

NATURAL ORGANIC GLUTEN-FREE NON-GMO
groceries supplements deli body care catering

Marlene's

SOUND OUTLOOK

April 2016

CELEBRATING 40 YEARS!

*And thanks to you, we're
still going strong! Help us
celebrate on April 1 and
April 9! Details inside!*



EST
1976
and still
LOCALLY
OWNED

TACOMA

2951 S. 38th St.
Tacoma, WA 98409
253.472.4080

Marlene's

— MARKET & DELI —

MARLENESMARKET-DELI.COM

FEDERAL WAY

2565 S. Gateway Center Place
Federal Way, WA 98003
253.839.0933

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A from Marlene...

In 1972, I noticed a health food store was opening in Federal Way where I lived with my husband and three teenagers. I went in and told the owner, Lew, he needed me. He said "Okay, you'll be my number two person." A few days later I stopped by as he was setting things up and he said "Number one person changed her mind, so you're now my number one person."

That was the start of my journey. My husband supported my efforts from the beginning and my children started working for me and they still do. In four years I bought Lew out, changed the name, redecorated and kept on going. I never figured I would still be in business after 40 years!

I remember the first time I knew I was doing the right thing. I was working one sunny day and the door was open. A customer walked in and said, "Good morning, Marlene. I just wanted to tell you you saved my marriage." I asked her how I did that and she said "You suggested I give my husband B vitamins and change his diet and it changed him completely!" I've never forgotten that.

So here we are, 40 years later, still having fun and still making a difference. Many of our customers from way back still shop with us, as do their children and grandchildren. We plan to be here for you for 40 more years, at least!

Thanks to you all,

Marlene

P.S. Great news! My latest cancer tests are totally clear and my doctors tell me I am still in remission! Thank you for all your thoughts and prayers. I will remain vigilant with my positive attitude, daily supplements, and healthy diet--especially my daily blueberry smoothie!

We have been lucky enough to work with our mom, Marlene, for all of our 40 years in business. It has been fun, rewarding, fascinating, wild and never ever boring! When we were little and she switched our snacks from Twinkies to organic whole wheat oatmeal raisin cookies, we knew our lives would never be the same. We're still going strong together as work partners and as family. We love you, Mom!

~ Lisa, Tim and Jennifer



WE'RE CELEBRATING 40 YEARS – Come party with us!

APRIL 1 (THE OFFICIAL DATE WE OPENED FOR BUSINESS 40 YEARS AGO):

The first 40 customers to through each register will receive a free gift!

11 am in Federal Way - Marlene cuts the cake!

1 pm in Tacoma - Marlene cuts the cake!

3-5 pm in Federal Way & Tacoma - Sparkling wine tasting!

APRIL 9: OUR 40TH ANNIVERSARY OPEN HOUSE!

11 am to 3 pm in both stores - Music! Food Tastings! Product Samples! Drawings!

3 pm – Federal Way Keynote Presentation

Jonathan V. Wright, MD

Nine Ways to Prevent or Treat Specific Illnesses

(details on page 10)

3 pm – Tacoma Keynote Presentation

Deanna Minich, PhD

A Colorful Approach to Whole Detox

(details on page 10)



All day at both stores - Enter to win:

Gift Baskets

Lunch with Marlene

Free lunch - one winner per month!

**GRAND PRIZE: A 60-Second
Grocery Shopping Spree***

*Shopping Spree details and prize information:

Enter to win at either store during our Anniversary Open House on April 9.

Drawing to be held at 2:30 on April 9. Must be present to win.

Shopping spree to be redeemed on Sunday, April 10 at 9 am.

Additional rules posted at both Marlene's locations and by visiting www.marlenesmarket-deli.com



The International Salt Secret That Could Save Your Heart *and* Your Life

By Jonathan V. Wright, MD

Can you imagine deaths from stroke and heart disease plummeting by 60 percent throughout an entire country? It would be a public health dream! And, yet, it's absolutely for real¹...Just not here in these United States. At least, not yet.

So where *did* this remarkable decrease in deaths from heart disease and stroke occur? Botswana? Kyrgyzstan? Some other obscure country? No. It happened in a major industrialized European country—Finland.

So why hasn't this amazing public health feat been publicized? Well, if I had to guess, I'd say it's because the amazing improvement had very little to do with any sort of patent medication. In fact, 85 to 90% of this dramatic reduction in deaths is due entirely to simple diet changes—a reduction of saturated/unsaturated fat ratio and, according to the study on this phenomenon, a nationwide "...replacement of common salt by a novel sodium-reduced, potassium-, magnesium-, and l-lysine HCl-enriched salt, both in home kitchens and in the food industry."¹

According to this same 1996 report: "Adherence to anti-hypertensive drug therapy has been quite good. However, the drug treatment does not seem to account for more than 5-6 % of the observed fall of blood pressure, and 10-15 % of the decrease in deaths from strokes

and ischaemic heart disease." The report went on to note that during the same time period "...marked increases in the intake of alcohol, obesity among men, and smoking among women have been observed."

Wow! While male obesity, female smoking, and alcohol intake all **increased** to a "marked" degree, the death rate from heart disease and stroke *still* declined by 60 % - and only 10-15 % of the overall decline could be attributed in any way to patent medicines. If that situation was reversed, and patent medications were responsible for such a positive change, you can bet we'd be overrun with publicity about how they "save lives."

So maybe the lack of attention this breakthrough received means that it was a fluke. After all, the study was published in 1996—the situation must have changed for the worse again and that's why we haven't heard about it, right?

Well, I'm very happy to tell you that's not the case! Not only has this decrease in the death rate from stroke and heart disease continued, the situation has gotten even better!

According to a follow-up study published in 2006, there has been "...a 75 to 80 % decrease in both stroke and coronary heart disease mortality in Finland."² And by 2006 there was an increase in life expectancy of both male and female Finns of six to seven years.

Of course, that's "just" Finland—and it's true that this remarkable approach hasn't been researched anywhere else. But two controlled studies, from Taiwan and Australia, have noted similar improvements.

In the Taiwanese study, the researchers examined the effects of a potassium-enriched salt on cardiovascular disease mortality and medical expenditures in elderly veterans. Five kitchens of

MARLENE'S SOUND OUTLOOK



Dr. Wright speaks
at our 40th
Anniversary Open
House Saturday,
April 9 at 3 pm
in Federal Way.
Details on page 10.

a retirement home serving 1,981 veterans were randomized into two groups, “experimental” using potassium-enriched salt or “control” using regular (sodium-chloride) salt.

After 31 months, researchers observed a significant reduction in cardiovascular disease mortality in the “experimental” salt group. The people in the potassium-enriched salt group also spent significantly less for in-patient care for cardiovascular disease than people in the control group. The researchers concluded: “The effect was likely due to a major increase in potassium and a moderate reduction in sodium intakes.”³

In the Australian study, researchers looked at another aspect of cardiovascular disease—hypertension—and the influence of the sodium-to-potassium ratio. They lowered and raised the volunteers’ sodium intake while having them maintain a potassium-rich diet. As you might expect, they found a correlation between higher sodium intake and higher urinary sodium and correlation between lower sodium intake and lower urinary sodium. And the urinary sodium/potassium ratio also rose and fell with higher and lower sodium intake. The researchers reported that reducing sodium intake and following a potassium-rich diet significantly decreased systolic blood pressure (the “upper” number).⁴

And earlier this year, researchers from Harvard Medical School reported that urinary sodium/potassium ratios have predictive value, too. They concluded: “A higher sodium-to-potassium excretion ratio is associated with increased risk of subsequent cardiovascular disease.”⁷ They also noted that the actual ratio of the nutrients is a stronger predictor than either one on its own.⁶

But there are a few elements that the Finnish studies included that these studies left out. And you can’t talk about the dramatic decrease in cardiovascular and stroke deaths without looking at ALL the potential factors involved.

In the Finnish research, the special salt they investigated was used nationwide—even by the local McDonald’s! And this particular sodium-

reduced salt had been enriched not only with potassium, but also with magnesium and L-lysine-hydrochloride.

By now, even conventional medicine agrees that magnesium is a principal mineral—if not the No. 1 mineral—for preventing cardiovascular diseases. According to a recent review, “magnesium plays a role in a number of chronic, disease-related conditions.

This article reviewed the current pertinent literature on magnesium and concluded that it plays a major role in regulating blood pressure. The authors also noted that “increased magnesium intake may improve serum lipid profiles. Dietary magnesium is also recommended to aid in the prevention of stroke.”⁷

And what about the L-lysine in that “novel salt” used in Finland? Some of you may recall that (along with vitamin C and proline) L-lysine was (and is) part of Linus Pauling’s treatment for prevention and even reversal of cardiovascular disease. Unfortunately, even though there’s plenty of anecdotal evidence of its effectiveness, there are no rigorously controlled trials of Pauling’s cardiovascular therapy. But the good news is, L-lysine is an essential amino acid and is harmless except in enormous amounts.

It’s sad, but in these United States, public health “authorities” are much more focused on vaccinations and other “public health” measures that just so happen to coincide with the interests of patent medicine companies.

But since we’re each responsible for our own health, chances are good that you’ve already done some of the things credited by the Finnish researchers with this remarkable result. You’ve likely cut back on saturated fats, or, even better, switched as much of your animal protein as possible to “free-range, grass-fed” sources and wild fish. You’re probably also using fish oil every day, which, as you know, not only helps reduce cardiovascular risk but also has many other health benefits. And you may also already be taking supplements containing magnesium and potassium.

After waiting a number of years for someone to market an American version of the “novel, sodium-reduced, potassium-, magnesium-, and L-lysine-enriched salt” used nationwide in Finland, a collaboration with Ayush Botanicals of Mercer Island, Washington, yielded

“WrightSalt,” available at Marlene’s Market and Deli.

This natural product has the capability to make a very significant difference to your health, your family’s health, and the health of the entire population of these United States.



Dr. Jonathan Wright is the Medical Director of Tahoma Clinic where he also practices medicine. A Harvard University graduate, he is a pioneer in research and application of natural treatments for healthy aging and illness. With Alan Gaby, M.D., he has accumulated over

50,000 research papers about diet, vitamins, minerals, botanicals, and other natural substances. He was the first to develop and introduce the use of comprehensive patterns of bio-identical hormones (including estrogens, progesterone, DHEA and testosterone) in 1982 and directed the development of tests to ensure their safe use. He also originated successful natural treatment for elimination of childhood asthma, developed treatment to stop vision loss or improve vision in the majority of individuals with “dry” macular degeneration, was the first to use aldosterone to reverse age-related hearing loss, discovered the effect of iodine on estrogen metabolism and cobalt on steroid detoxification, popularized the use of D-mannose treatment for E. coli urinary tract infection, developed effective natural treatment for seborrheic dermatitis, allergic and viral conjunctivitis, and Osgood-Schlatter’s disease. Dr. Wright founded the Tahoma Clinic (1973), Meridian Valley Laboratory (1976), and the Tahoma Clinic Foundation (1996).

(Endnotes)

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4 Nowson CA, Morgan TO, Gibbons C. *Decreasing dietary sodium while following a self-selected potassium-rich diet reduces blood pressure.* J Nutr. 2003 Dec;133(12):4118-23.

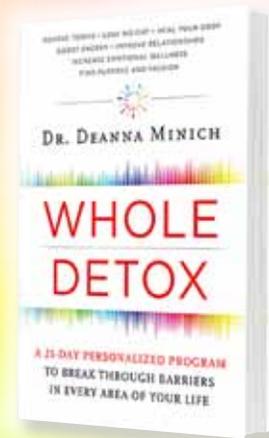
6 Cook NR, Obarzanek E, et al. *Trials of Hypertension Prevention Collaborative Research Group. Joint effects of sodium and potassium intake on subsequent cardiovascular disease: the Trials of Hypertension Prevention follow-up study.* Arch Intern Med. 2009 Jan 12;169(1):32-40.

7 Champagne CM. *Magnesium in hypertension, cardiovascular disease, metabolic syndrome, and other conditions: a review.* Nutr Clin Pract. 2008 Apr-May;23(2):142-51.



An Introduction to Whole Detox, Part Two

By Deanna Minich, PhD, FACN, CNS, RYT, CFSP



your emotions to be fluid and free? Are there ways that you invite a healthy dance between emotions and eating that satisfies YOU, not your cravings?

3. Food is transformation. Every act of eating represents one of transformation. We take in a food and turn it into our being. Often when we eat, we are not just taking in the food – we may find ourselves taking in the clutter in our mind and in our environment, including the conversations, the hustle-bustle of the every day, and all the tasks we have yet to do. How can you bring more concentrated, fiery transformation into your eating so you can assimilate what is surrounding you in a balanced manner?

4. Food is love.

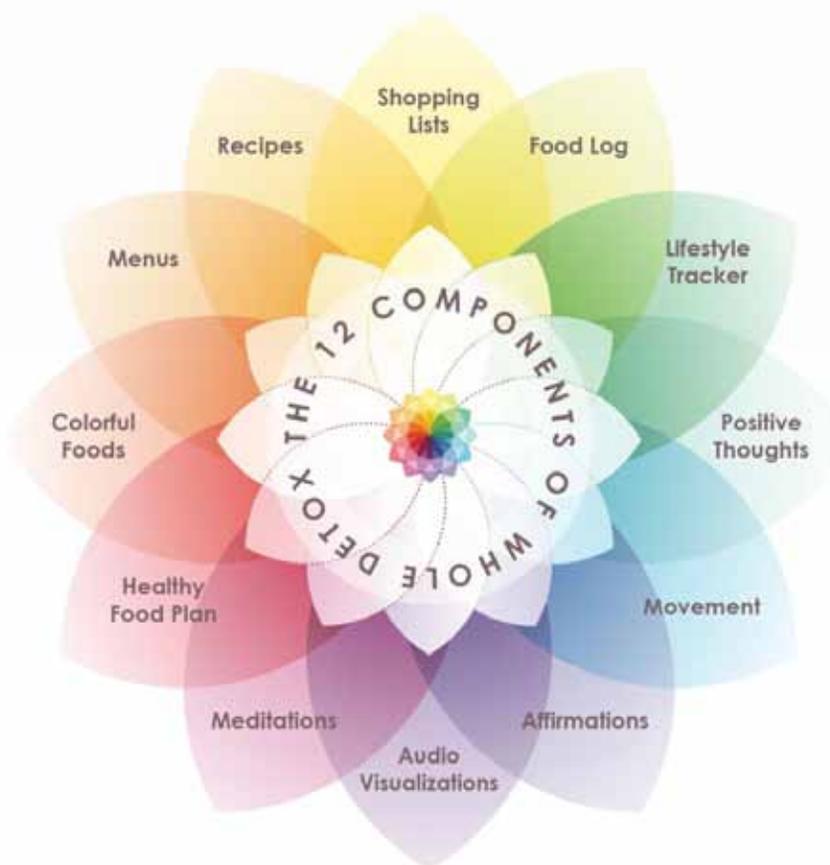
Our heart connects to the eating experience through a shared meal with others or giving and/or receiving food. If we feel moved, we may prepare foods for others or surprise them with a gift of food. The holidays are a perfect time to share food with family and friends. When we make foods with love, we are extending



In Part One, I discussed how leveraging the power of color in your food and surroundings can make dramatic improvements to your mental and physical health. I challenged you to open your vision of “food” to the larger concept of “nourishment of the whole self,” to allow for a renewed, fresh relationship with something as common as eating. Our relationship with food can be broken down into the 7 Systems. Discover which areas of nourishment may be particularly relevant to you, and see you if can begin to make lasting changes in your life:

1. Food is grounding. Most people have a grounding relationship with food – it provides a way to be fully present in the body. It gives us the energy we need to exist. Our body provides us with the foundation for our entire being to survive in the physical world. How do you connect with your body and listen deeply for its wise messages? Are you tapped into your instinct? How do you create stability in your everyday life so you feel safe enough to make choices that serve your bodily needs?

2. Food is emotion. We have strong feelings about food – what to eat, when to eat, how to eat. Our eating becomes who we are, and, as a result, it can stimulate a wide range of feelings. Sometimes our feelings are trapped within and when we don’t express them, we turn to our favorite foods for comfort. How can you take the concept of “flow” into your everyday creativity, allowing



the outreach of our heart and we may get gratitude in return. How can you find even more self-love by serving yourself and others by making nourishing, healthy choices that resonate with your heart?

5. Food is our truth. Speaking our voice about what we eat allows us to be authentically who we are. When we are presented with an array of choices, we have the ability to choose for our highest good and our best self. If we make these congruent choices, we are consistent on our path. How many times are you able to find your voice to speak what is on your heart? Are you open to making choices that will surrender you to an authentic life? By expressing your unique eating truths, you may open up to an expanse of opportunity!

6. Food is mood.

What we eat can impact our overall mood, and our mood can drive our food choices.



How do you stay conscious of this rhythmic flow? Are you tuned in to your internal sense of intuition, which can allow you to know what food is good for the type of mood you want to create? We contain all of the wisdom we need when it comes to knowing what is beneficial for us. The goal is to go within to seek this internal wisdom that can transition us from intellect to insight we can harness in every moment. If you're curious about what science has told us about the relationship between food and mood, check out my blog (foodandspirit.com/resources/blog).

7. Food is connection. Every bite of food we take represents the web of nature – from the field to the farmer to all the interactions that food had with the natural elements of animals, sun, rainbows, clouds, stars, and moon, and to all of the hands it passed through to make its way onto the fork. There is something special about the act of eating; it is required for our bodily survival and, at the same time, it gives us a pathway to the soul of seeing outside of the constraints of our body and into the eternal

landscape of connection. How can you get more connection in that next bite of food? If you can stay in the mindset of every meal being a miracle, you are on your way to filling yourself with the divine nourishment of connection.

With Whole Detox, you can transform the downward spiral of disease into an upward spiral of vibrant health. By addressing nutrition, exercise, thought patterns, and many other factors at the same time, you can break through toxic barriers and create an energized, full-spectrum life.

If you would like to know which of your 7 Systems needs the most healing, take The Spectrum Quiz™ to begin your journey to whole-self healing or join me on Saturday, April 9 to learn more.



Dr. Deanna Minich (www.drdeannaminich.com) is a wellness expert and author of five books. Having had health issues in her teens and twenties, she looked for solutions to feel better and understand her relationship with food. She embarked upon a scientific path to study nutritional biochemistry,

while at the same time, explored other disciplines like psychology, spirituality, and philosophy. Her journey to find answers ultimately

led her to combine her studies to develop an integrated, complete, lifestyle system called Food & Spirit™. Currently, she offers training to practitioners of all types to learn this color-coded method for full-spectrum health (www.foodandspiritprofessional.com). She has applied this system to the practice of detox to create Whole Detox, a whole-life, whole-systems, whole-foods approach to feeling vital and renewed. In 2014, she led the Detox Summit, the world's largest event on detox featuring 30 experts in the field. She offers online programs for those looking for guidance on healthy eating and living the Whole Detox way (www.whole-detox.com). Dr. Minich is a Fellow of the American College of Nutrition, a Certified Nutrition Specialist, a Certified Functional Medicine Practitioner, and faculty for the Institute for Functional Medicine and University of Western States. Her passion is teaching a whole-self approach to living and bringing together the gaps between science, spirit, and art in healing.

Dr. Deanna celebrates Marlene's 40th anniversary with a FREE keynote address on Detoxification in Tacoma at 3 pm on Saturday, April 9. Details on page 10!



From the Kitchen of Debra Daniels-Zeller

(Serves 4)

This creamy soup tastes delicious on its own.

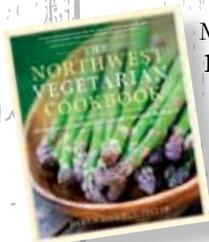
You can also add cooked quinoa, gluten-free vegetarian sausage, or croutons and make this soup a quick one-dish meal.

1 Tbs	ghee or vegan buttery stick
1 Tbs	extra-virgin olive oil
1 small	onion, diced
2 to 3 cloves	garlic, pressed or minced
2 small	potatoes, peeled and cut into small pieces
3 cups	kale, dandelion greens, collards or sorrel, chopped
3 cups	spinach, chopped
1/2 to 1 bunch	cilantro, tough stems removed and chopped
	salt and freshly ground pepper to taste
4 cups	vegetable stock or water
1/2 tsp	basil
1/4 cup	cashew butter
2 Tbs	fresh lemon juice
1 tsp	honey or agave nectar
	crème fraîche or plain yogurt

Gluten-Free Spring Greens Soup



1. Melt the butter in a soup pot. Add onion and garlic and sauté until transparent.
2. Stir in potatoes, stir and cook for a few minutes, then add greens, salt, pepper. Cook until wilted. Add stock and basil. Cook on medium-low for approximately 10 minutes.
3. Purée one cup at a time in a blender. Always puree slowly with hot foods. Add cashew butter. Stir in lemon juice and honey. Return to soup pot and heat gently. Season to taste with salt, pepper and lemon. Top with crème fraîche or a dollop of yogurt.



More recipes by **Debra Daniels-Zeller** can be found in her book, *The Northwest Vegetarian Cookbook* and on her blog <http://foodconnections.blogspot.com>.



Marlene's opened the year my daughter was born and long before I taught cooking classes, I appreciated the local, organic options at Marlene's. As big natural food chains moved in, I was so happy that Marlene's loyal customers continued to support this wonderful market. A natural foods success story, Marlene's is also a great model for local businesses. I love Marlene's and never fail to find something new in natural foods. Three cheers for Marlene's, the iconic natural foods stores in Federal Way and Tacoma! Forty years of natural health tips and organic foods is simply amazing.
~Debra Daniels-Zeller

Natural Rx for Inflammation

By Michael Wohlfield, ND

Tart cherries are one of nature's most powerful super foods, with benefits that can be experienced more immediately than most other super foods.

We are not talking about sweet cherries or black cherries, nor are we talking about cherry juice. We are speaking of a true concentrate of tart-sour cherries that can provide as much as 33 cherries in one tablespoon!

Tart cherries contain a wide variety of anti-oxidants and phyto-chemicals, known for supporting healthy joint function, promoting healthy uric acid metabolism, and providing a rich source of antioxidants support which can help prevent premature cellular aging.

Tart cherries also contain naturally occurring melatonin, which can help balance circadian rhythms for proper sleep in the evening. Taken during the day, tart cherry concentrate will not make you sleepy. This is nature's way of providing us nutrients that do not need to come from a laboratory!

The bright, deep color of the tart cherry reveals its unprecedented strength. The tart cherry fruit contains the variety and potency of some of the most valuable fruit phyto-nutrients available in nature with the robust power of ellagic acid and anthocyanins. Ellagic acid studied in test tubes shows a strong anti-cancer and antioxidant activity.

Epidemiological studies suggest that increased consumption of anthocyanins lowers the risk of cardiovascular disease (CVD), still one of the most common causes of mortality among men and women.

The health benefits of the tart cherry have only been known for about 20 years. Scientists studying growers of tart cherries observed that they looked younger, had strong hearts, no arthritis, and slept like babies, prompting the researchers to ask why. Overall tart cherry is found to be useful when concerns related to inflammation are present

MARLENE'S SOUND OUTLOOK

as in osteoarthritis, muscle pain, exercise-related muscle damage, or gout.

Subsequent studies showed that tart cherries were a powerhouse of anti-oxidants nutrients. Some researchers suggested that, consumed as a concentrate specifically, sour cherries can be natural alternative to non-steroidal anti-inflammatory drugs (NSAID) and sleep aids. Take a tablespoon of tart cherry concentrate day or night for so many

benefits. You can dilute it with water, add it to a smoothie or pour it on your vanilla ice cream!

Michael Wohlfield is a traditional naturopathic physician and has been a national educator with Pure Planet since 1998.





connections speakers & classes



**Celebrating 40 Years
Friday, April 1 (no foolin')
11 am in Federal Way
1 pm in Tacoma**

Join our founder when she cuts the cake celebrating 40 years of Marlene's Market & Deli!

**Sparkling Wine Tasting
Friday, April 1
3-5 pm
Federal Way & Tacoma**



**Gerson Therapy for Cancer and Degenerative Disease with Renée Escobar, LMP
Tuesday, April 5
6:30 pm, FREE
Tacoma**

Developed by Dr. Max Gerson, Gerson therapy is a highly successful dietary

and detoxification therapy that treats the whole organism (not just the organ exhibiting disease) in order to heal. Hear a brief history of Dr. Gerson's life and learn the basic concepts behind this miraculous but suppressed treatment offering hope for those with cancer and other degenerative diseases. Renée will answer questions and discuss her own experience with the treatment and her father's success in healing prostate and bone cancer on the Gerson Therapy.



**Secrets to Better Digestion with Audrey Ross, ND
Wednesday, April 6
6:30 pm, FREE
Federal Way**

Digestive complaints are nearing epidemic proportions, even though more of us than ever are trying to eat better.

Are you missing the mark when eating to support gut health? What supplements should you take to support gastrointestinal health, which foods should you eat, and how do you make the best choices? Treating symptoms is not the same as correcting a problem. Join a popular naturopathic doctor with

Country Life, Audrey Ross, for this discussion of digestive stressors and how to avoid or repair them. We'll also discuss probiotics, digestive enzymes, and the role of aloe vera in gut rebuilding.



**Marlene's 40th Anniversary Open House
Saturday, April 9
Join us for prizes, music, samples, food & more!
11 am - 3 pm**

Tacoma & Federal Way

See page 3 for a full list of our special activities



**Nine Ways to Prevent or Treat Specific Illnesses with Jonathan V. Wright, MD
Saturday, April 9
3 pm, FREE
Federal Way**

Acclaimed author, researcher and medical director of Tahoma Clinic, Jonathan V. Wright, MD,

joins us to discuss some of the most important, medically-documented health discoveries in natural medicine to date. Learn simple strategies to reduce the risk of heart attack and the incidence of type-1 diabetes by 80%, how to eliminate gallbladder attacks while keeping your gallbladder intact, and how to prevent and treat the toxemia of pregnancy. Please arrive early to claim your seat! See Dr. Wright's article on pages 4-5.



**A Colorful Approach to Whole Detox with Deanna Minich, PhD
Saturday, April 9
3 pm, FREE**

Tacoma

There are many detox programs available, but none which truly see and address the whole of

you. Usually such programs only focus on which foods to avoid. What about taking a different approach, one that is colorful and engaging, not depriving or demanding, and which focuses on nourishment more than what to avoid? In this keynote presentation, Dr. Deanna, a local author

and wellness expert, talks about how you can make small differences in your whole body and whole life. Hear about her whole foods, whole system way to arrive at your most vital, full-spectrum self and learn more on pages 6-7.



**Build a Swarm Box! with Heather Wood
Tuesday, April 12
6:30 pm, \$20 for materials
Tacoma**

When it comes to pollinating nearly every bite of food we chew, honey bees get top billing!

In this new class, a local bee activist talks about the differences between natural and conventional beekeeping, how to find and transfer feral swarms into temporary swarm boxes, and how to transfer them to permanent homes in innovative, bee-friendly hives. As they listen to tangible solutions for helping honey bees, all attendees will build their own swarm box using cardboard and tape. Heather Wood is founder of Urban Evergreen Bee Sanctuary, created through a grant from The City of Olympia. Join Heather on her mission to diversify our honey bee populations, one swarm at a time! Pre-registration required.



**Time-saving Rice Bowl Meals with Sloan Guisinger
Thursday, April 14
6 - 8 pm, \$20
Federal Way**

You're busy and preparing healthy meals is hard. Instead of trying to cook every meal from

scratch, (or eating dinner to-go every night) adopt Sloan's three-step process for creating different meals *without meal planning*. Students will learn the secret to creating thousands of hearty and delicious plant-based meals in just 15 minutes or less with no exotic ingredients or long shopping lists--just easy healthy meals that you and your family will love. A health and nutrition educator, Sloan teaches busy women how to easily transition from a Standard American Diet (SAD), to a plant-based whole foods

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME.

Payment can be made online by going to www.marlenesmarket-deli.com, clicking "classes", and following the link provided, by phone, or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes before class to claim your seat. Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at classhost@marlenesmarket-deli.com.

diet. She'll demonstrate how to make Mexican Brown Rice Bowl, Smokey Hummus Veggie Wrap and Asian Slaw with Orange Miso Dressing. Pre-registration required.



Keys to Organic Vegetable Gardening in the Pacific Northwest with Diane Downie and Paul Shelley Saturday, April 16 10 am – Noon, FREE Tacoma

Our favorite local gardeners present their annual slide

show and discussion on maximizing your organic vegetable patch by constructing raised beds and building soil. Join Diane and Paul to learn the basics of soil analysis and how to upgrade it by adding minerals and micronutrients. They'll also discuss starting seeds indoors, rotating crops, sequential planting, using trellises to grow crops vertically, and tips for organic pest control and for growing tomatoes and peppers. Handouts will be provided for all attendees and questions are welcome!



Introduction to Essential Oils with Elizabeth Bloom, DHM, DI. Hom Tuesday, April 19 6:30 pm, FREE Tacoma

Join the creator of Elizabeth Essentials for this popular interactive class on the amazing benefits of essential oils, including how to integrate them into your lifestyle to achieve and maintain optimal health and well-being. Participants will personally experience the entire product line, learn the many healing properties of each formula, and discover how to use them personally, and for your friends, family and clients. See Elizabeth's article on page 22 to learn more.



Defending Our Oceans - excerpts with Paul Watson from The Future of Healing video series hosted by Susan Blake, BS, NTP, GCP Thursday, April 21 6:30 pm, \$5-10 gratitude offering Federal Way

Humans are dependent on the ocean for food and

the planet herself depends upon the health of the oceans. As commander of the Sea Shepherd and former Greenpeace warrior, Paul Watson is a tireless defender of the ocean and its sentient beings. We'll watch video excerpts of a Masters of Nutrition interview with Watson as he discusses some of the deeply destructive practices in--as well as some of the most hopeful solutions for healing--our sacred waters. Blake is a nutritional therapist, a certified Gut & Psychology Syndrome instructor, and Weston A. Price chapter leader.



One Pot, Many Meals: A Gluten, Sugar, and Dairy-Free cooking class with Deena, The Deceptive Chef and Kim "in the Kitchen" Thornton Saturday, April 23 Noon – 2 pm, \$35 Federal Way



In this simple, yet priceless class, two popular guest chefs join forces to demonstrate recipes that work as a foundation for creating several health and energy-enhancing meals. First, students will learn to make an everyday nut milk that works as a stand-alone beverage or as a base for Splendidly Spiced Chocolate and Sensational Strawberry Swirl. Next they'll create hazelnut-almond meal tortillas, a grain-free flatbread that works as a wrap, as bread, or as a stand-alone snack, and demonstrate three ways to fill them to satisfy each member of the family. Finally, students will take home complimentary samples of Deceptive Delight Puddin' Cups and 12Spice seasoning packets and a handout of resources and recipes. All recipes are gluten, sugar, dairy, corn and soy-free, and AND celiac, diabetic, hypertensive, paleo, and primal friendly! Pre-registration required.



The Stress-Weight Connection with Meghan Hintz, LMP Tuesday, April 26 6:30 pm, FREE Tacoma

You're on track with your nutrition and exercise plan, but the pounds still won't budge... could stress be standing in the way of your weight-loss goals? Join functional nutrition health coach

Meghan Hintz to learn some of the surprising ways stress shows up in our lives and how it could be sabotaging your best efforts. We'll discuss nutrition, supplements, and self-care practices that can set you up for success and help you leave stubborn weight, fatigue, and low energy in the dust!



Improve Circulation and Healing with The BEMER Machine with Tim Newton, PT and Beth Didomenico, ND Thursday, April 28 6:30 pm, FREE Federal Way

Come explore the Bio-Electro-Magnetic-Energy-Regulation (BEMER) machine and its use in improving circulation to promote healing, relaxation, pain reduction and recovery from injury and activity. Tim Newton, MPT ATC, owner and founder of Newton Physical Therapy in Federal Way, has been practicing physical therapy and sports medicine for over 25 years, with a particular passion and devotion to biomechanics and integrated body movement patterns. Join him and Dr. Beth Didomenico, ND, founder of Federal Way Naturopathy, as they discuss the BEMER's potential to improve health and healing through its ability to increase circulation. Enjoy a BEMER session during the talk.



Homemade Tortellini and Ricotta Cheese with Julie Martin Saturday, April 30 10 am – 1 pm, \$40* (includes Oly-Cultures' Mozzarella & Ricotta Cheese Kit, valued at \$26) Tacoma

This fun new class focuses on making fresh tortellini pasta and filling, using freshly made ricotta cheese (created with Oly-Cultures' Mozzarella & Ricotta Cheese Kit), fresh spinach, mushrooms, herbs and spices. Join us and learn to make pasta from scratch, putting it through the different levels of thickness using a pasta roller, cutting the pasta to be used for tortellini, filling each one by hand, shaping it into the traditional tortellini shape and cooking it to the right tenderness. Students will then enjoy the freshly made tortellini, as well as taking home their own Oly-Cultures' Mozzarella & Ricotta Cheese Kits. Please pre-register.

Housing Feral Bees: *Keeping it Wild*

By Heather Wood

In 2014 I had an epiphany as to what my life's work would be--building beehives, feral swarming, and facilitating a new landscape where humans live in bee-centric communities. I hope to inspire you to keep bees, too, and encourage your neighbors, friends, and family to do the same.

There are several differentiations to be made between conventional and natural beekeeping. In nature, bees propagate by dividing the colony in two--the old queen, taking half the colony with her, is sent away to find a new home. Feral swarming creates healthier bees with strong bio-diversity, whereas the conventional method is to purchase new, artificially-inseminated queens each and every season. These queens are not produced naturally, but rather by manipulating the bees into creating emergency queens, which are weaker and less healthy. In conventional

provide resources for herbal medicines and holistic health care, but conventional beekeeping methods introduce chemicals to counter every potential hazard. Natural medicines cannot be made from chemically-contaminated honey, propolis, or pollen.

A diverse array of small organic farms--each growing a variety of crops--is the opposite of the industrial mono-cropping that has become the norm over the last 150 years. Natural bee lovers see each colony as one whole, sovereign being, not as a moveable adjunct to conventional farming. Deforestation has also eliminated significant natural bee habitat, making it difficult for bees to find suitable housing. If a swarm can't find an ideal home within several hours, it is lost to the elements and the bees die.

Let me help you support our local bee population by providing them with one of my innovative permanent hive designs. You'll also want to keep a swarm box at home for catching your swarms and have a plan ready for where and how to move it to a permanent hive. Because, when the time comes to catch your feral swarm of bees, you must act quickly! This springtime clump of bees is the vital element, including all the bees required to house a beehive. A feral swarm hangs on a branch with the queen, waiting to find a new home. The bees are gorged with honey, drowsy under the influence of queen pheromones, and are not apt to sting while in swarm.

I'll talk about how to catch feral swarms, how to house them temporarily in swarm hives, and how to move to permanent hives at

my table at Marlene's 40th Anniversary Open House in Federal Way on April 9th and again at a free workshop Marlene's-Tacoma on April 12th (details on page 10). Bee there!

Heather Wood received her BA from The Evergreen State College. A Certified Washington State Apprentice Beekeeper, she received a 2015 grant from the City of Olympia to build alternative beehives, leading her to found the Urban Evergreen Bee Sanctuary.



A small pot of thyme on your front porch will provide an inviting environment for pollinators.

beekeeper classes, people are taught to kill a queen at the first sign of weakness, replacing her with another not-so-great queen.

Conventional wisdom would have us steal honey from bees in the fall, feeding them corn syrup and sugar all winter long. In contrast, natural beekeepers allow the bees to keep their honey over winter for their own food and insulation needs. In their natural habitats, bee products





Build a Swarm Box!

1. Medium size cardboard box with lid (the kind used for filing documents works well)
2. 6" x 4" scrap of window screen
3. Packing tape
4. Box knife or serrated knife for cutting cardboard.

First, fold out the box and lid. Second, tape all inside seams to prevent future bees from getting crushed in collapsible crevasses of cardboard. Next, use the knife to cut a 5" x 3" horizontal rectangle in the middle of one side of the box. This will be our screened window. Go ahead and tape the screen on the inside of the box's window. There will be about a 1/2" of screen overhang around the window if we follow the above formula to an extent. Use the knife again for the three smaller cuts of an upside down "U" shape (90 degree angles) in the end of the box at the bottom edge to form a flap-door. The bottom edge crease of the box acts as a hinge. It is important that the door remains attached to the box.

Additional references:

<http://organicgardenerpodcast.com/bonus-earth-day-episode-37-heather-wood-urban-evergreen-bee-sanctuary-community-compost-collection-olympia-washington/#respond>

<http://www.thurstontalk.com/2015/08/10/olyvbc/>

<http://www.thurstontalk.com/2014/08/03/evergreen-bee-sanctuary/>

Build a Swarm Box!
with Heather Wood
Tuesday, April 12
Details on page 10!

Ocean Defense is Critical to Planetary Survival

By Susan Blake, BS, NTP, GCP

I am looking out of a plane window as I write. From this height it is easy to see that humans are just a small part of this vast ecosystem which must stay balanced and connected. I have learned that it is not enough to just worry about the food *I* eat, the health of *my* body and mind, *my* own home, or even *my* community. Like all of us, I must look beyond myself, way beyond. Every person on this planet is dependent on the ecosystem, which in turn depends on every species of plant, animal, insect, bird, reptile and fish to thrive.

Especially ocean creatures. The world's oceans comprise nearly 70% of the earth and are filled with creatures of all sizes--some the size of a football field, schools of fish that reach four cubic kilometers across, and countless other species we haven't even discovered yet-



-all supporting incredibly fragile and diverse ocean biomes.

Humans have relied on the ocean for food forever. Unfortunately, as the human population has grown, we extract more and more from the ocean to the point of species extinction. Instead of realizing the imbalanced ecosystem this creates, Paul Watson, Master and Commander of the Sea Shepherd, says we humans simply adapt to less variety and diminished resources. As availability decreases, demand rises. Prices increase, generating higher profits for distributors and creating a scenario in which extinction is profitable.

Humans also exploit sea life for other purposes:

Entertainment: zoos and parks pay hundreds of thousands of dollars for dolphins and whales

Weapons: sperm whale oil is used for high heat-resistant machinery

Pet food: over 40% of the fish taken from the ocean are consumed by livestock and pets

Somehow, we have to realize that the ocean can't continue to produce unlimited resources.

When some species take 45 years to reach sexual maturity in order to reproduce,



Susan shares excerpts from an interview with Paul Watson on Thursday, April 21 in Federal Way. Details on page 11.

we have to be careful how quickly we wipe out particular populations.

Watson is a true hero, a man dedicated to saving sea mammals, fish, the ocean and the planet. He writes and lectures on the many issues destroying ocean ecosystems but also provides insight to the many ways we can shift away from this path of destruction. Some of those ways are: decreasing the human population, supporting organizations that uphold the law, avoiding entertainment parks, starting more small grassroots organizations, getting plastic material out of the ocean, and supporting the production of plastic from seaweed, to name a few.

Watson is an important voice for the health of our planet. He talks directly and openly about things we may not want to know

and says things we may not want to hear. AND WE MUST LISTEN. He is a fearless defender of the ocean and its sentient beings and I am grateful for all that he is doing. He works tirelessly to protect the ocean, enforce international law, stop poaching, and more.

Instead of considering eye-hand coordination or technological ability as the defining factors for intelligence, Watson defines intelligence as “the ability to live in harmony with the natural world, to live in harmony with our ecosystem.” As more and more experts speak out, presenting alternative perspectives about how we could live, I know we can figure this out. I absolutely believe we can rise to the intelligence level of dolphins and whales and live in harmony with them and the rest of this amazing planet earth!

Susan Blake is a nutritional therapist, a certified Gut & Psychology Syndrome practitioner, and chapter leader of the Weston A. Price Foundation in Pierce County.



**Paul Watson,
Master and
Commander of the
Sea Shepherd**

*“...if the ocean dies, we die.
We don't live on this planet
with a dead ocean.”
~ Paul Watson*

Far left: In addition to his visionary duties as Master and Commander of the Sea Shepherd, Paul Watson is author of Earthforce! An Earth Warrior's Guide to Strategy. **Top of page 14:** Sam Simon is the fourth vessel of the Sea Shepherd Conservation Society fleet, named after American television producer and writer Sam Simon, who donated the money to purchase the vessel. **Center:** Humpback whales are very acrobatic, often breaching high out of the water and then slapping the water as they come back down. Sometimes they twirl around while breaching. Breaching may be purely for play or may be used to loosen skin parasites or have some social meaning. Perhaps the most interesting behavior of humpback whales is their “singing” which can be heard up to 20 miles away. Scientists have discovered that humpback whales sing long, complex “songs.” Whales in the North American Atlantic population sing the same song, and all the whales in the North American Pacific population sing the same song. However, the songs of each of these populations and of those in other areas of the world are uniquely different. A typical song lasts from 10-20 minutes, is repeated continuously for hours at a time, and changes gradually from year to year. Singing whales are males, and the songs may be a part of mating behavior. Sea Shepherd is leading the effort to defend and protect humpback whales from the harpoons of the illegal Japanese whalers in the Antarctic. **Below:** The Sea Shepherd logo. To get involved with defending marine life, dial 1-877-WHALES-9.



I have had an amazing experience teaching and writing for Marlene's over the last few years. I appreciate the quality brands she offers in the store, I meet awesome people at each class, I enjoy getting to know all the employees and I am truly grateful for all the opportunities. Thank you, Marlene for helping us all be successful, healthy and aware! ~ Susan Blake

There's no reason to cheat when you're...

Dining *with* Deena

The Deceptive Chef



Spring Into Health—Forage at Marlene's!

By Deena, The Deceptive Chef

Spring is upon us and we are seeing the beginnings of renewal all around. Buds are blooming and plants and trees are offering us nutrition from the depths of the soil through the roots, up the trunk, through the branches to the tip of that dark green leaf, which is then plucked off and eaten.

Once eaten, that dark green leaf is providing the body with key macro nutrients and an abundance of micro-nutrients. Collective wisdom holds that the darker the leaf, the denser the nutrients and the more colorful the plate, the better the variety of nutrients to be consumed.

Instead of living in the woods and plucking leaves, we stop at Marlene's and select from a variety of healthy, local, organic, sustainable, non-GMO foods.

In this time of renewal and celebration, let's take a moment to reflect on our shopping habits. Do you start at the vegetables and fruit section of the store? Always make this your first stop. Fresh produce is the largest and most cost-effective component of your shopping list and where you'll bank the most nutrition.

For example, just one piece of celery, one carrot, one pepper, one Swiss chard leaf with stem, and one kale leaf with stem added to a soup, salad or juice, creates up to four servings. Vegetables go a long way and create a good volume of food while offering the body its preferred form of nutrition and hydration.

Just think about the giraffe that has only leaves to eat. Sustainability and health are

achieved not through heavy volume but through consistent, dense nutrition from a ready supply of calories that are easy to digest and assimilate--what I like to refer to as clean fuel.

Fruits offer an incredibly healthy and cost-effective snack. Instead of going for cooked sugars, try for fresh fruit. An apple with a seed or nut butter or a handful of raw seeds and a small amount of raw nuts is the perfect snack between meals.

Fresh fruits, vegetables, nuts and seeds will increase your metabolism by allowing your body to turn what you have just eaten into fuel. Eating small, nutrient-rich foods every two hours helps you burn the fuel efficiently.

April is a great month to start matching the vegetables inside the store with the garden



Join Deena for One Pot, Many Meals: A Gluten, Sugar, and Dairy-Free cooking class on Saturday, April 23. Details on page 11.

starts outside. The produce managers at both Marlene's locations can help you choose the plants with the best nutrition. Learn everything you need to know about the plants that are the best nutrition this planet has to offer. Watch the end caps for grocery items to help you create a meal that everyone in the family will enjoy. Remember, colorful vegetables are the foundation of your meal and you can season them just like meat! Please enjoy these simple and easy prebiotic recipes to help build good flora for the seasons to come.

Deena, The Deceptive Chef® is the creator of Deceptive Delights™. Her gluten, sugar, dairy and yeast-free desserts are found in the refrigerated Grab 'n' Go section at Marlene's-Tacoma and in the freezer at Marlene's-Federal Way. Follow her on Pinterest and Facebook and at www.deceptivedelights.com.

Shaved Jerusalem Artichoke and Beet Salad with Hemp Oil and Herbed Nut Cheese

3	Jerusalem Artichokes
1 small	beet
1 handful	micro greens
1 fresh	green bean, shaved
1 half	apple
3 tsp	hemp seeds
3 Tbs	hemp oil
1/2 serving	herbed nut cheese from Punk Rawk Labs

- Shave the Jerusalem artichokes, beets and half an apple on a mandolin tool, or thinly slice with a knife.
- Place rinsed and drained micro greens on a plate then layer the artichoke, beet and apple, drizzling one tablespoon of oil and dusting one teaspoon of hemp seeds between each layer.
- Top with pieces of herb nut cheese, drizzle of hemp oil and dusting of hemp seeds. Enjoy!

Roasted Jerusalem Artichokes

1 lb	Jerusalem Artichokes
1 tsp	salt, pepper, garlic powder
2 Tbs	grapeseed oil

- Rinse and drain and set onto a roasting pan.
- Drizzle with oil, then toss with seasonings to coat.
- Roast until soft inside about 35-45 minutes depending on the size of the artichoke.



Once I learned my struggles originated with my diet, Marlene's was the only place that could help. I have been a customer for the last 20 of their 40 years and in that time, I have become the resource I am today thanks to my education at "Marlene's University." The highly-trained buyers are the professors who carefully source products from sustainable producers, giving small businesses like myself the opportunity to gain an audience. If it wasn't for natural stores I could not imagine life or whether I would even have lived this long. Thank you, Marlene!

- Deena

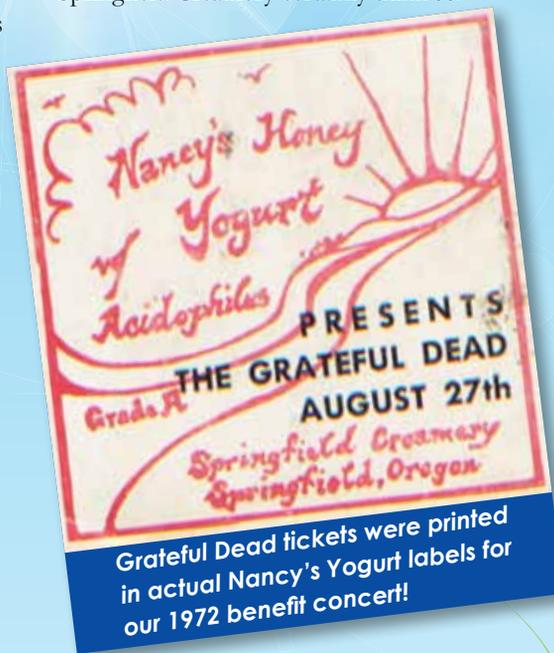


SPRINGFIELD CREAMERY - THE FOLKS THAT MAKE NANCY'S YOGURT - CELEBRATING OVER 56 YEARS!

Fresh out of college and newly married, Chuck and Sue Kesey opened the doors to Springfield Creamery in 1960 in their hometown of Springfield, Oregon. A small, humble creamery that began with bottling and delivering milk in glass jugs, it soon became clear that a niche product was needed to ensure that the Creamery would survive. At this time Nancy Hamren came to work for the Creamery with yogurt making experience from her grandmother. Her experience, paired with Chuck Kesey's expertise as a Dairy Technologist, working with bacteria and probiotics, seemed to be the perfect match. In 1970 Nancy's Yogurt was born, becoming the first probiotic-cultured yogurt in the US.

That first Nancy's Yogurt, with the probiotic acidophilus culture, came to local customers in the early 1970s in glass canning jars. Nancy's fan base soon grew and it was those loyal customers who not only grew the business in those early years, but also saved it. By 1972, the Creamery was facing financial hardship. In a creative move, Chuck Kesey called upon friends of his brother, author Ken Kesey, to perform a benefit concert. Ken's friends were The Grateful Dead. With nearly 20,000 people attending the historic event in 110 ° heat and tickets printed on Nancy's Yogurt labels, the concert gave the Creamery the

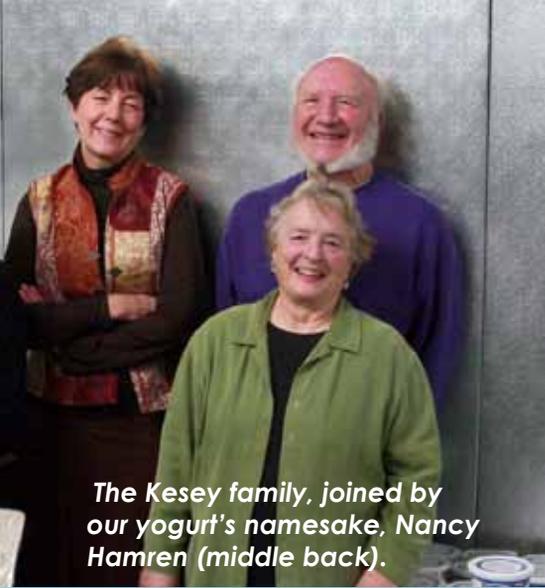
financial boost they needed to survive. This epic Grateful Dead concert, coined the 'Sunshine Daydream' show in Veneta, Oregon, is considered one of the Grateful Dead's all-time finest performances. The folks at Springfield Creamery certainly think so.



From there Springfield Creamery continued to grow and thrive with the support of loyal customers and longtime employees. That support was never more evident than when the Creamery experienced a devastating

electrical fire in 1994, destroying much of the building and assets the Kesey's had built up over the years. But with that employee and community support, the Creamery was back to making their flagship Nancy's Yogurt in just four short weeks. Although the fire was a significant setback, the Kesey's slowly rebuilt the business, returning to what they do best--making healthy food for folks.

It is rare that a family can tell the story of their business, spanning over half a century, and one would agree that Springfield Creamery's story follows a more colorful path than most. Today, Springfield Creamery offers more than 105 items in the Nancy's Natural and Organic Cultured Dairy and Soy line of products. Springfield Creamery uses local, rBGH-free milk, real fruits, no cane sugars and of course, billions of live, beneficial probiotics in each and every Nancy's product. Springfield Creamery is fortunate to have an excellent, natural and organic milk source in Oregon, bringing fresh milk each day from nearby family farms. Local Organic Valley Cooperative farmers supply the organic milk to make Nancy's, offering the freshest organic milk from pastured-raised cows. With a full line of Organic and Non-GMO Project Verified dairy products, Nancy's continues to craft genuine foods that are good for your health.



The Kesey family, joined by our yogurt's namesake, Nancy Hamren (middle back).



Nancy Hamren cooking a vat of cottage cheese at Springfield Creamery's original location, circa 1974.

With the help of the second and third generation, the Kesey family still owns and operates Springfield Creamery today, just as they have for over 56 years. In fact, in an industry where automation is the standard, on any given day you will still find Chuck checking each batch of yogurt to determine when it's fully cultured- using nothing more than a spoon! Nancy, the yogurt's namesake, although now retired after 44 years at Springfield Creamery, still serves on the International Probiotic Association board and remains a probiotic expert for Springfield Creamery. Learn more about Springfield Creamery's cultured history and Nancy's Cultured Dairy and Soy at www.nancysyogurt.com.



Nancy's product line, circa 1975.



It's amazing what can be achieved when one stays true to the principles of natural living, genuine, healthy foods and their community. It is an honor to have had the support with many great partners along the way, including Marlene's Market & Deli, and we congratulate them on their 40th Year! Longevity and independence for a company in this day and age is unusual and a testimony to integrity and an authentic way of doing business. We are sure that Marlene's would agree, with the decades of doing business, there are some great stories and treasured friendships along the way.
 ~ Springfield Creamery

Soil is ALIVE...

By Hendrikus

It is the balance and health of the mini-ecosystem within our soil that feeds and maintains the health of all plants. It is the balance within our soil that helps sustain our rivers and our lakes. In turn, the health of our plant life, our water and our air determines our own health.

Our approach to organics is based on more than just using organic fertilizers and discontinuing or limiting the use of pesticides. Our approach is based on the organic balance of the whole of nature, understanding the interconnectedness of all living things, and from there bringing forward products, techniques and knowledge that will restore, sustain and enhance our environment.

By starting with the soil, we begin at the foundation. Just as with alternative medicine today, and our understanding that by supplying the body with fresh, whole foods, we create health and disease prevention, it is the same with our soil. By creating a living soil, feeding it with the proper organic and mineral nutrients to create a healthy soil foodweb for the beneficial microorganisms, we supply our plants with all they need to become strong and healthy.

Pests and diseases are an inherent part of nature. They attack the weaker of any species. Nature's plan has always been that the stronger of a species survive and the weaker are 'recycled'. In this way nature can perpetuate herself, by creating stronger and healthier species. And so it is with our plants.

Proven through experience, the gardens that Hendrikus has installed with living soils and maintained organically have virtually no pest or disease problem. They are lush and vibrant with life. Maintaining a healthy garden is easy. Our goal is to bring you the products and information you need to restore that health to your garden, help you maintain it properly once it is healthy and vibrant and in doing so improve your own health and that of our earth.



Congratulations to Marlene's Market & Deli for 40 years of serving our community healthy organic foods! You are a true pioneer in this growing organic movement toward non-GMO foods! Your stores not only give people a great place to have lunch, but also buy healthy food at the same time. You have very warm customer service, and we have always enjoyed working with you! Here's to another 40 years serving healthy organic foods to our community! ~ Hendrikus Organics

...feed yours well!



The **Hendrikus** approach to healthy soil transcends simply using organic fertilizers and avoiding pesticides. Founded on the interconnectedness of all living things, their philosophy uses earth wisdom and natural techniques to restore, sustain, and enhance the environment of the soil.



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Learn more about using **BLOOM** fertilizers to maximize your northwest garden at Diane Downie and Paul Shelley's free talk, **Keys to Organic Vegetable Gardening in the Pacific Northwest**, Saturday, April 16. Details on page 10.

When you use **Black Lake Organic's** specialty fertilizer and potting mixes, just add water and your plants thrive! **Cascadia Gold™ Fertilizer Blend** comes recommended by Steve Solomon author of *The Intelligent Gardener: Growing Nutrient Dense Food*.



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Wellness with Essential Oils

By Elizabeth Bloom, DHM, DI Hom

The Diagnosis Model

In Western-based medicine, diagnoses are handed out every day that devastate patients and families. Words like Chronic Fatigue Syndrome, Post-Traumatic Stress Disorder, Influenza, Attention Deficit-Hyperactivity Disorder, Fibromyalgia and Arthritis give us a handle to latch onto but they don't define us and offer no help in understanding why we "have this thing."

Holistic Alternatives

Complementary (or *holistic*) medicine also uses tests and therapies to address health disorders. Dark Field Microscopy, bio-feedback, and saliva and hair analysis are non-invasive tools for evaluating hormonal levels, enzyme activity, nutritional deficiencies and adrenal health. The difference is these holistic approaches consider the whole person—mind, body and spirit—and seek to answer the why, what, where and when of an imbalance. Identifying the core issue, detoxifying and balancing the body, and reestablishing the biochemical system are essential in eliminating dis-ease, no matter what the diagnosis.

Historic and Safe

As consumers we have many choices, including whether to use non-toxic, natural therapies instead of toxic, synthetic medications. Essential oils have been used for healing and to maintain wellness for centuries. The first recorded use of medicinal oils was by the Egyptians. Then, as now, essential oils were used topically, in baths, and as aromatherapy for a litany of disorders and symptoms. A common therapeutic application is lymphatic massage because specific essential oil blends trigger the body's healing processes by stimulating blood flow and lymph fluid (the same benefits necessary to relieve pain and inflammation).

Made from Nature

Essential oils are derived from the distillation of organic leaves, stems, flowers, bark, and plant roots. They can affect the body's physiological system directly or indirectly. For example, a drop of a proprietary blend used

topically for relaxation may help anxiety or panic and also promote restful sleep. Essential oils for topical therapeutic use should be used exactly as recommended because they are diluted with a carrier oil. Otherwise, undiluted oils can cause severe skin irritation.

The Holistic Medicine Vision

Essential oils are used extensively throughout Europe and Asia, where aromatherapists work alongside physicians in hospitals and clinics, coming together to advance complementary care by employing the holistic principle *First, do no harm*. In my 40 years as a holistic practitioner and clinician in the United States and United Kingdom, I used numerous techniques for my clients, including homeopathy, low level laser therapy, iridology, nutrition, microscopy, and Chinese Medicine before dedicating my professional focus to the formulation of therapeutic essential oils, the most powerful tools in my arsenal.

I founded Elizabeth Essentials 16 years ago using the same complementary approach. At Elizabeth Essentials, it is my vision to have physicians and therapists use essential oil remedies to support the health and well-being of their clients and patients. We are happy to communicate with you by phone to offer suggestions about which products might best serve your needs. We encourage you to communicate with your holistically-aware health care professional. Education is power and you have the final vote. Here's to your health!



Congratulations to Marlene, family and crew for your perseverance and attention to health and well-being for all of us here in the South Sound for the past 40 years. I've been educating your customers and supplying you with our Essential Oils for 6 years. I give thanks every day for your strong presence in my life and those of your crew that I am honored to work with. Keep up the good work. Blessings to you all... ~Elizabeth Bloom

Elizabeth Bloom, DHI, DI Hom, is founder of Elizabeth Essentials. She can be reached at www.elizabethessentials.com or by calling 888.575.0272.

Join Elizabeth for an Introduction to Essential Oils on Tuesday, April 19 Details on page 11.



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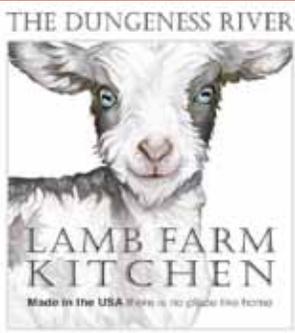
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Usage Tips & Recipes:

Bath: Add six drops to ease tension and relieve muscle stiffness.

Bedtime: Apply a few drops on a bandana or handkerchief and place under bed sheets or in pillow cases.

Bug bites: Add two drops French Lavender oil and two drops peppermint oil to a bandage and place over bug bite.

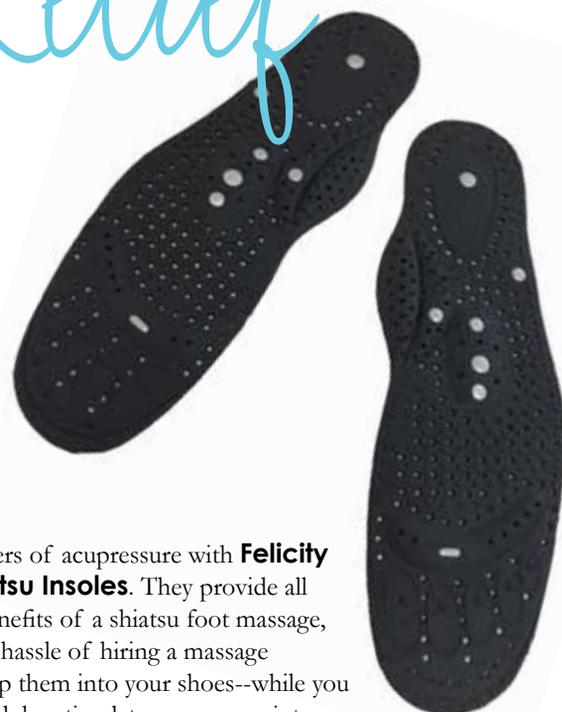
Burns: Massage two drops directly onto fresh burns. Mix with Tamanu oil for added regenerative benefits.

Stress relief: Inhale deeply while stuck in traffic.

STRESS Relief



Keep your stress in check by fueling yourself with some key foods. Look for high magnesium foods such as **seeds, nuts, and dark leafy greens** to keep your senses sharp and your muscles relaxed. Keep grounded with some long lasting, good-carb power from **oats**. Grab a **cup of green tea** for an extra theanine brain-boost!



Discover the wonders of acupressure with **Felicity Massaging Shiatsu Insoles**. They provide all the comfort and benefits of a shiatsu foot massage, without the cost or hassle of hiring a massage therapist! Simply slip them into your shoes--while you walk, massaging nodules stimulate pressure points on the soles of your feet. These pressure points correspond to specific internal organs in your body to promote well-being.

Give your body the comfort it needs with Cannavest's high quality **CBD** products. This botanical superstar is infused with balancing cannabidiolic acid (CBDA) and cannabidiol (CBD) from agricultural hemp. Check out their Green and Gold Grams to revitalize your skin with a fresh, cool sensation. If you're on-the-go, look for convenient Plus CBD Oil Capsules.



Which Herbal Formulas are Right for You?

A Conversation with Herbalist Daniel Gagnon of Herbs, Etc.

Q: What factors should be considered when choosing herbs?

A: Does the herbal product contain all of the active constituents in ratios found in nature, or have the constituents been altered? Is the herbal product fresh? What is the shelf life of the herb? Has the herb been processed in such a way to ensure that it will be effective when you are ready to take the product? Does the product require you to digest the herbs in order to get all of the benefits from these herbs? Is it convenient to take? Is it affordable? Does the product address the problem that you are trying to solve? **Of all the available forms of herbs, liquid herbal extracts best address all of these factors. This is the reason that American herbalists recommend this form of herbs the most.**

Q: What are liquid herbal extracts?

A: Liquid herbal extracts are herbs in which the active constituents are suspended in a liquefied medium, usually alcohol and water. If the alcohol is left in the formulation, an alcohol-containing extract is the result.

Q: Is alcohol an unavoidable part of the process?

A: Once the constituents have been extracted, the alcohol in the extract can be removed using a heat-free process to produce alcohol-free herbal extracts. The alcohol-free herbal extracts are suspended in glycerin to make alcohol-free extracts or suspended in olive oil to create a liquid herbal concentrated extracts in softgels.

Q: Why are herbs in liquid herbal extract form preferable over dried herbs in capsule or tablet form?

A: The success of herbs as healing agents is dependent upon how active their constituents are when ingested. For maximum therapeutic benefits it is important to take herbs in the form that best captures and preserves their active constituents. Liquid herbal extracts achieve this, so they are the most therapeutically beneficial form of herbs available.

- Most herbs in tablet or capsule form are ground months prior to appearing on store shelves. They lose many of their active ingredients both when they are ground and while they are in storage.
- Herbal tablets also contain fillers, binders and other materials necessary to compress ground herbs into tablet form. Tablets must also be dissolved by the body's digestive system before the herbs can be assimilated. Herbal capsules tend to be better than tablets because they do not contain the extra manufacturing materials and they dissolve easily in the stomach.
- If the body is not digesting and assimilating well, the potential therapeutic benefits of herbs in tablet and capsule form diminishes because the digestive system must break the active constituents free from the fiber and cellulose.



- Herbs in capsule and tablet form also lose potency as they are exposed to oxygen (capsules oxidize more rapidly than tablets).

Herbs in liquid extract form, on the other hand, contain no fillers, binders, or “extra” ingredients so they are immediately assimilated into the body. Nothing has to be broken down or digested in order for the body to absorb them. In liquid form, the herbs are immediately available for assimilation into the bloodstream, glands and organs. Even a person with poor digestion and assimilation can enjoy maximum benefits from liquid herbal extracts.

Daniel Gagnon, owner of Herbs, Etc., has been a practicing Medical Herbalist since 1976. He is the author of the best-selling book Liquid Herbal Drops in Everyday Use, the updated Practical Guide to Herbal Medicines, and co-author of Breathe Free, a nutritional and herbal self-care book for the respiratory system. Daniel is the acting director of the Botanical Research and Education Institute in Santa Fe, which publishes educational material on herbal therapeutic.

The Wonders of Aloe Vera

By Audrey Ross, ND

Aloe Vera use can be traced back to ancient Egypt over 6000 years ago. It was thought of as the “plant of immortality” and was often part of burial rituals. Later, ancient Greeks and Romans used aloe to treat wounds. Fast forward to the 21st century and aloe vera is still a vital component in complementary and integrative medicine. Let’s look at why.

Aloe vera is a member of the lily family and there are over 500 different species of aloe. *Aloe Vera Barbadosensis* has been deemed the most potent and nutritious and is therefore the most common species used in topical and supplement products. With 19 of the 20 base amino acids required by the body (aloe does not contain tryptophan) and an array of biologically active components including vitamins, minerals, antioxidants and enzymes, we can see why this is such a key ingredient for promoting health and wellbeing.

The benefits of aloe vera are supported by scientific and clinical studies, many suggesting aloe’s role in oral health. The National Center for Complimentary and Integrative Health suggests that aloe vera possesses antimicrobial and anti-inflammatory properties that could benefit those with oral health issues.

However, all aloe products and processing are not created equal. We need to look a little deeper to select the best aloe for the best results.

The first question when considering aloe consumption is whether to take a whole leaf or inner fillet supplement. The answer depends on need. If you are looking for a laxative, then whole leaf is your best choice. Whole leaf aloe contains anthraquinones (often labeled aloe latex or aloin). These compounds are found in the green “skin” of the aloe leaf and possess a laxative component.

The National Institutes of Health suggests caution when consuming whole leaf aloe vera every day because the aloe latex, consumed daily, may result in laxative dependency. However, if you are using aloe as a laxative then you need the whole leaf form.

Inner fillet would be a great choice for the multitude of health benefits, *provided it is processed correctly to maintain these vital nutrients.*

One specific inner fillet aloe product, ACTIValoe®, is an excellent choice. This aloe is produced by AloeCorp in the Rio

Grande Valley of west Texas and is certified organic. ACTIValoe® has the most third party scientific

research conducted on the product of any other aloe available today. The emerging science suggests that consuming 1 ounce of ACTIValoe® per day will increase the absorption of Vitamin B-12. Consuming 2 ounces of ACTIValoe® per day will increase the absorption of Vitamins E and C. And consuming 8 ounces of ACTIValoe® per day research indicates it will support the immune system, the digestive system, the cardiovascular system and will support the body’s antioxidant health. In addition, AloeCorp uses a patented drying process unique to the aloe market, QMatrix®. This process is a low temperature and short term process to help maintain key nutrients from field to bottle without destroying the delicate compounds that make aloe such a wonderful supplement.

Look for ACTIValoe® in your supplements to guarantee the highest quality ORGANIC aloe you can buy.

Audrey Ross is a naturopathic physician and West Coast educator for Country Life.

* In May 2002 the FDA ordered all over-the-counter laxatives containing aloe vera aloins (specifically from the yellow sap of the aloe) be removed or reformulated. Today, these concerns have been addressed and products on the shelves have been reformulated.

Secrets to
Better Digestion
with
Audrey Ross, ND
on Wednesday,
April 6. Details
on page 10.



Congratulations on 40 years of providing exceptional products and customer service to the lucky people in the Seattle/Tacoma area. Your continued commitment to health and wellness is greatly appreciated by us all. Here’s to another successful 40 years! ~ Dr. Audrey Ross, Country Life Vitamins

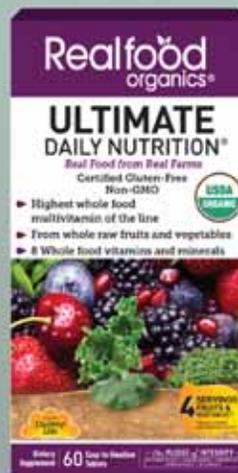
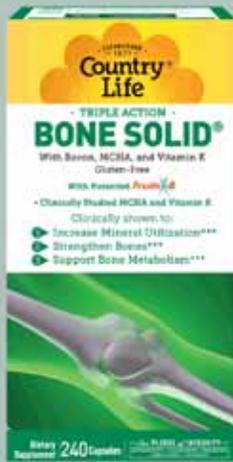
40% OFF* Country Life products in April!

Being healthy is essential to being happy and we believe that good health is an important part of treating yourself well. With a 40 year plus heritage of providing wellness, Country Life's high quality products have been helping you stay happy and healthy since 1971. We are passionate about our commitment to provide you with the best. Our Country Life Pledge of Integrity means that every product we provide comes with a guarantee of high quality, and purity in every bottle.



Celebrating
40
years

Thank you
for staying well
with us since 1976.



*40% off regular MSRP. In store prices reflect discount.

Marlene's

Celebrating 40 years



EARTH FRIENDLY
**ECOS
Laundry
Detergent**

100 oz.
Reg. 14.95



\$9⁶⁹

KICKING HORSE COFFEE COMPANY

**Kicking Horse
Coffee**



10 - 12.3 oz.
Assorted varieties
Reg. 13.15

\$9⁴⁹

PIRATE'S BOOTY

**Corn Puff
Snacks**



4 - 4.5 oz.
Assorted varieties
Reg. 3.59

\$2²⁹

R.W. KNUDSEN

**Simply Nutritious
Juice**



32 oz.
Reg. 4.25

\$2⁹⁹

BEANITOS

**Bean & Rice
Chips**



6 oz.
Assorted varieties
Reg. 3.55

\$2²⁹

NATURE'S PATH

**Organic
Eco-Pac
Cereal**



32 oz.
Assorted varieties
Reg. 9.85

\$7⁴⁹

PEACE

Cereal



10 - 12 oz.
Assorted varieties
Reg. 4.89

\$3⁶⁹

SO DELICIOUS

**Coconut
Yogurt**



5.3 oz.
Assorted varieties
Reg. 2.39

\$1⁶⁹

**All Juice,
Smoothies &
Protein Drinks**

15.2 oz.
Assorted varieties
Reg. 3.29

\$2⁴⁹



**ODWALLA
Nutrition
Bar**

2 oz.
Assorted varieties
Reg. 1.39

99¢

Marlene's Celebrating 40 years



Founded in 1960, Springfield Creamery launched one of the first yogurts in the U.S. to contain live probiotic cultures and in 1970, Nancy's Yogurt was born.

Over half a century later, Nancy's Cultured Dairy and Soy Products offer over 100 products using fresh, local milk, real fruits, no cane sugars and of course live probiotic cultures. The Kesey family also still owns and operates Springfield Creamery today, continuing their tradition and commitment to natural living, healthy foods and support of their community. www.nancysyogurt.com



NANCY'S
Cultured Dairy & Soy Products

Assorted styles & sizes

20% off

In-store prices reflect discount



Celebrating
40 years

Thank you for staying well with us since 1976



FORAGER PROJECT

Cashewmilk Beverage

Forager products are convenient, 100% organic, cold-pressed and perfectly protected using HPP technology which makes them an ideal fast, slow food.

28 oz.
Assorted varieties
Reg. 6.59

\$5⁶⁹



DOUBLE RAINBOW Organic Ice Cream

Quart
Assorted varieties
Reg. 8.95

\$6⁷⁹



Aromatherapy on the go!

Keep them handy in your purse, backpack, car or gym bag!

\$11⁴⁹



Here is an enjoyable way to build immunity against colds and flu, relax and rejuvenate the nervous system, refresh and cleanse the mind, brighten mood and promote feelings of well-being.

Pure essential oils in convenient inhalers. Our healing scents are easy to use and come in specially-capped inhalers to keep your fingers clean of oils.

EO Natural Hand Sanitizers

Assorted varieties

25% off

In-store prices reflect discount



Marlene's Celebrating 40 years

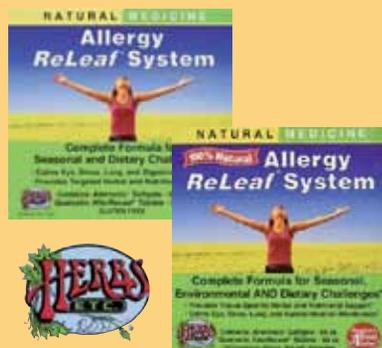


SHIKAI Hand & Body Lotion

8 oz.
Assorted varieties
Reg. 8.99



\$5³⁹



HERBS ETC. Allergy ReLeaf System

The most comprehensive allergy support system

2 weeks
Reg. 27.99

\$19⁹⁹

1 month
Reg. 43.99

\$29⁹⁹

DESSERT ESSENCE

100% Australian Tea Tree Oil



1 oz.
Reg. 11.99

\$8⁹⁹

OTHER DESSERT ESSENCE PRODUCTS ALSO ON SALE!



SOURCE NATURALS

Allercetin



48 tabs
Reg. 9.99

\$5⁹⁹

ANDALOU

Shampoo or Conditioner



11.5 oz.
Assorted varieties
Reg. 9.95

\$7⁵⁹

HERB PHARM

Supplements

Assorted sizes



25% off

In-store prices reflect discount

HERB PHARM

Stress Manager Reg. 13.99..... **10.49**

CARLSON

Cod Liver Oil Liquid 500 ml., Reg. 54.99.....

\$39⁹⁹

CARLSON

Fish Oil Liquid 500 ml., Reg. 54.99.....

\$39⁹⁹



RENEW LIFE

7 Day Rapid Cleanse

Quick one week cleanse for a quick internal spring cleanse. Reg. 29.99

\$19⁹⁹



RENEW LIFE

Organic Clear Fiber

12 oz.
Reg. 19.99

\$13⁹⁹



Marlene's

Celebrating 40 years



All Supplements

Assorted sizes & varieties

25% off

In-store prices reflect discount



NEW CHAPTER
Multi
Vitamins

Assorted varieties & sizes

35% off

In-store prices reflect discount



AMAZING GRASS
Green Superfood
Energy Formula

30 servings, 7.4 oz.

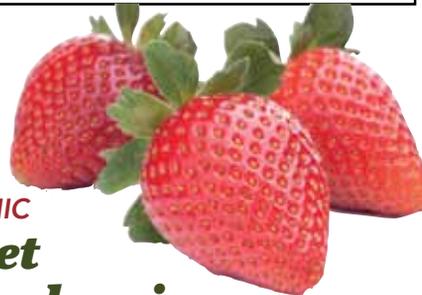
Green SuperFood is a powerful blend of nutritious greens, phytonutrient-packed fruits, veggies and cereal grasses, digestive enzymes and probiotics. Watermelon & Lime.

Reg. 29.99

\$19.99

ORGANIC
Radishes

\$1.99 ea.



ORGANIC
Sweet
Strawberries

1 lb.

\$3.99 ea.

PLANETARY
HERBALS
Three Spices
Sinus Complex

90 tabs
Reg. 12.75



\$7.99



Allergies shouldn't stop your FUN!



BOIRON
Sinusalia®

60 ct.
Reg. 11.89

\$7.99



BOIRON
Sabinil®

60 ct.
Reg. 11.89

\$8.99



PURE PLANET
Planet Protein

- Vegan
- Non GMO
- Organic
- pH Balanced with Green Superfoods
- Easy to Digest
- Soy Free • Great Tasting



PURE PLANET
Spirulina

- Can help increase endurance and stamina
- Is a rich source of carotenoids
- May reduce cravings and appetite
- May support healthy immune function
- Can help promote healthy cholesterol levels and cardiovascular function

25% off

Suggested manufacturer retail price.
In-store prices reflect discount.

**The Best Tasting
Whey Protein!**



WHEY FACTORS®

No added sugar! Grass-fed, no growth hormones and GMO free

- 16-17 g of protein per serving
- Non-denatured and microfiltered
- No artificial sweeteners!
- 100% natural whey protein

In-store prices reflect discount



**NORDIC NATURALS
Omega-3
Products**

Assorted sizes

25% off

Suggested manufacturer retail price.
In-store prices reflect discount.



LIFEFACORY
**Glass Containers
with
Silicone Sleeve**

Assorted styles & sizes

20% off

In-store prices reflect discount



THE PERFECT PAIR

A new approach to weight loss support †

35% OFF

In-store prices reflect discount

FITBIOTIC™

A probiotic designed to enhance your current diet and exercise program.†

- » Certified USDA Organic
- » 50 Billion CFU
- » 14 Probiotic Strains
- » sugar free
- » 4g Prebiotic Fiber
- » Convenient unflavored stick pack - mixes easily

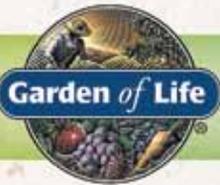
RAW FIT®

Dietary supplement ideal for anyone who wants to lose weight, burn fat and maintain healthy blood sugar levels.†

- » Certified USDA Organic
- » Non-GMO Project Verified
- » 28g sprouted protein
- » 4 to 6g of fiber
- » 170 to 190 calories
- » 0 to 1g sugar



In-store prices reflect discount



Empowering Extraordinary Health®

† 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.

DR. MERCOLA
Liposomal Vitamin C



Advanced absorption
Reg. 18.69

\$13⁹⁹

In-store prices reflect discount

DR. MERCOLA
Advanced Eye Support



Comprehensive vision support
Reg. 27.45

\$20⁴⁹

In-store prices reflect discount

HEALTHFORCE
MacaForce

Assorted sizes



15% off

In-store prices reflect discount

HEALTHFORCE
Spirulina..... 15% off

ECO-DENT
PREMIUM NATURAL ORAL CARE PRODUCTS

Way to Go, Marlene's, on 40 Great Years! ~
Ecodent Dental Products



"Supporting social equity
and environmental
sustainability through
fair trade organic coffee."

Mountain Sales North
Congratulations Marlene's! Outstanding
community for 40 years. We are proud to
since 1987. - Mountain Sales Northwest

MINERAL FUSION™

Congratulations on 40 years in business, Marlene! You don't look a day
over 39! Thanks for making beauty healthy! ~ Mineral Fusion

Pacific Natural Sales

It has been our honor to do business with Marlene's right from the
beginning. Congratulations on 40 years! ~ Pacific Natural Sales



CONGRATULA

Pickled Planet congratulates
Marlene's on 40 years of business!
Thank you for your service and
commitment to the community.



Marlene has been not only an icon of the South Puget Sound health
scene for the last 40 years, but a wonderful example and promoter for
others. She personally influenced and encouraged my journey into
natural medicine. A generous business owner, she has served the roles of
mentor, teammate, advocate and friend for myself and many others in
the industry. ~ Beth DiDomenico, ND, Federal Way Naturopathy



Congratulations to Marlene and all of her staff
for 40 years of dedication to helping people live
healthy lives—Kobalt Design Group



Congratulations to Marlene's Market & Deli
for connecting customers to small-scale
farmers for 40 years! ~ Your friends at
Equal Exchange



Marlene, congratulations on leading the way
for 40 years! We couldn't be happier for you. ~
WCP Solutions



Congrats on 40 wonderful years from your favorite little
local distributor since 1978. We love Marlene's, and staff
like family! ~ Northbest

And more congratulations from:



Northwest
service to the
be your partner



Happy Anniversary from Hummingbird Wholesale! Thank you for your commitment to nourishing Organic food. Here's to another 40 years! ~ Hummingbird Wholesale

Thanks to Marlene for being a leader in natural health from organic foods and quality supplements to fun and informative classes. Here's to many more! ~ Meghan Hintz, Certified Fermentationist

CONGRATULATIONS, MARLENE!

Earth Science Naturals congratulates Marlene's on 40 successful years. Cheers to 40 more!



ShiKai so appreciates Marlene's for 40 years of partnership in the natural products industry – they've been with us almost since our beginning 46 years ago, congratulations!

Thank you Marlene's for all your years of dedicated hard work in becoming one of most prestigious family-owned stores in the Pacific Northwest. Both stores support new ideas, welcome shoppers' input, and support small local businesses to enable customers to achieve a healthy life. Thank you from Oly-Cultures!



Congratulations on Your 40th Anniversary! ~ Light Mountain Organic Hennas



Who would have thought that 40 years ago, your vision and passion would turn into what it has become today? Congratulations Marlene, from Provender—celebrating 40 years in 2016, too! ~ Provender Alliance

ANCIENT SECRETS®

Congratulations to Marlene's, and Thanks! ~ Ancient Secrets Neti Pots



"Congratulations from Consolidated Press. Thank you for 40 years of knowledge – looking forward to many more. You are a true pioneer for eating and living healthier."

To a very special and amazing person. I send you much love and continued success! ~ Dirk "White Heron" Yow, Precision Intestinal Oxidative Hydrotherapy





Marlene with her beloved organic produce in Gateway Center.



Federal Way Health Foods has a new owner. She is **Marlene Beadle** of Twin Lakes. **Federal Way Health Foods** was formerly **House of Foods**.



Marlene Beadle

Mrs. Beadle has studied and practiced nutrition for 11 years. Besides featuring many health books and journals, she features natural vitamins, fresh-made carrot juices and a lunch counter featuring avocado, cheese, tomato and home grown alfalfa sprout sandwiches.

Mrs. Beadle and her husband live and their three children, Jennifer, Tim and Lisa, live in the Twin Lakes area of Federal Way. All three children are attending Federal Way schools.

Federal Way Health Foods is located in Federal Shopping Way next to Playless House of Values. The store is open from 10 a.m. to 6 p.m. Monday through Friday and from 10 a.m. to 6 p.m. on Saturdays. The telephone is 839-0933.

Marlene's crew at her first location on Pacific Highway.



Marlene's first deli counter-- two tables and four counter seats!



1976 CELEBRATING

Federal Way Health Foods

2012 So. 320th
Federal Way, WA 98003
839-0933

9:00 - 9:00 M-F
Hours: 9:00 - 6:00 Sat
12:00 - 5:00 Sun.

**Marlene's
Natural Foods Restaurant**
Lunch 11-3 Mon-Fri

Federal Way Health Foods becomes Marlene's Market & Deli!



As Marlene's favorite movie character says, "Life is like a box of chocolates..."



Aerial shot of Center Plaza.



Marlene in the book department at Gateway Center.



The popular and cozy Espresso at Gateway.



Suzan and Jennifer at Gateway Center.



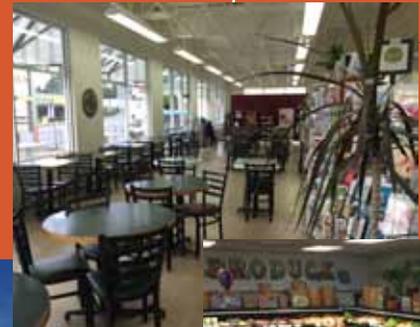
We moved down the street to our new location in 2004.



The 100% organic produce department in Federal Way is our biggest and most beautiful ever!

G 40 YEARS! 2016

We opened our Tacoma location in 1995.



In 2014 we remodeled the Tacoma store, adding 3,000 square feet.

Marlene, Thanks for the Memories!

When I worked in the deli I was cleaning a condiment station, where a microwave was located, and Marlene asked me if I ever wanted to have children, and if so, I should not stand in front of the microwave oven while it was running. Well, I later had a child and Mar was right. That was valuable advice! I'd like Marlene to know that she and her business have helped shape the person I am because I was just 18 years old when I started working here. I've gained an invaluable wealth of knowledge, a healthy and strong mind and body, and a secure income here, where I feel happy to come to work. ~ Michelle

I remember when I was hired I asked if there was "actually" a real Marlene. I thought maybe she could be like a Jack from Jack 'n the Box. So glad there really is a Marlene! Congratulations on 40 years. ~ Diane



I first shopped at Marlene's in the 1970s, when I would walk over on my lunch from Federal Way High School to pick up snacks. I loved shopping at Marlene's and followed her to each location over the years, never dreaming I would someday work for Marlene. I knew I would love working here though and sure enough, when I started in the 1990s, I quickly developed a great relationship with Marlene and her family. Marlene inspired me to start running again, and she and I ran frequently around Weyerhaeuser and did other fun runs. She was even there cheering me on when I did my first half marathon. In 2004 when we were looking for a larger retail space in Federal Way, Marlene and I snuck into the old REI location to see if it might be a possibility. Here we are 12 years later. Marlene and I have a unique relationship and friendship, because of her caring spirit and because she is truly an amazing woman. Thank you, Marlene, for all the years of dedication to your store and employees! ~ Kim



When I started working for her in the 1990s at the first store in Gateway Center, Marlene had an upstairs office with sliding glass windows that looked out over the whole store. She could see everything up there and rarely did anything slip past her! Back then she often lingered in the lunch area to visit and I remember being amazed that the boss was so down-to-earth. In her office she had a magic little cubicle for her grandchildren to play in while their parents worked, with a tiny desk and miniature phone and calculator. My four-year old loved that little cubicle and still remembers it, twenty years later. ~ Lori

Marlene, I STILL wring my towels out the same way you taught me when I was 19! And now I train our staff to do the same thing. In your words: "There's a lot of ways to do this, but my way is the right way." So true! A very happy anniversary to you. ~ Love, Jeanne

One day in 2000 I came to "Grandma's store" for a snack and to say hi. Grandma (Marlene) asked me when I was going to start working for her. I said "whenever you want me to," and she responded by saying "Well, how about tomorrow?" The next day I started working in the market! I worked on Saturdays for two years while I went to high school and participated in sports. Later I became a supervisor and then a full-time employee. Grandma was always watching and checking up on me to make sure I was doing my best and setting a good example. She cared about the details, so I learned to care about details, too. She pushed me to be efficient and organized and to treat customers like family. I always wanted her to see how hard I worked so she would feel confident leaving me in charge when I became a manager. Marlene inspires me to be a hard-working, confident employee, woman, and mother. I cherish every day and thank her for all the amazing memories I've made working here. I would not be here without her. ~ Kaelah



When I first came to work with Marlene I was quite young, so I wandered away for a spell of time, working at other places but always carrying the strong work ethics I learned from Marlene. About three years ago, I made my way back and I love to tell people I'm glad to be home. This is where I will always stay. Happy 40th Anniversary, Boss. ~ Liz

I love the passion Marlene's has for all our local farms. She has always inspired me, and I can't thank her enough. I look forward to more farm visits along with endless conversations about our love for the farms and the farmers who make it all possible. ~ Trisha

I had heard that Marlene used to run marathons, so one day I decided to ask her about it as I was struggling with my running pace and endurance. Marlene laughed and said "you just have to go at your own pace, don't try to go faster than you can. It doesn't matter! What matters is that you stay with your own breathing and enjoy running!" I reflected on her words and realized how very simple the truth can be. To my surprise, I discovered a profound peace in going at my own pace while finishing whichever race I was running, and enjoying the process of it by staying at my breathing rhythm, in the moment. Thank you Marlene! ~Francesca

APRIL

Calendar of Events

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME. Payment can be made online by going to www.marlenesmarket-deli.com, clicking "classes", and following the link provided; by phone; or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes early to claim your seat. Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at classhost@marlenesmarket-deli.com.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAVE THE DATE : APRIL 9th Marlene's 40th Anniversary Open House Prizes! Music! Samples! Food! 11 am – 3 pm Tacoma & Federal Way See page 3 for a full list of our special activities!					Marlene's is 40 years old today! 11 am - cake cutting in Federal Way 1 pm - cake cutting in Tacoma 3-5 pm - sparkling wine tasting, both stores! 1	2
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 3		Gerson Therapy for Cancer and Degenerative Disease with Renée Escobar, LMP 6:30 pm, FREE Tacoma 5	Secrets to Better Digestion with Audrey Ross, ND 6:30 pm, FREE Federal Way 6			Nine Ways to Prevent or Treat Specific Illnesses with Jonathan V. Wright, MD 3 pm, FREE Federal Way A Colorful Approach to Whole Detox with Deanna Minich, PhD 3 pm, FREE Tacoma 9
	Uniform Monday! 10% off to all firefighters, military, and police! 10	Build a Swarm Box! with Heather Wood 6:30 pm, \$20 for materials Tacoma Please pre-register. 12		Time-saving Rice Bowl Meals with Sloan Guisinger 6 -8 pm, \$20 Federal Way Please pre-register. 14		Keys to Organic Vegetable Gardening in the Pacific Northwest with Diane Downie and Paul Shelley 10 am – Noon, FREE Tacoma 16
		Introduction to Essential Oils with Elizabeth Bloom, DHM, DI. Hom 6:30 pm, FREE Tacoma 19		Defending Our Oceans hosted by Susan Blake, BS, NTP, GCP 6:30 pm, \$5-10 gratitude offering Federal Way Please pre-register. 21		One Pot, Many Meals with Deena, The Deceptive Chef and Kim "in the Kitchen" Thornton Noon – 2 pm, \$35 Federal Way Please pre-register. 23
		The Stress-Weight Connection with Meghan Hintz, LMP 6:30 pm, FREE Tacoma 26		Improve Circulation and Healing with The BEMER Machine with Tim Newton, PT and Beth Didomenico, ND 6:30 pm, FREE Federal Way 28		Homemade Tortellini and Ricotta Cheese with Julie Martin 10 am – 1 pm, \$40 Tacoma Please pre-register. 30

Marlene's Sound Outlook April 2016

Marlene's Sound Outlook is printed and distributed monthly to over 24,000 households in the South Puget Sound at no cost to the subscriber. To receive your free issue of Sound Outlook every month online or in the mail, complete and return the form on the back page.

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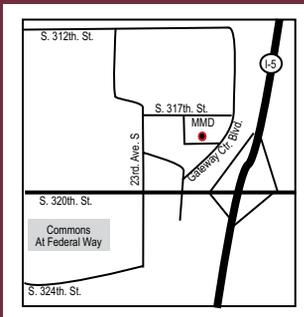
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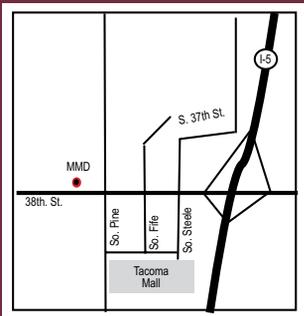
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JOIN US SATURDAY, APRIL 9 FOR OUR 40TH ANNIVERSARY OPEN HOUSE!

11 am to 3 pm for music, food, product samples and giveaways! Remember to claim your seat early for these keynote addresses at 3 pm:

IN FEDERAL WAY



Jonathan V. Wright
 Director, Tahoma Clinic
 Renton, Washington

IN TACOMA



Deanna Minich, Ph.D
 Author, scientist, artist and
 faculty member at the Institute
 for Functional Medicine and the
 University of Western States.

