. All the problematic swathes of skin liable to descend into wrinkly parchment are made of collagen. Collagen provides body and bounce. Increasing collagen consumption to maintain skin appearance may be way more than just a cosmetic intervention.

## 3. It improves sleep quality

One of my go-to “sleep hacks” is a big mug of bone broth about an hour before bed. It always knocks me out (in a good, non-narcotic way), and research backs up my experience. Human studies show that 3 grams of glycine taken before bed increases the quality of your sleep and reduces daytime sleepiness following sleep restriction.

## 4. It's good for your joints

Remember that study showing how we need at least 10 grams of glycine each day for basic metabolic processes? One of those processes is the maintenance of the collagen in our body (the most abundant protein we carry, in fact). Collagen is everywhere through the human body, but it concentrates where joints meet and in the connective tissue binding us together. Those 10 grams of glycine are just for maintenance, not repair after catastrophic injury or recovery from intense loading. If you're a heavy exerciser or are recovering from joint damage, supplementary collagen/gelatin/glycine will improve

your resilience. A 2008 human study also found that giving collagen hydrolysate supplements reduced pain in athletes complaining of joint pain.

## 5. We're wasting half the animal otherwise

The average cow is half muscle meat and half “other stuff.” Most people only eat the muscle meat and ignore the other stuff, which includes bones, connective tissue, cartilage, tendons, and other collagenous material. The other stuff ends up in pet food or used by other industries, but we could be wasting quality food for humans in the process.

*PRIMAL KITCHEN®*, founded by NYT bestselling author and health expert, Mark Sisson, delivers on his mission to create uncompromisingly delicious condiments, sauces, cooking oils, collagen protein and pantry staples that are full of fats we love and simple ingredients, and contain no dairy, gluten, grain, refined or added sugar or soy.



# What is Zyflamend?

Zyflamend is New Chapter's premier herbal combo. This beloved formula features 10 traditional healing herbs from around the world and its ingredients are a patented blend of 10 high-quality herbs and superfoods. These revered botanicals have been used safely for thousands of years by millions of people. There is an impressive body of research on these herbs and on Zyflamend itself. Multiple peer-reviewed articles have been published on Zyflamend as a uniquely powerful polyherbal formula.

## Rosemary

Used since the times of the ancient Egyptians and Greeks, Rosemary (*Rosmarinus officinalis*) symbolizes love, loyalty, friendship, and remembrance. Among its many medicinal qualities, it aids circulation.

## Turmeric

Known as the "King of Herbs" in Ayurvedic medicine in India, Turmeric (*Curcuma longa*) has been used for thousands of years. We believe that it is one of the world's most important herbs.

## Ginger

Ginger (*Zingiber officinale*) is known in Traditional Chinese Medicine as jiang, meaning "defend," and in Ayurveda (India) as vishwabhesaj, meaning "universal medicine."

## Holy Basil

Renowned for its role in traditional herbal systems in India for millennia, Holy Basil (*Ocimum sanctum*) is Tulsi in Sanskrit, meaning "The Incomparable One."

## Green Tea

The Ben Cao Gang Mu, a classic collection of traditional remedies refers to green tea as "cold" in nature. Perhaps referring to its inflammation-balancing properties.

## Hu Zhang

Hu Zhang (*Polygonum cuspidatum*) is a natural source of resveratrol, a beneficial compound commonly found in red wine.

## Chinese Goldthread

Chinese Goldthread (*Coptis chinensis*) has been used in Chinese herbal medicine for thousands of years. It is considered one of 50 "fundamental herbs."

## Barberry

Barberry (*Berberis vulgaris*) is a time-honored herb in the Chinese tradition and the practice of Ayurveda. Uses of Barberry are inscribed in Assyrian clay tablets that date to 650 BCE.

## Oregano

Oregano (*Origanum vulgare*) was routinely used by ancient Greek physicians including Hippocrates, a father of Western medicine. The word Oregano comes from the Greek words for "joy of the mountain."

## Chinese Skullcap

Chinese Skullcap (*Scutellaria baicalensis*) is a member of the mint family and called "Golden Herb" in Traditional Chinese Medicine.

## Zyflamend Benefits

Inflammation is a normal process, for example following exercise. But it needs to be resolved before lingering for days. This particular herbal combination is formulated to help move your natural inflammation response toward that healthy resolution.\* An added benefit is that this formula can help relieve minor aches or pains† by addressing inflammation where it starts.\*

Zyflamend also helps keep you moving! It has been clinically studied for improving mobility,

measured in distance walked. The group taking Zyflamend for 6 weeks walked significantly farther than the placebo group and reported better joint comfort, mobility, and flexibility.\*

Over the years, Zyflamend has surprised academic researchers with its stunning effectiveness. Its 10-herb blend provides potent anti-inflammatory properties that work with the body's healing systems to balance and mend!

† With Ginger for occasional pain relief after exercise

\* 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.



# Strengthening the Gut-Brain Connection for Mental Health Support

by RU Ved

The gut-brain connection plays a significant role in our overall well-being, and recent scientific research has been confirming what traditional systems of medicine have long believed: health starts in the gut. Our intestines house a "second brain" known as the enteric nervous system, composed of bundles of neurons similar to those in our primary brain. Surprisingly, there are more neurons in our gut than in the spinal cord or the rest of the nervous system. Beyond digestion, the gut has a profound impact on our sense of well-being through the communication pathway provided by the vagus nerve.

## The Vagus Nerve: The Body's Information Express Lane

The vagus nerve, the longest nerve in our body, serves as the primary highway between the gut and the brain. It carries more information from the abdominal organs to the brain than in the other direction. This bidirectional communication loop significantly affects our mental state. For example, the feeling of "butterflies in the stomach" when we're nervous or the sensation of sweaty palms are indications of how our inner organs relay information to the brain.

The gut bacteria, which outnumber the cells in our body, contribute crucial information transmitted via the vagus nerve. Surprisingly, more than 90% of the body's serotonin, a neurotransmitter linked to mood, is produced

in the intestines. Additionally, gut microbes produce over 30 other neurotransmitters, including dopamine, acetylcholine, and norepinephrine. One significant neurochemical is GABA, known for its calming effect on the brain. Recognizing these intricate interconnections emphasizes the importance of maintaining a healthy gut environment for a balanced nervous system.

The vagus nerve interacts with various organs along its path from the brain to the body. It connects with muscles responsible for swallowing, speaking, and the gag reflex, as well as key abdominal organs such as the heart, lungs, liver, stomach, and intestines. As part of the "rest and digest" nervous system, the vagus nerve helps relax blood vessels, activate salivary glands, and facilitate optimal digestion. The healthy functioning of the vagus nerve directly affects heart rate, blood pressure, and the body's stress response. Chronic stress can impair vagal activity, leading to slower digestion and discomfort after consuming fast food hastily.

Furthermore, the composition of our gut microbiota significantly influences the health of the vagus nerve. Research has revealed that individuals with an abundance of "bad" bacteria in their guts often exhibit poor vagal activity and are more prone to mood disorders such as anxiety and depression. Consequently, mental health practitioners are increasingly exploring dietary interventions, including the

use of probiotics, and exercises to improve vagus nerve health as potential means to enhance mental well-being.

## Easy Ways to Keep the Vagus Nerve Healthy

The good news is that there are numerous simple ways to support the health of the vagus nerve, which can have a positive impact on our overall vitality and ability to handle life's challenges. Incorporating practices like washing your face with cold water, humming or chanting, meditation, slow diaphragmatic breathing, gargling water, and consuming bitters from food or herbal sources can all positively influence the vagus nerve. Additionally, maintaining a balanced microbiome through the consumption of prebiotics and probiotics, either from food or supplements, can also contribute to vagal health.

Recognizing the close relationship between balanced mood, mental clarity, and the gut-brain connection empowers us to take everyday steps toward nurturing our overall well-being. By prioritizing whole and fermented foods like vegetables, whole grains, beans, sauerkraut, yogurt, and kimchi, we can keep our gut microbes thriving. Simultaneously, implementing the aforementioned tips to care for the vagus nerve throughout the day can promote relaxation, vibrancy, and foster meaningful connections.



AYUSH/RU VED  
Ayurvedic Herbal  
Supplements

Assorted sizes and varieties

Local Company!

20% off

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



**ACURE**  
**Hair, Skin & Body Care**  
Assorted sizes and varieties

**25% off**

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



**MAD HIPPIE**  
**Skin Care**  
Assorted sizes and varieties

**20% off**

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



**THE UNSCENTED COMPANY**  
**Unscented Hair, Skin & Body Care**  
Assorted sizes and varieties

**15% off**

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



**ATTITUDE**  
**Hair, Skin & Body Care**  
Assorted sizes and varieties

*EWG Verified!*  
**20% off**

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



**GIOVANNI**  
**Hair Care**  
Assorted sizes and varieties

**35% off**

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



**HERBATINT**  
**Permanent Hair Color**  
Assorted varieties  
*Free of Ammonia and Parabens!*

**20% off**

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



**NATURULZ**  
**Pain Relief Creams**  
Assorted sizes and varieties

**15% off**

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



**HERE WE FLOW**  
**Feminine Care & Eco-Friendly Condoms**  
Assorted sizes and varieties

**30% off**

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



**HUMBLE**  
**Aluminum Free**  
**Deodorant**

Assorted varieties

**20% off**

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



**NOW**  
**Body Care**  
**& Supplements**

Assorted sizes and varieties

**30% off**

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



**OLYRA**  
**Organic**  
**Breakfast Biscuits**

Assorted sizes and varieties

**25% off**

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



**LARABAR**  
**Fruit and Nut Bar**

Assorted varieties

Reg. \$2.39

**4 for \$5**

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



**GLORYBEE**  
**Honey**

Assorted sizes and varieties

**20% off**

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



**LAKWOOD**  
**Organic Juice**

32 oz. Assorted varieties

**20% off**

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



**WILD PLANET**  
**Tuna, Sardines**  
**& Chicken**

Assorted sizes and varieties

*Sustainably Sourced!*

**25% off**

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



**NATIVE FOREST**  
**Organic Coconut**  
**Milk & Cream**

Assorted sizes and varieties

**20% off**

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



**KETTLE FOODS**  
**Potato Chips**  
Assorted sizes and varieties



**25% off**

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



**FAT SNAX**  
**Grain Free Low Carb**  
**Cookies & Crackers**  
Assorted sizes and varieties

**25% off**

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



**KASHI**  
**Organic Cereal**  
Assorted sizes and varieties

**35% off**

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



**BACHAN'S**  
**Japanese BBQ**  
**Sauce**  
17 oz. Assorted varieties

Reg. \$9.89



**6.99**

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



**PLANET BASED**  
**FOODS**  
**Hemp Burgers**  
**& Taquitos**  
Assorted sizes and varieties

**30% off**

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



**MAMMA CHIA**  
**Organic Chia**  
**Beverages and**  
**Squeeze Pouches**  
Assorted sizes and varieties

**20% off**

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



**WATERLOO**  
**Sparkling Water**  
12 oz 8-pack Assorted varieties

Reg. \$6.29



**4.49**

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



**CRAIG'S VEGAN  
Cashew Ice Cream**

16 oz. Assorted varieties  
Reg. \$10.39

**7<sup>99</sup>**

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



**TONY'S COFFEE  
Organic Bulk &  
Packaged Coffee**

Assorted sizes and varieties

**25% off**

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



**EVOLUTION FRESH  
Organic Cold  
Pressed Juice**

15.2 oz. Assorted varieties

**25% off**

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



**GT'S  
Organic  
Kombucha**

16 oz. Assorted varieties

**25% off**

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



**NANCY'S  
CREAMERY  
Organic Yogurt &  
Kefir**

Assorted sizes and varieties

**25% off**

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



**FORAGER PROJECT  
Organic Kids  
Cashewmilk  
Yogurt Pouch**

3.2 oz. Assorted varieties

**25% off**

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



**OUTER AISLE  
Grain Free  
Sandwich Thins**

Assorted varieties

**25% off**

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



**WILCOX FAMILY  
FARMS  
Pasture Raised  
Omega-3 Eggs**

Dozen  
Reg. \$7.99



**6<sup>29</sup>**

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



CV SCIENCES  
**CBD Supplements**

Assorted sizes and varieties

*New Products!*

**25% off**

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



GARDEN OF LIFE  
**Supplements**

Assorted sizes and varieties

**35% off**

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



SOURCE NATURALS &  
PLANETARY HERBALS  
**Supplements**

Assorted sizes and varieties

**40% off**

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



VITANICA  
**Supplements**

Assorted sizes and varieties

*Local Company!*

**20% off**

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



BOIRON  
**Cold & Flu  
Homeopathic  
Remedies**

Assorted sizes and varieties

**25% off**

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



SOLARAY  
**Supplements**

Assorted sizes and varieties

**30% off**

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



DR. MERCOLA  
**Fermented  
Supplements**

Assorted sizes and varieties

**25% off**

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

*Marlene's*  
— MARKET & DELI —  
shop local, eat organic



**PRIMAL KITCHEN  
Condiments &  
Supplements**

Assorted sizes and varieties

**20% off**

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



**NEW CHAPTER  
Fermented  
Supplements**

Assorted sizes and varieties

**30% off**

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



**HERBS ETC.  
Mushroom  
Supplements**

Assorted sizes and varieties

**20% off**

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

*Nourish and Flourish:*  
**Support Your  
Gut Health  
Naturally**

**Local  
Company!**

**30% OFF**  
Digestive health products



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

**Also on sale in September...**

- Flora
- Medinatura
- Pranarôm
- Wile
- Living Alchemy

- Nordic Naturals
- Ancient Nutrition
- Sovereign Silver
- Irwin Naturals
- Mickelberry Gardens

# ESSENTIAL BACK-TO-SCHOOL CHECKLIST

As the summer break draws to a close, it's time to prepare for the upcoming school year! A well-planned back-to-school checklist can help students ease into a productive routine and ensure they start the year off right. Let's explore a few key focus areas for a successful transition, including establishing a sleep schedule, maintaining a healthy diet, scheduling a yearly physical, and considering the use of supplements to support mental and physical well-being.

## EASE BACK INTO A SLEEP SCHEDULE

One of the most important aspects of a successful school year is ensuring an adequate amount of sleep. During the summer, many students tend to stay up late and wake up later in the morning. To transition smoothly, gradually adjust sleep schedules by going to bed and waking up 15 minutes earlier each day leading up to the first day of school. This will help the body adapt to the new routine and promote better focus and concentration in class.

## HAVE HEALTHY MEAL AND SNACK OPTIONS AVAILABLE

Maintaining a nutritious diet is crucial for overall well-being and academic performance. Start the school year off right by stocking up on healthy meal and snack options. Include a variety of fruits, vegetables, whole grains, lean proteins, and high quality dairy products in your shopping list. Avoid sugary and processed foods, as they can lead to energy crashes and decreased concentration. Encourage students to pack their own lunches and snacks to ensure they have access to nutritious choices throughout the day.

## YEARLY PHYSICAL BY HEALTHCARE PROVIDER

Scheduling a yearly physical is essential for students of all ages. Regular check-ups with a healthcare provider can help identify any underlying health issues and ensure students are up-to-date on vaccinations. These appointments provide an opportunity to discuss any concerns or questions about overall well-being and receive appropriate guidance for maintaining good health throughout the school year.

## SUPPLEMENTS FOR A CALM, SHARP MIND

For some students, maintaining focus and managing stress can be challenging. In addition to healthy habits, certain supplements may provide support for a calm and sharp mind. Marlene's carries supplements specifically formulated to promote mental clarity and relaxation in gummy form, which is a great option for kids.

Always consult with a healthcare professional or pharmacist before introducing any new supplements into your child's routine.

## SUPPLEMENTS FOR NUTRITION AND WELLNESS

In addition to mental well-being, it's important to support overall nutrition and wellness. Supplements can serve as a valuable addition to a balanced diet. Marlene's gummies and liquids offer a range of options that provide essential nutrients for maintaining optimal health. However, it's essential to remember that supplements should not replace a healthy diet, but rather complement it.

Remember, each student is unique, so it's crucial to tailor these recommendations to individual needs and consult with healthcare professionals when necessary. With a holistic approach to back-to-school preparation, you can set your students up for a successful and fulfilling academic year!



# September Calendar of Events

Class registration at:  
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<b>Super Senior Sunday</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 3				<b>Medicare 101</b> with Kate Esparza-Guerrero 5 pm 7	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm 8	<b>Managing Stress Naturally: Techniques for Relaxation and Mind-Body Wellness</b> with Dawnn Rabinovich Meiers, Psy.D. noon 9
	<b>Uniform Monday</b> 10% off to all firefighters, police and military! 10	<b>Be Ready! Flu Season Is Right Around the Corner</b> with Cassidy McCrea, DC of Northwest Wellness 5 pm 12		<b>Ayurvedic Secrets to Hormone Balance: Unlocking Inner Harmony and Vitality</b> with Ariana Chenard, B.Sc., M.A., Ayurveda Health Counselor 5 pm 14	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm 15	
		<b>Herbal Allies for Immunity: Empowering Your Body's Defense with Natural Remedies</b> with Mitch Coven, CEO and Formulator for Vitality Works 5 pm 19		<b>In-Store Lecture! Plant-Based Nutrition</b> with Julie Hawkes, Barlean's Educator Tacoma 5 pm 21	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm 22	<b>Breath, Body and Balance</b> with Hansie Wong, MD and Health Coach noon 23
		<b>Pranic Healing 101</b> with Eduardo Sztokbant, Associate Pranic Healer 5 pm 26		<b>Full Moon</b> Harvest Moon 28	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm 29	<b>Fermented Hot Sauces</b> with Courtney Jafferian, Owner of SPLAT! Hot Sauces \$25, noon 30

## BODYWORK SCHEDULE

### TACOMA

Vitamin B and glutathione shots  
with Voda Health

Tuesday, 10 am - 2 pm  
401.217.9902

Text "HERE" when you arrive.

You will be notified when it is your turn.

**Iridology & Sclerology with Nancy Seals**

4th Sunday, 11 am - 4 pm  
360.556.3556

### FEDERAL WAY

Vitamin B and glutathione shots  
with Voda Health

Wednesday, 11 am - 3 pm  
401.217.9902

Text "HERE" when you arrive.

You will be notified when it is your turn.

**Seated Massage with Erica Seter**

Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm  
Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

Reservations may be required.



**FEDERAL WAY**

2565 S. Gateway Center Place  
253.839.0933

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

Deli Hours

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

Grab and go options available until closing.

**TACOMA**

2951 S. 38th Street  
253.472.4080

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

Deli Hours

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

Grab and go options available until closing.

We value your suggestions and feedback!  
Write to us at: [feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com)



This newsletter is printed on paper made from 100% sustainable fiber with vegetable based inks. Please recycle this newsletter by giving it to a friend!

- Please send me Sound Outlook by POST (regular mail) ONLY
- Please send me Sound Outlook by EMAIL ONLY
- Please send me Sound Outlook BY POST AND EMAIL

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

July 2023

If you have already signed up for Sound Outlook, you will continue to receive a free issue in the mail every month. If you have not signed up and would like to receive this free publication regularly, complete this form and return to us, or sign up online at [marlenesmarket-deli.com](http://marlenesmarket-deli.com).

To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!

# Celebrate Non-GMO & Fair Trade Month

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

