



Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

September 2024

Recovery support • Chinese herbals
Social media concerns • Kids' brain foods

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

A Letter From Us

"The goldenrod is yellow, the corn is turning brown.
The trees in apple orchards with fruit are bending down.
By all these lovely tokens, September days are here,
with summer's best of weather and autumn's best of cheer."

-Helen Hunt Jackson, American poet and writer

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

This is also the time of year when Marlene's produce departments receive a fantastic new crop of apples, root vegetables, 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 best ingredients that this season has to offer.

In autumn, I feel the need to organize before the cold sets in. Are you one of those people, too? If so, we're in good company with our local squirrels, birds and woodland creatures gathering and organizing their stores right now. This month, it's an excellent time to inventory your flours, grains, beans, herbs and spices and then stock up on those items from our bulk department. Nothing says, 'Fall is here' like filling jars with fresh, fragrant spices! Preparing for baking season is such a wonderful feeling.

Enjoy these beautiful days, and we'll see you at Marlene's!

Lisa

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Bold berries and juicy 'zucchs - a breakfast dream!

Gluten Free Blackberry Zucchini Muffins

Whip up a batch of these delightful Gluten Free Blackberry Zucchini Muffins! These muffins feature wholesome, late-summer ingredients like shredded zucchini and juicy blackberries. They're perfect for breakfast, a snack, or even dessert. Also, they're gluten free, making them a great option for those with dietary restrictions. This recipe makes a dozen gorgeous, tender muffins!

- 2 cups gluten free flour blend
(We've used **Bob's Red Mill Gluten Free 1-1 Baking Flour** and **Namaste Perfect Flour Blend** and they're both great!)
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp sea salt
- 2 tsp cinnamon
- 2 eggs
- ½ cup brown sugar
- ¼ cup sugar
- ¼ cup coconut oil or butter, melted
- ¼ cup olive oil
- ¼ cup orange juice (about ½ orange)
- 1 tsp orange zest (about ½ orange)
- 1 tsp vanilla
- 1½ cups finely shredded zucchini (about 1 medium zucchini)
- ¼ cup finely shredded carrot
- ½ cup crushed walnuts or pecans
- ½ cup shredded coconut
- 6 oz (about 1 heaping cup) blackberries

Preheat oven to 350°. Line a muffin tin with paper baking cups. In a medium bowl, whisk together flours, baking powder and soda, sea salt, and cinnamon. In a large bowl, cream together sugars, oils, eggs, vanilla, orange juice and zest. In order, add flour mixture, coconut, nuts, carrot and zucchini and blend all at once on low setting until just mixed. Spoon batter evenly between papered muffin wells. The batter will go almost to the top. Evenly divide blackberries between muffins and press them into the batter. Bake 20-25 minutes. When a toothpick can be pulled clean from the center, remove from the oven and allow muffin tin to cool on a rack about 10 minutes before serving.



Marlene's Welcomes Jade Dragon Classical Formulas

Jade Dragon® is part of Nuherbs, a third-generation, Chinese-American owned family business founded by women and grown from a passion to share Traditional Chinese Medicine (TCM) with the world.

Nuherbs President Wilson Lau and his family carry on the legacy and mission of his grandmother, Dr. Bing Yin Lee, who received her medical degree in 1935 from the Chinese Medical Institute of Shanghai and was later a sought-after practitioner and a pioneer of TCM in the United States.

Dr. Lee's pharmacy became known for the quality and traceability of its products. Today, it is known as Nuherbs — and it has grown into a leading, trusted importer of Chinese herbs and herbal supplements. Despite tremendous growth, the company remains focused on its founding values.

Sometimes you work to maintain balance in the body and other times you work to restore it. Traditional Chinese Medicine focuses on keeping yin and yang as steady as possible. Everything in life contains a mix of yin and yang, so your universe (body) is constantly in flux. Though they are opposites, yin and yang are always connected.

Yin focuses on rest and stillness, and yang is action and movement.

Yin symbolizes feminine, grounding energy, characterized by the moon. It is the fluid that keeps the body moist and cool. Without adequate yin, the body can become stiff, rigid and prone to overheating.

Yang symbolizes masculine, warming and creative energy, characterized by the sun. When yang is balanced, Qi (life energy) flows freely and all bodily systems and functions are optimized. Without enough yang, functions like digestion slow and energy is lacking.

Marlene's is happy to bring this trusted, high-quality line of herbal remedies to our shelves! Look for these classic formulas by **Nuherbs Jade Dragon** the next time you are shopping at our stores:

Cool Sinus - Bi Yan Wan 鼻炎丸 | Support for seasonal transitions, especially in the presence of wind and heat*

Digestive Relief - Kang Ning Wan 康寧丸 | Support for occasional nausea, gas and bloating*

Advanced Cold - Yin Qiao Jie Du Wan 銀翹解毒丸 | Immune defense support to clear wind and heat* Traditionally used to promote throat comfort and easy breathing during seasonal congestion*

Easy Wanderer - Xiao Yao Wan 逍遙丸 | Supports healthy menstruation*

Peaceful Sleep - An Mien Wan 安眠丸 | Support for healthy sleep and occasional emotional stress*

Nourish Hair - Shou Wu Wan 首烏丸 | Promotes healthy hair*

Seasonal Allergies - Pe Min Gan Wan 鼻敏感丸 | Support for seasonal transitions*

Clear Skin - Margarite Acne Pills 珍珠暗瘡丸 | To promote clear, healthy skin*

Joint invigorator - Jin Gu Die Shang Wan 筋骨跌傷丸 | Musculoskeletal support formula for the joints, tendons, bones and soft tissues*

*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.



Mycelium: What Is It and Why Is It So Important?

by Kristin Henningsen, MS, RH (AHG), RYT for Om Mushroom



Superfood mushrooms are finally getting their due. Research from the past decade has shown many health benefits to consuming functional mushrooms such as Reishi, Cordyceps and Lion’s Mane for immune support. However, as we see an increase in products coming out on the market, there’s one essential piece that often gets left behind: the mycelium. Read on to learn what mycelium is, its numerous benefits and nutrition-rich profile and how to find the products that contain mycelium.

What Is Mycelium?

The above-ground part of the mushroom is called the fruiting body, while the root system of the mushroom is called the mycelium. Composed of a dense mass of fine, thread-like filaments of tissue called hyphae, the mycelium is an essential part of the life support system for the fungus. These threads naturally extend into the soil, plant matter, wood and other materials to pick up water and nutrients and bring them back to the “motherhip.” To do so, the mycelium first excrete enzymes to break down the substrate around them — whether it’s a fallen log, plant matter on the forest floor or nutritious substrates used in indoor cultivation, such as organic oats or rice — into a digestible size so that they can be absorbed through the mycelium’s cell wall. These bite-sized nutrients can then travel up to the fruiting body and be exchanged for important sugars made via photosynthesis.

Out of Sight, Out of Mind

The long, microscopic fibers of the mycelium are the most bioactive stage of the mushroom’s lifecycle (without the mycelium, there would be no mushroom) and form an underground network that doesn’t just serve to feed the mushrooms on the surface. Research has shown that they also

form a communication network with other plants and work symbiotically to facilitate the exchange of nutrients and sugars all over the forest. This beautiful interconnectivity is often referred to as the “wood wide web,” and ensures the health not only of the mushrooms but of the entire ecosystem.

Why Is It So Important?

While, clearly, the distribution of resources all over the forest is an important function of mycelium, it’s not the only benefit. Research has also shown that mycelial networks can prove effective for reducing competition of invasive species as well as for supporting the host plant’s immune system via bioactive compounds found only in the mycelium. It also acts as the defense mechanism that enables the mushroom to thrive, and the mycelium subsequently supports our immune system functionality when we incorporate whole food mushrooms containing mycelium into our diet.

This has important implications for our own use of these mushrooms. Many products on the market focus almost exclusively on the high ratio of beta-glucans for immunomodulation as a primary function of mushrooms. While beta-glucans are indeed an incredible part of the fruiting body of a superfood mushroom, research shows that using a full-spectrum alternative found in whole food functional mushrooms has much more profound and long-term beneficial in supporting multiple aspects of health.

Full Spectrum Benefits, Beyond the Beta-glucans

The benefits of mushroom

superfoods extend much farther from just the beta-glucans. The myriad of complex polysaccharides, polyphenols, vitamins, minerals, prebiotics and digestive enzymes within the mycelium are essential pieces of the way functional mushrooms interact with our own systems.

The mushroom species in Om Mushroom Superfoods products are grown on a substrate of certified organic, gluten-free whole oats, and over the course of the mushrooms’ growth, become nutritional powerhouses rich in bioactive nutrients. Om grows all their own mushrooms through their entire lifecycle, including the mycelium, primordia (baby mushrooms), and fruiting body stages to produce a nutrient-dense, full-spectrum product that has wide-ranging benefits for everyday health and wellness. You can find Om superfood mushrooms at both Marlene’s locations.

Kristin Henningsen MS, RH (AHG), RYT, is a clinical herbalist and educator who first fell in love with plants in the desert southwest. She’s passionate about bringing plant medicine back to the people, integrating Western Herbalism, TCM, and Ayurvedic practices to empower folks in their healthcare. She maintains a private clinical practice and serves as faculty for several University programs.



OM MUSHROOM Mushroom Elixirs

Assorted sizes and varieties

Organic Superfoods!

20% off

In-store prices reflect discount. No additional discount at register. Valid September 1 - 30, 2024.

Stars 4 Peace

An Interview with Adam Martin

If you've been shopping at our Tacoma location, you may have seen (or even donated items to) our **Stars 4 Peace Donation Station** at the customer service desk.

The donated supplies that we receive are distributed to youth and women in need directly and through local organizations serving them.

The heart and brain behind this charitable goods drop is Adam Martin, a well-known figure in the Tacoma art and music scene. Adam was gracious enough to carve some time out of his dizzying array of projects, passions and activism to talk to us about his work.

Marlene's Sound Outlook: You are super involved helping At-Risk Youth. What was your inspiration to get started in charity work and to support unsheltered youth in particular?

Adam Martin: In short, people in our community - and young people I've met. When you understand the realities youth face alone, it is impossible to ignore how important it is that we support them however we can.

One especially inspiring person was a local man named Bix, responsible for the Guadalupe House, the Nativity House and much of the housing and services available in Hilltop today. His work was revolutionary.

Another is Adrienne Castele of H.O.P.E. Victims Advocacy Services. Her life testimony is a powerful reminder of the ability to overcome incredible trials, and to use what we learn through them to help

others overcome their struggles. She inspired my understanding of the need to proactively provide for others living life against the odds.



MSO: Has being involved in this work affected how you experience our city?

AM: Definitely. Every day I am reminded of the kind generosity of spirit that thrives in our community. I believe our city would benefit greatly by focusing on this quality of character in our people.

MSO: You've mentioned the International Day

of Peace happening on September 21st. How are you planning to celebrate this year?

AM: YES. Every year we celebrate peace in our city as a music community by inviting people to explore the new experiences in our local areas. Tacoma has a lot of great places that are hidden gems unless you know the area well. By welcoming people into our local neighborhoods and providing them with an online resource to explore what's in town, we help people connect to new places in our city's communities.

MSO: For someone who would like to volunteer time, materials or resources to these causes, where would you suggest they start?

AM: The best resource is our website. Here, people can see where to give both online and in-person: **Stars4Peace.org**

We ask people to give better quality items that will improve life for the youth and women we serve, and they can bring them right to Marlene's.

Also, online you can discover organizations helping At-Risk Youth and support them

directly. We link you directly to those websites, and 100% of all donations go to the organizations people choose to support.

People who give to youth this way will also receive a growing trove of music given by local artists collaborating with us to support youth.

We believe people want to support youth. This is a great way to do so.

Nourishing the ADHD Brain

Diet and Supplement Tips for Kids



The intricate relationship between diet, supplements, and ADHD is a complex one, and ongoing research continues to provide valuable insights. While no definitive diet or supplement regimen guarantees optimal brain function for all children with ADHD, certain nutritional approaches and supplements have shown promise in supporting cognitive function and behavior.



The Role of Diet in ADHD

A balanced diet rich in essential nutrients is crucial for overall health and brain function. While there's no one-size-fits-all "ADHD diet," research suggests that certain dietary patterns may benefit children with ADHD:

- **Adequate protein:** Protein can help stabilize blood sugar levels and provide sustained energy, potentially improving focus and attention. Incorporate lean meats, poultry, fish, eggs, beans, lentils, and nuts into meals and snacks.
- **The right fats:** These essential fats support brain health and cognitive function. According to a recent study published in *European Child & Adolescent Psychiatry* (2022), DHA consumption was associated with selective and sustained attention and executive conflict response. Include

fatty fish (salmon, mackerel, tuna), flaxseeds, chia seeds, and walnuts in the diet.

- **The right carbohydrates:** Whole grains, fruits, and vegetables provide sustained energy and an abundance of essential vitamins and minerals that are crucial for proper brain function.
- **Limiting processed foods, sugary drinks, and artificial additives:** These can contribute to blood sugar fluctuations and hyperactivity. Excess sugar can cause inflammation, contribute to obesity and a host of health challenges. Try offering fresh fruits in place of sugary snacks and desserts.

Supplements and ADHD

While some supplements have shown potential benefits for ADHD, it's essential to approach them with caution and under the guidance of a healthcare provider.

- **Omega-3 fatty acids:** Supplementing with omega-3s may be beneficial for children with ADHD, especially those with low levels in their diet. Barlean's has a line of great tasting liquid Omega 3 supplements for kids at Marlene's. Many customers find they are a convenient way to make sure their child is meeting the needs of their growing brain.
- **Iron:** Iron deficiency is common in children with ADHD and can contribute to cognitive difficulties. If diagnosed with iron deficiency, supplementation under a healthcare practitioner's supervision may be necessary.
- **Zinc:** Some studies suggest a link between zinc deficiency and ADHD symptoms. However, more research is

needed to establish a clear connection.

- **Vitamin D:** Sufficient vitamin D levels are essential for overall health and brain function. If vitamin D deficiency is diagnosed, supplementation may be recommended.

Cautions and Considerations

- **Individual variability:** Children with ADHD may respond differently to dietary and supplement interventions. What works well for one child may not work as well for another.
- **Potential side effects:** Some supplements can interact with medications or cause adverse effects. Always consult with your child's healthcare practitioner before starting any new supplement.
- **Focus on overall health:** A healthy diet and lifestyle are essential for optimal brain function in all children, regardless of ADHD diagnosis.



While diet and supplements can be important components of a comprehensive ADHD management plan, they should not replace professional treatment and support. Be sure to work with your child's healthcare practitioner to address the complexities of ADHD.

Social Media's Impact on Eating Disorders: A Growing Concern

by Jennifer Champion, Doctor of Clinical Nutrition

In the digital age, social media platforms influence everything from fashion trends to political discourse. While these platforms offer a space for connection and self-expression, they also harbor darker undercurrents that can significantly impact mental health. Among the most concerning is the effect social media can have on eating disorders, particularly among young people.

The Rise of Unrealistic Beauty Standards

One of the primary ways social media influences eating disorders is through the promotion of unrealistic beauty standards. Platforms like Instagram, TikTok, and Snapchat are flooded with images of seemingly flawless bodies, often edited or enhanced with filters. These images create a distorted perception of reality, leading viewers to believe these unattainable standards are normal and desirable. Dr. Jane Peterson, a psychologist specializing in eating disorders, explains, "The constant exposure to idealized body types can lead to body dissatisfaction, which is a significant risk factor for the development of eating disorders such as anorexia nervosa, bulimia nervosa, and binge-eating disorder."

The Role of Influencers and Diet Culture

Influencers play a crucial role in shaping trends and behaviors on social media. Many promote specific diets, exercise routines, and body images

that can contribute to unhealthy relationships with food and body image. While seemingly promoting fitness and health, hashtags like #Thinspiration and #Fitspo often glorify extreme thinness and obsessive dieting. "Influencers often lack the credentials to provide sound nutritional advice, yet their reach and impact can be profound," says Dr. Peterson. "Young people, in particular, are susceptible to adopting these unhealthy practices to emulate their online idols."

Cyberbullying and Body Shaming

Cyberbullying and body shaming are pervasive issues on social media, further exacerbating the problem. Negative comments about one's appearance can severely damage self-esteem and contribute to the onset of eating disorders. According to a study by the National Eating Disorders Association (NEDA), individuals who experience body shaming are more likely to engage in disordered eating behaviors.

How to Recognize an Eating Disorder

Eating disorders can affect anyone and occur for a myriad of reasons. They might start because of an off-putting comment from a friend at school, an obsession with body image/body weight, gastrointestinal upset that occurs when eating, and trauma. As a parent myself, I am constantly on high alert for signs of a budding eating disorder.

Changes in hair, skin, and nails, especially of the fingers and hands if bingeing and purging is a potential Imbalanced lab results such as anemia, hypothyroidism, low sex hormones, low potassium, and blood cell counts.

Causes of Eating Disorders

While there is no singular specific cause of eating disorders, there are some potential influenceable factors that increase the risk of development. Those who have a familial history of an eating disorder, such as a parent or

Join us online!
NUTRITION FOR CALM AND FOCUSED KIDS
with Jennifer Champion, DCN,
CNS, CN, LDN, BCH
Saturday, September 21 @
12 pm
Also, mark your calendar for
October 24 for a class about
eating for mental health!



sibling with an eating disorder, tend to be at a higher risk. Personality traits are another potential risk factor. Those who tend toward perfectionism and impulsivity are at a greater risk than those who do not. Cultures that tend to prize thinness as the ideal of health and beauty also contribute immensely to the development of eating disorders.

Social Media Influence on Body Image

The impact of social media on eating disorders is a complex and multifaceted issue. While it can perpetuate harmful beauty standards and behaviors, it also has the potential to foster positive change and support. As awareness of these issues grows, users, influencers, and platforms must promote healthier, more realistic representations of beauty and well-being. By doing so, we can create a digital space that supports mental health and encourages a balanced, compassionate approach to body image and eating habits.

Healing From Eating Disorders

Healing from an eating disorder through a Functional Medicine approach involves a comprehensive evaluation of the individual's physical, emotional, and psychological health to uncover the root causes of the disorder. This approach recognizes that eating disorders often stem from complex interactions between genetic, biochemical, emotional, and environmental factors. By addressing underlying issues such as nutrient deficiencies, gut health, hormonal imbalances, and chronic stress, Functional Medicine seeks to restore the body's natural balance and promote overall well-being. Simultaneously, partnering with a qualified mental health professional ensures that emotional and psychological aspects, such as trauma, anxiety, and self-esteem issues, are addressed through therapy and support. This integrative approach aims to heal the body and fosters a compassionate understanding of the individual's relationship with food, ultimately leading to sustainable recovery and a healthier, more balanced life.



Jennifer Champion, DCN, CNS, CN, LDN, BCH is a Doctor of Clinical Nutrition, double Board Certified Nutritionist and Hypnotherapist, and owner of NeoGenesis Nutrition in University Place. Dr. Champion and her team focus on the role of nutrition in chronic illness, digestive and hormone conditions, mental health, and eating disorders.



Warning signs of a potential eating disorder:

Dramatic weight loss • Concern about eating in public • Preoccupation with weight, food, calories, fat grams, dieting, etc. • Complaints of being cold or fatigued • Making excuses to avoid mealtime • Dressing in baggy clothes to hide the body or layers to stay warm • Severely limiting or restricting foods or types of foods • Denying feeling hungry • Expressing a need to “burn off” calories • Obsessive weight tracking • Developing rituals around food • Cooking meals for others but refusing to eat by claiming not to be hungry • Missed menstrual cycles • Stomach cramps and other GI issues like constipation • Difficulty concentrating • Dizziness or fainting • Sleep disruptions • Poor immune system function • Poor wound healing

September Events & Education

SUPER SENIOR SUNDAY

Sunday, September 1

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

BACH FLOWER REMEDIES FOR QUALITY OF LIFE



with Carl Anderson, BFRP, BFRAP

Thursday, September 5 at 5 pm, ONLINE

Bach Flower Remedies restore a sense of peace and clarity in this hectic and turbulent world by balancing negative emotions. Autumn is a time of many changes. Lots of people start new jobs, return to school, or go off to college then. These can cause apprehension, fear, and self-doubt.

The flower remedies can help deal with whatever is causing distress. They are completely safe and natural. Unlike medications, they have no side effects.

PUTTING THE GARDEN TO BED: AUTUMN AND WINTER CARE



with Laura Matter, Garden Hotline Educator

Saturday, September 7 at 10 am, ONLINE

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

UNIFORM MONDAY

Monday, September 9

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

HYPNO-HEALTHY: BANISH NIGHT SNACKING & ENERGIZE!



with Lisa Shook, Certified 5-PATH® Hypnotist and 7th Path Self-Hypnosis® Teacher

Tuesday, September 10 at 5 pm,
FEDERAL WAY/HYBRID



Join Lisa Shook, Certified Hypnosis Instructor and 5-PATH® Hypnotist, for a practical class focused on conquering night snacking and improving

your family's well-being. Learn effective techniques to manage late-night cravings and adopt mindful eating habits. Create a supportive home environment that aligns with your health goals. Laugh, learn, and embark on a journey to achieve a healthier lifestyle together. Gain valuable tools for sustainable change—without the need for diets!

VITALITY! WITH TERRY NATURALLY



with Cheryl Myers, Chief of Scientific Affairs and Europharma Educator

Thursday, September 12 at 5 pm, ONLINE

Discover the benefits of the nationally-recognized, award-winning supplements from Terry Naturally! Join Cheryl Myers, Chief of Scientific Affairs for Terry Naturally to learn about their high-quality ingredients, innovative formulations, and how their products can support your energy, focus, pain relief and more. Find out which Terry Naturally products are right for you. Start your journey to better health!

TIMELESS DEFENSE: KEEPING YOUR IMMUNE SYSTEM YOUNG



with Michelle Sandwisch, ARNP, FNP-C, owner and founder of Origin Medicine Practice

Tuesday, September 17 at 5 pm
TACOMA/HYBRID

Explore immune system evolution and learn about the effects of “inflammaging” on our health. You can enhance your longevity with holistic strategies that tackle heart disease, cancer, diabetes, and cognitive decline. Join Michelle and discover pathways for longevity, immune support, exercise, rest, nutrition, personalized supplements, and cutting-edge aging research.



GET STARTED WITH ESSENTIAL OILS AND CARRIERS



with Neil Levin, CCN, DANLA, NOW® Health Group's Senior Nutrition Education Manager

Thursday, September 19 at 5 pm, ONLINE

Discover the world of NOW Foods essential oils and carrier oils in this class. Learn about the various uses and benefits of essential oils, from aromatherapy to skincare. Explore the best carrier oils for blending and how to create customized oil blends. Whether you're new to essential oils or looking to expand your knowledge, this session offers valuable insights and practical tips. Join us and start your journey to natural wellness!

NUTRITION FOR CALM AND FOCUSED KIDS



with Jennifer Champion, DCN, CNS, CN, LDN, BCH

Saturday, September 21 at 12 pm
TACOMA/HYBRID

Explore a holistic approach to children's nutrition that supports healthy eating habits by balancing gut health, hormones, and emotions. This class emphasizes individualized care, nutrient-rich foods, and compassionate guidance, fostering a positive relationship with food and body in a supportive, non-judgmental environment by using the Aligned with Health at Every Size (HAES) principles.



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

SLEEP SOLUTIONS FOR INFANTS, TODDLERS AND YOUNG CHILDREN



with Jade Folk, Pediatric Sleep Coach and Positive Discipline Parent Educator

**Tuesday, September 24
at 5 pm, TACOMA/HYBRID**

Join Jade Folk, a Pediatric Sleep Coach and Positive Discipline Parent Educator, for an insightful workshop on one of the most common and challenging aspects of parenting: navigating sleep. This session will cover gentle, effective strategies and innovative solutions to promote healthy sleep habits for infants, toddlers, and young children.



CHILDREN'S HEALTH AND IMMUNITY WITH HERBAL FORMULAS



with Madelyn Morris, Herbalist and Co-owner of Mickelberry Gardens

Wednesday, September 25 at 5 pm, ONLINE

Join Madelyn to explore plant medicine and the offerings of the beehive to support children's health and immunity. Learn about Mickelberry Garden's range of herbal supplements and remedies designed to support immune health and overall well-being in children. Discover practical tips and insights for incorporating these products into your family's health support routine.

CHILDREN'S HEALTH THROUGH FUNCTIONAL MEDICINE



with Ryan Bland, DC, Functional Medicine Practitioner

Thursday, September 26 at 5 pm, ONLINE

Holistic healthcare for children is crucial as it establishes a strong foundation for long-term health and good habits. By addressing physical, emotional, social, and mental aspects, holistic care ensures comprehensive growth and resilience. Early adoption of practices like balanced nutrition, regular exercise, mindfulness, and emotional support equips children to manage stress and maintain a healthy lifestyle. This approach prevents chronic illnesses and fosters a positive health outlook, encouraging informed and healthy choices throughout life. Join Dr. Bland for an educational presentation on the importance of building a proper foundation for children.

ENERGY WORK FOR FIRST RESPONDERS



with Francesca Siena, RF, Reiki Master Teacher, Cranial and Sound Practitioner, founder of Artemisia Healing Arts

**Saturday, September 28
at 11 am - 12:30 pm TACOMA**

Are you a first responder, teacher, nurse or a person going through a demanding and challenging time? In this workshop we will illustrate techniques for moving through times of acute pressure and ongoing stress with greater ease. You'll learn how to accelerate your nervous system recovery as we explore the healing power of Sound, Reiki, Energy work and Reflexology. Come enrich your self-care tool belt! Perfect for those interested in holistic approaches to healing and rejuvenation.



BACK TO SCHOOL SUCCESS

Getting back into the school routine after summer can be challenging but there are things we can do to make it easier.

Balanced Breakfast Ensure your child starts the day with a balanced breakfast that includes a mix of protein, whole grains, and fruits or vegetables. This fuels their brain and helps improve focus throughout the school day.

Healthy Lunches and Snacks Pack lunches and snacks that include a variety of fruits, vegetables, lean proteins, and whole grains. Avoid sugary snacks and opt for nutritious options like yogurt, nuts, and veggie sticks.

Hydration Encourage your child to drink plenty of water throughout the day. Proper hydration is crucial for maintaining focus and cognitive function.

Regular Meal Times Establish consistent meal times to help regulate your child's metabolism and energy levels. Skipping meals can lead to a lack of concentration and fatigue.

Adequate Sleep Ensure your child gets the recommended amount of sleep for their age. Establish a consistent bedtime routine and avoid screens before bed to promote restful sleep.

Mindful Eating Teach your child to eat slowly and pay attention to their hunger and fullness cues. This can help prevent overeating and support better digestion and concentration.

Physical Activity Incorporate regular physical activity into your child's routine. Activities like sports, dancing, and outdoor play help improve cognitive function and overall well-being.

Healthy Brain Foods Include brain-boosting foods in your child's diet, such as fish rich in omega-3 fatty acids, nuts, seeds, and berries. These foods support cognitive health and memory.

Limiting Sugary and Processed Foods Reduce the intake of sugary and highly processed foods, which can lead to energy crashes and difficulty focusing. Opt for whole, unprocessed foods instead.

Stress Management Help your child manage stress through activities they enjoy, like drawing, reading, or playing with friends. Stress can impact cognitive function and overall health, so finding healthy outlets is key. By following this checklist, you can support your child's health and wellness as they head back to school.

Beer, Wine & Spirits Tasting Schedule

1 - 3 pm | 21+ with ID

Federal Way

Friday, September 6
Friday, September 20

Tacoma

Friday, September 13
Friday, September 27

"Wine is the divine juice of
September."

-Voltaire

SOURCE NATURALS®: FORMULATING FOR THE FUTURE

How do you unlock your full potential? At Source Naturals®, we believe vibrant health is the key. That's why we connect you to scientific discoveries, global traditions, and nature's vast intelligence to reveal the secrets of health. Through expert formulation and education, we aim to optimize human biology—so you can transform your life.

When our family-owned business got its start over 40 years ago, it was with the intent to reinvent healthcare. Instead of reacting when challenges arise, we wanted to proactively provide tools to help people speak to their own bodies and genes. We believe that nutrition and diet are these tools, and that the right formulation is crucial.

It used to be rare for a supplement to combine many vitamins, minerals, and herbs—especially for immune support. We pioneered the concept (and changed the way the industry thought about formulation) with Wellness Formula® in 1983. This holistic philosophy shaped concepts like SystemiCare®, which aims to balance interdependent body systems. But we soon discovered additional techniques.

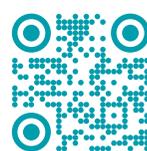
Our Bio-Aligned Formula® approach set the gold standard we adhere to today. It supports interdependent body systems associated with a health goal, from many different angles, with targeted and easily utilized nutrients, to comprehensively cover all your bases.

Our **BerberTrim™** formula is a perfect example. When paired with our Optimal Metabolism Diet Plan™, it was designed to address key areas of metabolic health to fuel weight management. It not only supports the GLP-1 pathway and healthy carb, glycemic, and lipid profiles, but it curbs cravings and optimizes circulation, digestion, gut health, and energy. It goes beyond substandard formulas to include the full clinically studied 1,000 mg of berberine and over 10 ingredients that boost its strength and scope to help you get healthy & trim.

Ultra-Mag™ represents another excellent example of our nuanced formulation style. Because different forms of magnesium support different health goals, we invested time and study to unite them in one formula to unlock its full potential. Ultra-Mag delivers a high potency of bioavailable magnesium from five sources, which doesn't just power your muscles and bones but also addresses your heart, nerves, energy systems, and mental wellness. This 5-in-1 formula also includes vitamin B-6 for magnesium utilization and additional muscle, cognitive, and cardiovascular support.*

Source Naturals® is formulating for the future today—so you can unlock your full potential and transform your life.*

*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.



Scan for the
Optimal Metabolism
Diet Plan™

Optimizing Health, from Science to Self



SOURCE NATURALS BERBERTRIM & ULTRA-MAG

Caps and Tabs, Assorted sizes and varieties

35% off

In-store prices reflect discount. No additional discount at register.
Valid September 1 - 30, 2024.

Reg'Activ Immune & Vitality

Fully Empowered Immunity!

In today's fast-paced world, maintaining a robust immune system and sustaining high energy levels are essential for a healthy, active lifestyle. Reg'Activ Immune & Vitality offers a powerful solution to these needs, combining unique, scientifically backed ingredients to enhance your overall well-being. Available at Marlene's, this exceptional supplement is designed to support your immune system and boost your vitality. Let's delve into what makes Reg'Activ Immune & Vitality a standout choice for health-conscious consumers.

What is Reg'Activ Immune & Vitality?

Reg'Activ Immune & Vitality is a premium dietary supplement formulated to bolster your immune system and increase your energy levels. This product is part of the Reg'Activ line, renowned for incorporating the probiotic strain *Lactobacillus fermentum* ME-3, which has been extensively studied for its health benefits.

The Power of *Lactobacillus fermentum* ME-3

At the core of Reg'Activ Immune & Vitality is *Lactobacillus fermentum* ME-3, a patented probiotic strain. This remarkable probiotic is known for its ability to produce glutathione, a potent antioxidant crucial for immune function and cellular health. Glutathione helps neutralize harmful free radicals, supports detoxification, and enhances immune responses, making it a vital component of this supplement.

The Importance of Glutathione

Glutathione is often called the "master antioxidant" because of its central role in maintaining cellular health and supporting the immune system. It protects cells from oxidative stress, detoxifies harmful substances, and aids in the regeneration of other antioxidants. By boosting glutathione levels, Reg'Activ Immune & Vitality helps to enhance your body's natural defenses and promote overall health.

Additional Beneficial Ingredients

In addition to *Lactobacillus fermentum* ME-3, Reg'Activ Immune & Vitality includes a variety of other ingredients that work synergistically to support immune function and vitality:

Vitamin C: A well-known immune booster, vitamin C helps to strengthen the immune system, reduce inflammation, and protect against oxidative stress.

Selenium: A trace mineral that supports glutathione production and enhances immune function.

Zinc: Essential for immune health, zinc helps to activate immune cells and support their proper function.

L-Cysteine: A precursor to glutathione, L-cysteine helps to replenish glutathione levels in the body, further supporting immune health and vitality.

How Reg'Activ Immune & Vitality Works

Reg'Activ Immune & Vitality works by enhancing the body's natural defenses and boosting energy levels. Here's how it benefits you:

Boosts Glutathione Levels: The *Lactobacillus fermentum* ME-3 in Reg'Activ Immune & Vitality naturally produces glutathione, increasing the body's antioxidant capacity and supporting immune function.

Enhances Immune Function: Ingredients like vitamin C, selenium, and zinc work together to strengthen the immune system, helping to protect against illness and support overall health.

Supports Vitality: By boosting glutathione and providing essential nutrients, Reg'Activ Immune & Vitality helps to increase energy levels, reduce fatigue, and promote a sense of well-being.

Protects Against Oxidative Stress: The combination of antioxidants in the supplement helps to neutralize free radicals, reducing oxidative stress and preventing cellular damage.

Reg'Activ Immune & Vitality is more than just a supplement; it's a comprehensive solution for those looking to enhance their immune function and boost their energy levels. By boosting glutathione levels and providing essential immune-supporting nutrients, this product helps to protect against oxidative stress, promote vitality, and support overall well-being. Visit Marlene's today to discover how Reg'Activ Immune & Vitality can be a valuable addition to your daily health regimen.



How Every Sip of CLEAN Cause® Supports Addiction Recovery

In 2015, Wes Hurt had a vision to create a company that uses its profits to support individuals in recovery from drug and alcohol addiction. This vision came to life in the form of CLEAN Cause, a better-for-you beverage company founded in Austin, TX.

Being in recovery himself, Wes saw firsthand how safe, supportive housing played a pivotal role in the recovery journey. Recovery housing empowers individuals to establish recovery routines, find employment & prepare to re-enter the world. Realizing the critical need for making this type of housing more accessible, Wes made it his mission to fund scholarships that would alleviate the financial burden.

Now with over \$3.2 million granted to recovery housing scholarship recipients, CLEAN Cause is making a significant impact on individuals and families impacted by substance use disorders.

From Bottled Water to Organic Yerba Mate

The company began with Wes selling CLEAN Cause bottled water out of his truck to local convenience & grocery stores in Austin, Texas. Finding himself fatigued by the grind of growing his new venture, he needed a source of caffeine - but one that was organic, refreshing & sat well on his stomach, unlike coffee. This quest led him to discover yerba mate, a South American plant known for its natural caffeine content and health benefits.

Enter the product that CLEAN Cause is known for today - organic yerba mate teas. These beverages offer a refreshing alternative to traditional energy drinks, providing a healthier option that resonates with consumers looking for a better caffeine source. Available nationwide and at Marlene's, CLEAN Cause creates both sparkling and non-carbonated options with deliciously refreshing flavors like Lemonade & Tea, Blueberry, Peach, and Blackberry. Each product line features 160mg of organic caffeine, which customers love for its even, crash-free boost.

Every Can Lends a Hand

Through the profits from CLEAN Cause beverage sales, the CLEAN Cause Foundation distributes \$500 housing scholarships to individuals in early stages of their recovery. To date, the Foundation has granted over 5,000 housing scholarships - and the team is just getting started. These one-time scholarships are often a critical piece of the recipient's early recovery journey. One recipient shared "No words can express how thankful I am for the scholarship. \$500 may not be a lot for others, but it's everything to me. This will help me get back on my feet and focus on what is important: my sobriety, my family and getting my job back."

Why September is Special

The importance of CLEAN Cause's mission is highlighted every September during National Recovery Month (NRM). NRM serves as a reminder that recovery from addiction is possible and that the community plays a crucial role in supporting those on their journey. CLEAN Cause participates in this movement by raising awareness and providing individuals with a beverage option that's both better for you and better for the community. While the company recognizes it won't be the only solution, CLEAN Cause is proud to be working towards one.

Looking for ways to support individuals in recovery? Stop by Marlene's and pick up a better-for-you boost to help support addiction recovery with every sip.



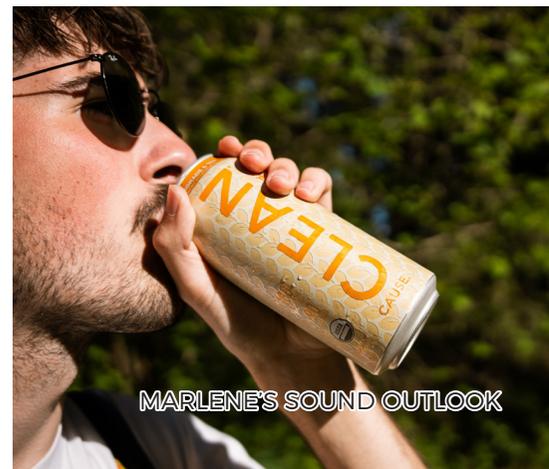
CLEAN CAUSE
Organic Yerba
Mate

Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register. Valid September 1 - 30, 2024.

14 SEPTEMBER



MARLENE'S SOUND OUTLOOK

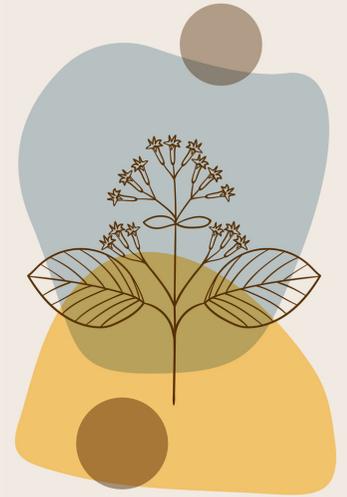
BACH® FLOWER REMEDIES

for Emotional Balance

The system of plant and flower-based essences was developed in the 1930s by Dr. Edward Bach, a physician and homeopath who was convinced that emotional wellbeing was key to overall health.

Dr. Bach devoted his life to exploring the use of flowers and plants to create a simple, natural and gentle approach to emotional balance. He eventually went on to establish The Bach Centre in Oxfordshire, England, where he developed the essences as we know them today.

As demand for the essences grew, The Bach Centre partnered with Nelsons Pharmacy to help make and bottle the essences, and Nelsons has been responsible for the signature brand essences ever since. Nelsons is the owner of the Bach® Original Flower Remedy brand, and is the only maker authorized by The Bach Center. Explore this brand of flower remedies at both Marlene's locations.



Agrimony: Communicate openly and have genuine cheerfulness & self-acceptance

Aspen: Feel secure and find inner peace to face the unknown

Beech: Be more tolerant and have compassion toward others

Centauray: Be assertive and follow your own path, uninfluenced by others

Cerato: Trust your intuition and have quiet self-assurance and decisiveness

Cherry Plum: Be in control and keep composure in the midst of disorder

Chestnut Bud: Learn from mistakes and gain knowledge and wisdom from the past

Chicory: Love unconditionally and care for others without the expectation of reciprocity

Clematis: Have focus, concentration and interest in the day-to-day

Crab Apple: Accept imperfections in yourself and others

Elm: Be efficient and keep perspective and self-assurance when overwhelmed

Gentian: Accept setbacks and have conviction that difficulties can be overcome

Gorse: Have hope and a sense of faith.

Heather: Empathize, listen and encourage a two way dialogue

Holly: Goodwill towards others and being generous hearted without expecting a return

Honeysuckle: Live in the present, letting history be a lesson for the future

Hornbeam: Procrastinate less and face the day ahead with positivity

Impatiens: Have patience and think and act mindfully without haste or irritation

Larch: Have confidence to approach situations with confidence & determination

Mimulus: Face your fears and have courage to face difficulties with perspective

Mustard: Bring a state of joy back to life

Oak: Restore endurance and remain strong while understanding your limits

Olive: Restore energy by letting go, allowing revitalization and restoration of mental energy

Pine: Have self-respect and accept yourself as you would others

Red Chestnut: Peace of mind to care for others without negatively impacting your relationships

Rock Rose: Have courage and presence of mind in tricky situations

Rock Water: To have a flexible mind and attitude when striving for goals

Scleranthus: Exercise certainty and decisiveness

Star Of Bethlehem: Neutralize grief while staying strong in mind & body, learning to accept the inevitable

Sweet Chestnut: Being optimistic and experiencing hopefulness

Vervain: Relaxed, calm, wise and tolerant

Vine: Seeing the good in others; guiding & encouraging without controlling

Walnut: Adapt to change, move forward and make changes in life with constancy

Water Violet: Connect with others and nurture warmer relationships

White Chestnut: Tranquility and peace of mind

Wild Oat: Find confidence to decide your own path

Wild Rose: Show enthusiasm and an active interest in the world and people around you

Willow: Forgive and forget past injustices and enjoy life





GABRIEL
Cosmetics & Skincare
Assorted sizes and varieties

20 % off

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



MAD HIPPIE
Skincare & Suncare
Assorted sizes and varieties

20 % off

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



HUMBLE
Aluminum-Free Deodorant
Assorted sizes and varieties

20 % off

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



SHIKAI
Body Care & Topical CBD
Assorted sizes and varieties

30 % off

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

Little Moon ESSENTIALS™ **15% off in September!**

SELF-CARE FOR THE BODY, MIND, AND SOUL

You don't have to sacrifice good ingredients to create an amazing bath and body care routine. At Little Moon Essentials, it's our goal to create 100% natural bath and body care that you can feel comfortable using. All our formulas are natural, planet-friendly, and cruelty-free, and are made with love from start to finish.

For more information visit littlemoonessentials.com or follow us on social media @littlemoonessentials!
In-store prices reflect discount. No additional discount at register.



NOW
Supplements & Body Care
Assorted sizes and varieties

25 % off
15 % off

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



HERBATINT
Permanent Hair Color
Assorted sizes and varieties
Free of Ammonia, Resorcinol & Parabens!

20 % off

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



DR. BRONNER'S
Sal Suds Biodegradable Cleaner
Assorted sizes and varieties

25 % off

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

Marlene's
MARKET & DELI
shop local, eat organic



HIPPEAS
Tortilla Chips
Assorted varieties Reg. \$5.19



369

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.



CASCADIAN FARM
Organic Cereal & Granola
Assorted sizes and varieties

40 % off

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



KASHI
Cereal
Assorted sizes and varieties



35 % off

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



VERMONT
SMOKE & CURE
Meat Stick
1 oz Assorted varieties
Reg. \$2.49

179

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



TONNINO
Yellowfin
Tuna Fillets
6.7 oz Assorted varieties
100% Wild Caught!



25 % off

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



KOYO
Organic
Noodles
Assorted sizes and varieties

25 % off

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



PRIMAL KITCHEN
Condiments,
Dressing & Sauce
Assorted sizes and varieties

20 % 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.



RW KNUDSEN
Juice
32 oz Assorted varieties

25 % off

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



WATERLOO
Flavored Sparkling Water
12 oz 8 pack Assorted varieties
Reg. \$6.39

4⁵⁹

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



OUTER AISLE
Cauliflower Sandwich Thins
Assorted sizes and varieties
Reg. \$8.99
Keto Certified!

\$1.50 off

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



WILDBRINE
Organic Fermented Vegetables
Assorted sizes and varieties

20 % off

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



NUTS FOR CHEESE
Organic Fermented Cashew Cheese
Assorted sizes and varieties
Reg. \$9.99

\$2 off

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



BIZZY COLD BREW
Organic Cold Brew Coffee
Assorted sizes and varieties

25 % off

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



TRULY GLUTEN FREE
Premium Oat Milk
Assorted sizes and varieties



20 % off

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



**SOLARAY,
KAL, AND ZHOU
Organic Yerba
Mate**

Assorted sizes and varieties

20 % off

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



**BUDDHA
TEAS
CBD Herbal Teas**

Assorted sizes and varieties

20 % off

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



**+PlusCBD
CV Sciences CBD
Supplements**

Assorted sizes and varieties

25 % off

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



**BOIRON
Homeopathics**

Assorted sizes and varieties

20 % off

Specialty Items

Assorted sizes and varieties

25 % off

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



**NEW CHAPTER
Supplements**

Assorted sizes and varieties

25 % off

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



**HIMALAYA
Ayurvedic Herbal
Supplements**

Assorted sizes and varieties

20 % off

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



**TRACE MINERALS
Supplements**

Assorted sizes and varieties

20 % off

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

Natural Factors Favorites
OVER 60 YEARS OF UNWAVERING COMMITMENT



25 % off
DIGESTION & MULTIS

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



CARLSON Fish Oil & Supplements
Assorted sizes and varieties

20 % off

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



WILEY'S FINEST Fish Oil & Supplements
Assorted sizes and varieties

20 % off

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DR. MERCOLA Supplements
Assorted sizes and varieties

20 % off

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



GARDEN OF LIFE Supplements
Assorted sizes and varieties

25 % off

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



NORTH AMERICAN Herb & Spice Supplements
Assorted sizes and varieties

25 % off

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



NATURE'S ANSWER Supplements
Assorted sizes and varieties

ALL NEW ALCOHOL FREE TINCTURES!

15 % off

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



EMERALD LABS Supplements
Assorted sizes and varieties

THE ADDITIVE FREE COMPANY!

25 % off

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

HEALTHY LIFE

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

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

Remarkable. Revolutionary. REG'ACTIV®

REG'ACTIV® Cardio Wellness™

REG'ACTIV® Immune & Vitality™

REG'ACTIV® ESSENTIAL ME-3™
GLUTATHIONE SUPPORT SUPPLEMENT

REG'ACTIV® Detox & Liver Health™

DR. OHHIRA'S Supplements

20% Off in September!

Assorted sizes and varieties.

ESSENTIAL FORMULAS®

Find these Essential Formula products at Marlene's
For more information visit: www.essentialformulas.com

Powerful support for essential
• Anti-oxidant activity*
• Detoxification processes*
• Healthy liver function*
• Heart health maintenance*

L. fermentum ME-3*
8 billion viable cells
per capsule**

30 CAPSULES

fermentum ME-3*
health support*
within the nor
& CoQ10*
capsules

New-
Improved Formula
with vegan
Vitamin D

Glutathione-p
Revolution
S: Essen
D

Glutathione-producing *Lactobacillus fermentum* ME-3*
Revolutionary antioxidant and liver health support*
Supports healthy detoxification and normal liver function*
PLUS: Milk thistle (80% Silymarin), L-selenomethionine
Dietary Supplement • 60 Capsules

*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.

Why Marlene's Loves Terry Naturally®



If you have an interest in dietary supplements and a healthy lifestyle, you're probably familiar with Terry Naturally®, a well-regarded supplement brand known for high-quality products and clinical research. But you may not know how this successful company got its start, and how it continues to remain a respected leader in the dietary supplement industry year after year.

The Terry Naturally story begins with one man: Terry Lemerond. Terry is the founder and president of EuroPharma—the parent company of the Terry Naturally brand of supplements—headquartered in Green Bay, Wisconsin. Early in life, Terry struggled with poor health. Through mentorship from some very caring people, Terry overcame his struggles by making healthy changes to his lifestyle and diet and incorporating supplements into his daily wellness routine. After Terry's life improved dramatically, he felt a call to help other people improve their lives as well. He went on to own several successful businesses in the dietary supplement industry, ranging from health food stores to manufacturing companies.

In 2007, Terry's passion for wellness and vast knowledge of the natural health industry fueled the creation of his current endeavor: the Terry Naturally brand of supplements. These products are formulated with scientifically validated ingredients, reflecting Terry's commitment to quality and his understanding of the synergistic benefits of botanicals and other compounds from nature. The Terry Naturally portfolio currently provides approximately 140 products to support health and wellness, each one specially formulated by Terry himself. Some of the most popular formulas include **Curamin®**, **CuraMed®**, **AnxioCalm®**, and **Sucontral® D**, which address various health needs from pain relief† to occasional stress management to blood sugar balance.*^

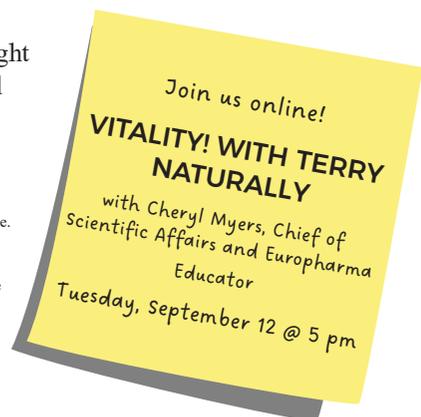
The goal of Terry Naturally is reflected in its mission, "Our Passion is Your Health," which drives its commitment to providing safe, effective, and high-quality supplements. Terry Naturally adheres to current Good Manufacturing Practices (cGMPs) and uses only the highest quality ingredients. This rigorous adherence ensures that everything—from the raw materials to the completed formulations—complies with the highest standards for manufacturing, labeling, storage, and shipping.

Terry Naturally also stands out for its commitment to education.

Terry believes that informed people make better decisions for their health, which is why education is a cornerstone of the Terry Naturally brand. This year, Vitamin Retailer Magazine awarded the company with their Best Education Materials Award for the 11th consecutive year, bringing the total award count for Terry Naturally to an impressive 180 awards.

In 2016, Terry generously passed the Terry Naturally business on to his employees, by making his company employee-owned. Looking toward the future, Terry wanted the business to be in the hands of the people who helped build it. While day-to-day operations have remained the same with Terry at the helm, the employees now have an added personal investment in the continued success of the brand. His employees are committed to remaining true to his vision and loyal to the customers who count on his formulations to support their health.* The future is bright for Terry Naturally, which will continue to change people's lives with the highest quality supplements available.

† Occasional muscle pain due to exercise or overuse.
 ^ Supports healthy levels already within normal range.
 * 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.



TERRY NATURALLY Supplements

Assorted sizes and varieties

Through September!

20% off

In-store prices reflect discount. No additional discount at register. Valid September 1 - 30, 2024.

September Calendar of Events

Class registration at:
www.marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 1	2	3	4	Bach Flower Remedies for Quality Of Life with Carl Anderson, BFRP, BFRAP 5 pm, Online 5	BEER, WINE & SPIRITS TASTING FEDERAL WAY 1 PM - 3 PM 6	Putting the Garden to Bed: Autumn And Winter Care with Laura Matter, Garden Hotline Educator 10 am, Online 7
8	Uniform Monday 10% off to all firefighters, police and military! 9	Hypno-Healthy: Banish Night Snacking & Energize! with Lisa Shook, Certified 5-PATH® Hypnotist and 7th Path Self-Hypnosis® Teacher 5 pm, Federal Way 10	11	Vitality! With Terry Naturally with Cheryl Myers, Chief of Scientific Affairs and Europharma Educator 5 pm, Online 12	BEER, WINE & SPIRITS TASTING TACOMA 1 PM - 3 PM 13	14
15	16	Timeless Defense: Keeping Your Immune System Young with Michelle Sandwisch, ARNP, FNP-C, owner and founder of Origin Medicine Practice 5 pm, Tacoma 17	18	Get Started with Essential Oils and Carriers with Neil Levin, CCN, DANLA, NOW® Health Group's Senior Nutrition Education Manager 5 pm, Online 19	BEER, WINE & SPIRITS TASTING FEDERAL WAY 1 PM - 3 PM 20	Nutrition for Calm and Focused Kids with Jennifer Champion, DCN, CNS, CN, LDN, BCH 12 om, Online 21
22	23	Sleep Solutions for Infants, Toddlers and Young Children with Jade Folk, Pediatric Sleep Coach and Positive Discipline Parent Educator 5 pm, Tacoma 24	Children's Health and Immunity w/ Herbal Formulas with Madelyn Morris, Herbalist and Co-owner of Mickelberry Gardens 5 pm, Online 25	Children's Health Through Functional Medicine with Ryan Bland, DC, Functional Medicine Practitioner 5 pm, Online 26	BEER, WINE & SPIRITS TASTING TACOMA 1 PM - 3 PM 27	Energy Work for First Responders with Francesca Siena, founder of Artemisia Healing Arts 11am-12:30pm, Tacoma 28
29	30					

BODYWORK SCHEDULE

Reservations may be required.

TACOMA

Vitamin B and glutathione shots
 with Physician Coach (formerly Voda Health)
 Tuesday, 10 am - 2 pm

401.217.9902

Text "HERE" when you arrive.
 You will be notified when it is your turn.

FEDERAL WAY

Vitamin B and glutathione shots
 with Physician Coach (formerly 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



FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

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

Deli Hours

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

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

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

Deli Hours

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

Grab and go options available until closing.

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



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City _____ State _____ Zip _____

Email _____

September 2024

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

This October is...
NON-GMO & FAIR TRADE
Month

Join us for samples, savings and gift basket giveaways!

