

NATURAL
groceries

ORGANIC
supplements

GLUTEN-FREE
deli body care

NON-GMO
catering

Marlene's

SOUND OUTLOOK

August 2016

LEAD?

Get tested to know for sure

LYMPH

Your thoughts made visible

FOOD WASTE

We can do better

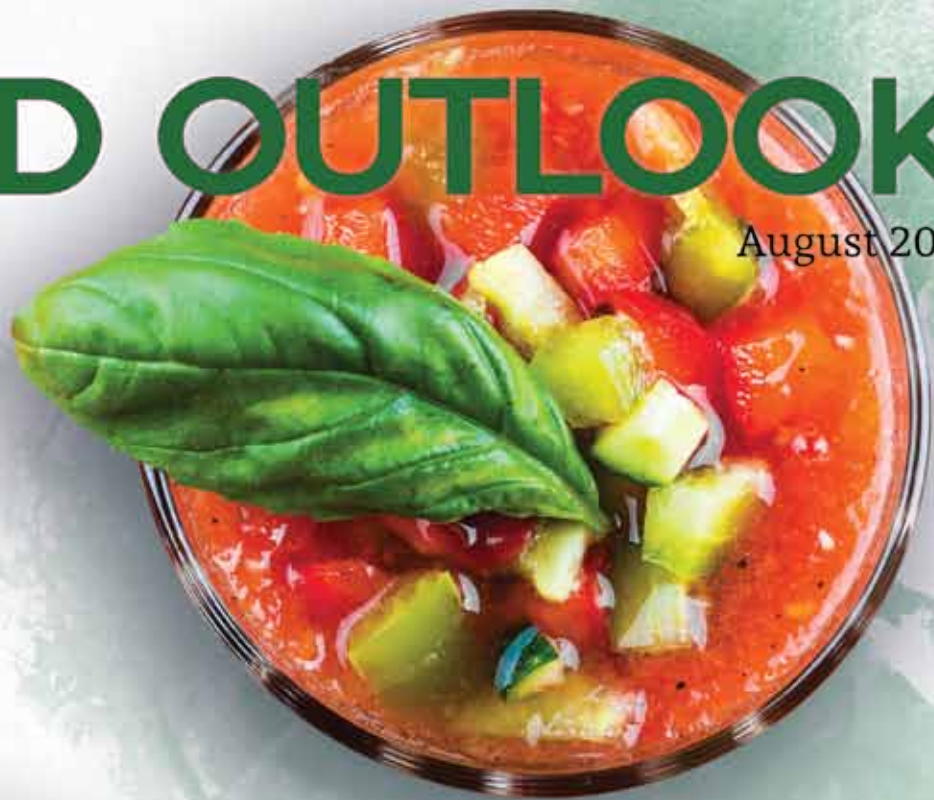
PICKLING

Preserve your harvest

Cool down with...

Garden Gazpacho!

Details on page 11.



Plus

Energy Medicine

Small Intestinal
Bacterial Overgrowth

BioAcoustics™

Junior Chef Club

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

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Hi Everybody,

Oh, the summer goes by so quickly! I sure hope our warm weather lasts through September, don't you?

We love August because our annual sidewalk sale is this month. This year we'll offer discounted merchandise from all departments from 9 am "until it's gone" on Friday, August 12. Come by to enjoy lots of great people, great music, great food and great sales! And remember the Alaffia bike drives—check page 10 for dates and locations.

Our classes and recipes this month are chosen to help you use all that extra produce in your organic vegetable garden. Try one or more of Resolute Michael's zucchini recipes on the next page, the Superfood Pesto recipe on page 7, or learn to make Garden Gazpacho with Julie Martin on August 27.

Whatever you do for the rest of the summer, be careful out there. Take care in the garden, the water, the sun, and on the highways. We care about you.

See you in September,

Marlene



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ZUCCHINI THREE WAYS

By Resolute Michaels, NTP

You have to feel sorry for zucchini, come August. You're either trying to give them away or someone's trying to give them to you. And there's always one that goes rogue, hiding under leaves until it's the size of a five-year old's arm. What to do with all that zucchini, especially when it's too hot to bake zucchini bread?

Simple Summer Snack

Enjoy as delicious finger foods or as a light lunch on a hot day.

- | | |
|-----------|--------------------------------|
| 2-3 large | zucchini |
| | prosciutto, salami, shaved ham |
| | goat cheese |
| 1 | lemon |
| | fresh basil leaves |

Slice the zucchini into thin rounds by hand or with a mandolin.

Using the rounds as a base,* assemble a variety of appetizers, with any combination of meat and/or cheese.

Squeeze the lemon lightly over the appetizers. Place a fresh basil leaf artfully on top of each and serve.

*Zucchini rounds also work well in place of crackers for your gluten-free friends!

Zucchini and Friends Salad

With its sweet and sour flavor lending an exotic note to your summer meals, the dressing makes this salad. Serves six.

- | | |
|-----------------|--|
| 3 cups | zucchini, cut into cubes |
| 1 cup | thinly-sliced sweet red onion |
| ½ cup | cherry tomatoes, cut in half |
| ½ cup | diced avocado |
| Dressing | |
| ¼ cup | olive oil (I use California Olive Ranch Arbequina) |
| 2 Tbs | white wine vinegar (I prefer Napa Valley Oak Aged) |
| 1 tsp | raw honey |
| pinch | salt |

Stir the honey and salt into the vinegar to dissolve them. Whisk in the oil. Mix with zucchini and onion and allow to marinate for ½ to 1 hour at room temperature. Fold in tomatoes and avocado and serve.

Note: if you store this dish in the refrigerator, the olive oil may slightly solidify. Simply let stand at room temperature for a few minutes to return it to the proper texture.

Resolute Michaels, Nutritional Therapy Practitioner, operates Primal Perspectives health consulting. Reach her at RSM@PrimalPerspectives.com or by calling 206.910.4922.

Zucchini Frittata

This zingy anytime-frittata is great for a light brunch, served with crisp bacon and seasonal fruit. Save the hash browns for winter! Serves one.

- | | |
|-------|--|
| 1 Tbs | pastured butter |
| 1 med | zucchini |
| 2 | pastured eggs |
| 1 Tbs | chipotle lime mayonnaise
(I use Primal Kitchen brand) |

Shred the zucchini and press out excess moisture between two paper towels.

Melt the butter in a small sauté pan. Add the zucchini in a layer and allow to cook over medium heat with minimal stirring, about 5 minutes.

Meantime, whisk the eggs and mayonnaise together. The mayo may not completely incorporate into the eggs, which is okay.

Pour over the zucchini, cover and let the eggs set.

Turn out onto a plate, folding over like an omelet.

Mushrooms are a great addition to this recipe. Add them raw or sautéed first. Add any other favorite raw or sautéed vegetables to the frittata before cooking. Garnish with parsley, cilantro, or dill.



Do You Need to Get the Lead Out?

By Karl Mincin, Clinical Nutritionist

Six Tacoma elementary schools have now been identified as having unacceptably high levels of lead in drinking water. Several other Washington schools have also tested positive for arsenic and lead contamination and 61 of 92 Portland public schools have been identified as having lead contaminated water issues. USA Today reports that over 2,000 drinking water sources in all 50 states are contaminated with toxic heavy metals, with an estimated six million people exposed.

The best, most proactive solution is to test your body. Since children are especially vulnerable and significantly more sensitive to toxic minerals, they should be tested annually.

Hair mineral testing is by far the most accurate test method, and the most useful in detecting long-term exposure of heavy metals. Blood or urine heavy metal testing detects only current exposure, so unless a person is continually monitored, or if the exposure was in the past (even the recent past), the test will show a “negative” result when, in fact, the lead may be stored in other tissues, not showing up in blood or urine tests.

Hair Mineral Analysis screens for eight different toxic minerals and also tests for over 20 nutritional minerals. In my 30 years of nutrition assessment testing, I have found HMA by far the most economical and meaningful nutrition test. Because it looks at a timeframe of exposures of between 2 to 18 months, HMA reliably shows metabolic trends and patterns. It is most accurate for exposure between 3 - 6 months, and is best repeated at this interval, not only to screen for toxic elements but to monitor the actual effect of nutrition therapy, diet changes or a particular protocol.

Recommended foods and herbs for lead detoxification include beets, dandelion, artichoke, milk thistle seed, red clover, broccoli, kale, cauliflower, onion, garlic, and fresh lemon juice. Supplements include slippery elm bark, guar gum, modified citrus pectin, sodium alginate, oral EDTA, alpha lipoic acid, chlorophyll, barley or wheat grass, alfalfa, chickweed, flaxseed, chia, psyllium, chlorella and spirulina, and the homeopathic remedy Plumbum Metallicum 30-60X. Limit the use of

bentonite and other clays since they are non-selective absorbents, taking the good nutrients away along with the toxins. Cilantro may be helpful but is more useful for mercury detox.

Tailoring a diet and nutrients to one's individual biochemical needs, along with the timeframe of exposure and specific body burden of lead levels, will achieve the best results. Typically, I see about a 50 % reduction in body lead levels within a six month period (nutritional healing is relatively slow when compared to more aggressive pharmaceutical

agents, but much safer). The best way to monitor progress and determine efficacy of any detox or nutritional protocol is testing to establish a baseline and then to retest three to six months later.

Karl Mincin is a Clinical Nutritionist in Mount Vernon, Washington. For more information on testing and mineral nutrition, including toxic elements, go to <http://www.nutrition-testing.com/#!articles/js7x8k>. Karl can be reached at 360.336.2616 or by visiting www.Nutrition-Testing.com.



Would you give your car oil without checking the dipstick?

Because all tests have strengths and weaknesses, it is wise to use a combination of different test indicators for the most accurate assessment of your individual needs. For example, a person takes calcium to relieve nighttime leg cramps, yet a hair tissue mineral test reveals that much of that calcium is not absorbed, with the excess being deposited into their joints. Without knowing it, this individual is contributing to arthritis from the accumulation of calcium, and to osteoporosis because the calcium is directed away from the bones.

Excessive calcium intake can create a magnesium imbalance (as well as other related minerals), perhaps even contributing to cardiovascular or other diseases to which an individual may be prone). A customized selection of nutrition tests eliminates the guesswork.

Plant-Based Diets with Positive Impacts

By Erin Ransom

Plant-based diets have all kinds of health benefits, including significant reductions in chronic, preventable conditions like cancer, cardiovascular disease, diabetes, and obesity. Health benefits aside, plant-based lifestyles also offer a profound opportunity to positively impact the environment and animal welfare. When bringing more plant foods into your diet, it can be challenging to modify your favorite meals so they maintain their familiarity and flavor.

Plant-based proteins often provide simple and flavorful counterparts to their traditional meat recipe ingredients. Tofurky's meat-free products - from deli slices and hot dogs to sausages and "chick'n," - offer a unique opportunity to satisfy a table of omnivores and vegans alike.

If you've been exploring veg-friendly meals, you're probably aware of the benefits to society of plant-based eating. Or maybe you already "vote with your dollars." You're probably using your own shopping bags and recycling whenever possible. Thank you, truly. Now you can take your commitment to social responsibility one step further by supporting companies like Tofurky, the original vegan Holiday Roast maker. Now offering more than 40 plant-based products, this category-leader is investing in social responsibility... and you're invited to be part of it.

Social and Environmental Performance

A privately held company in the Pacific Northwest, Tofurky was recently awarded Benefit Corporation (B-Corp) Status. This accreditation means that Tofurky has met rigorous standards for social and environmental performance, accountability and transparency. It's like being "Fair Trade Certified" but not just for one product - for the whole business. Essentially, Tofurky is now in the business of doing good: for every Tofurky product you buy, you make a personal impact on the planet and you support an organization that amplifies your impact! Facility Upgrades

Tofurky puts your dollars into action in many ways. In June, Tofurky will begin operating

out of LEED* platinum-certified manufacturing facility. Only the third of its kind in the United States, the facility features a solar array large enough to power 12 Oregon homes, as well as rain water collection that feeds all grey water systems throughout the plant. All 2,750 pounds of food scrap collected weekly are composted and repurposed for farm-ready, nutrient-rich soil. Product ingredient sourcing is organic and sustainable wherever possible, with a priority placed on using recycled packaging materials.

As an additional incentive to "walk the talk," Tofurky employees are encouraged and paid to volunteer within their community throughout the year.

If you're still on the fence when it comes to meatless meals, consider this: consuming one pound of plant-based protein (versus one pound of animal protein) can save 25 pounds

of greenhouse gas emissions (about the same as driving 27 miles) and 1,500 gallons of water. Now go eat a veggie burger and pat yourself on the back!

Erin Ransom is the Director of Marketing for The Tofurky Company. In collaboration with her wonderful Tofurky co-workers, Erin works to increase awareness of plant-based diets for a healthier and more compassionate world.

**Leadership in Energy and Environmental Design*



Tofurky's state-of-the-art manufacturing facility, featuring a rooftop solar array.



Founder Seth Tibbott (left) began making tempeh for friends and family and with their help eventually expanded his company to what is now the second largest tempeh producer in the United States. Beside him in the company's test kitchen is Tofurky's CEO, Jaime Athos.

40% OFF in August

Marlene's
MARKET & DELI
shop local, eat organic



Celebrating
40
years

Thank you
for staying well
with us since 1976.



In 2002, Amazing Grass founders, Todd and Brandon, began mixing green drinks for their friends and co-workers, they began tapping into a movement that rejects factory-based farming in favor of organic, sustainable practices whose goal is to leave the earth better than when we found it. What began in 1946 on Brandon's family farm in Kansas has now become a network of small farmers across the country, all dedicated to growing the highest-quality organic, non-GMO fruits and vegetables. Together, we're helping people lead healthier, more active lives through organic, plant-based nutrition.



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

Alkalize, Energize and Detoxify with Amazing Grass

For over three generations we have grown and harvested nutrient-rich greens organically on our family farm in Kansas. We perfected a simple process: slow growth, deep roots, mineral rich soil and harvesting at peak nutrition. Today, we thoughtfully combine our alkalizing greens with the highest quality plant-based ingredients sustainably sourced from around the world.

All Amazing Grass products are plant-based, certified organic, non-GMO, and made with real, whole-food ingredients. Our line of Green Superfoods blends combine our farm fresh alkalizing greens with wholesome fruits, veggies and superfoods. Available in a range of flavors and functions to help achieve your daily servings of fruits and vegetables plus provides natural energy, aids detox, helps alkalize, and supports immunity and digestion. It is a simple and delicious way to get the whole food nutrition your body needs to feel amazing every day.

Our Process

After growing through a cold winter, our grasses are harvested at the peak of nutrition just prior to the jointing stage. The grass is cut and moved quickly to a specially designed low temperature dehydrator. Cell temperatures of the young leaves remain low to ensure the raw food properties of heat sensitive nutrients are preserved. The dehydrated leaves are then pressed into pellets; this is the ideal way to

store our cereal grasses.

The pellets decreased surface area mitigates loss of nutrients. The pellets are filled into pharmaceutical grade “super sacks” and packed with nitrogen to prevent oxidation. Our pellets are stored frozen below 0 F and only bottled as we need them. Frozen storage is Mother Nature’s pause button and ensures heat sensitive nutrients remain at their peak. We use the highest quality pharmaceutical grade “super sacks” which are packed with nitrogen to remove oxygen. Rigorous quality control methods and independent lab verifications ensures the safest and most nutritious what grass, barley grass, and alfalfa available anywhere. All these safeguards mean you receive our bottled products nearly as fresh as the day they were harvested.

How Do I Use Amazing Grass?

Drink, bake, snack or just grab and go! Stir our Amazing Grass greens into juice or shakes, or toss a scoop into almost anything you love baking. Or when your schedule gets hectic, rely on 100% whole food nutrition blends like our Protein Superfood... or just grab a green superfood bar and go.

Pesto is a classic, irresistible recipe. Using fresh, seasonal ingredients, this versatile

sauce can be used on salads, pasta, or even sandwiches. Traditionally, pesto is made with pine nuts but walnuts are often easier to find – and much cheaper. We used raw, sprouted walnuts and threw in some superfood greens, too!

SUPERFOOD PESTO

Ingredients

2 cups	fresh basil, packed
½ cup	walnuts, raw and sprouted (optional – use regular walnuts if you prefer)
2-3 cloves	garlic
2 Tbs	lemon juice
1 scoop	Amazing Grass Original Green Superfood
1/3 cup	extra virgin olive oil
to taste	salt and pepper

Add basil, walnuts, lemon juice and garlic to food processor.

Add the Green Superfood and pulse several times.

Making sure to scrape sides as you go, slowly continue to blend until fully combined.

Remove lid to add salt and pepper. This dish doesn’t need much seasoning, so be careful.

Replace lid and pulse a few more times until fully combined.



Lymph: Physical Manifestation of Vibrational Health

By Nicole Wirth, LMP

Although it may be hard to believe, I have learned that the white blood cell-rich liquid known as lymph reflects the emotional health of an individual. I also know that, fortunately, restructuring the flow of lymph through bodywork can redirect negative thought patterns that affect lymph and contribute to ill health. How do I know this?

I was originally trained in Swedish massage and employed those techniques in my early days as a massage therapist. Later I studied and became certified in Cranio Sacral Therapy, in which a light, palpating pressure is brought to bear on key points of the cranium. From the first training I learned basic anatomy and how to trigger a relaxation response. From the second I began to understand the relationship between cerebrospinal fluid--which cushions the brain and spinal cord--and the autonomic body.

In massage school I learned what all massage therapists are taught: to focus on pain and treat the body in its respective, separate parts. That same year, my study of Hawaiian massage taught me to make long, full body strokes from the toes, up the leg, over the gluteus maximus (buttocks) to the shoulder and off the fingertips in one unbroken movement. I didn't know it then, but I was beginning to work with the body's meridian lines, the invisible channels that run the length of the body and which correspond to specific organ systems.

My growing fascination with the lymphatic system led me to become certified as a lymphatic drainage practitioner in 2010. As I integrated all I knew from my various trainings, it became clear to me that the health of the brain is intertwined with gut health and that, in fact, every part of the body is irreducibly connected to every other part. And the key to holding it all together is the immune system, sometimes referred to as the lymphatic system.

Immunity and Chemical Messengers

The immune system is made up of 10 to 50 billion cells communicating with each other through chemical messengers. Anything the immune system detects as part of itself is nourishing to it. Foreign objects like certain

bacteria are identified by the body as non-self. Substances it deems non-self will be on the immune system's "radar" constantly until they are expelled or encapsulated, one way or another, from the host.

The lining of the gut wall houses the motor complex, which governs impulses to the brain. If the gut is inflamed, that communication is obstructed. Decreasing inflammation with specific foods is helpful but ultimately, unless the gut lining is healed and the feedback loop closed, the inflammation always returns if any of the offending foods are reintroduced. *The brain and the gut must be addressed via the immune system for lasting change.*

Prolonged inflammation within the body, especially the gut lining, can ultimately cause disturbances (and perhaps loss of integrity), within the blood-brain barrier (BBB). This breakdown offers full access by any organism

to take up residency within the brain, whether friend or foe. Lyme, thyroid, dementia or Hashimoto's disease can get to these intricate areas, causing all sorts of chronic issues, not to mention impeding the recovery of gut lining issues, until addressing the brain.

What role does the lymphatic system play?

Remember the state of your lymph is an indication of your emotional health. Here's how India's ancient healing system, Ayurveda, explains it: the moment food enters the mouth, the emotional state of the individual infuses the food. This vibration immediately enters the lymphatic fluid. As meals digest, nutrient particles accumulate and within about a month, become your cells. In other words, *those charged particles become you.*

If you are upset when you eat, that vibration eventually finds physical expression. If you can't connect with others constructively, that too, can make its way into your food. Creating change in one's life takes time. Using bodywork to clear your lymph lessens that time and increases the efficacy of other healing efforts. Once the lymphatic vessels are opened and patterns are cleared, the body is rid of toxins.

Science is now catching up with what lymphatic specialists have known all along: the lymphatic system is a great fluid connector. Lymphatic vessels have been discovered within our cardiovascular system (known as Primo vessels), as well as lymphatic vessels in the head. Lymphatic fluid is everywhere in the body. Let's start working with it more consciously.

Nicole Wirth, LMP is licensed in craniosacral therapy and lymphatic drainage. She can be reached at beautythroughlymph@gmail.com or by calling 253.906.1524.

Nicole discusses lymphatics and brain health on Tuesday, August 16. Details on page 10.



Feng Shui for Health & Harmony

By Megan Morse

Feng Shui is composed of two Chinese words: feng (wind) and shui (water). Wind and water are life sustaining elements, carriers of ch'i (pronounced "chee"). Ch'i is the universal life force that flows around and within us. Feng Shui, an ancient Chinese art and science, originating over 5,000 years ago. Historians theorize that Feng Shui stems from Vatsu Shastra, a traditional Hindu method of architecture, which blends buildings with nature, by way of sacred geometry. Each of these ancient systems of design share a common goal: to create harmony between ourselves and our environment. When Feng Shui is applied, it creates influence, balance, and harmony.

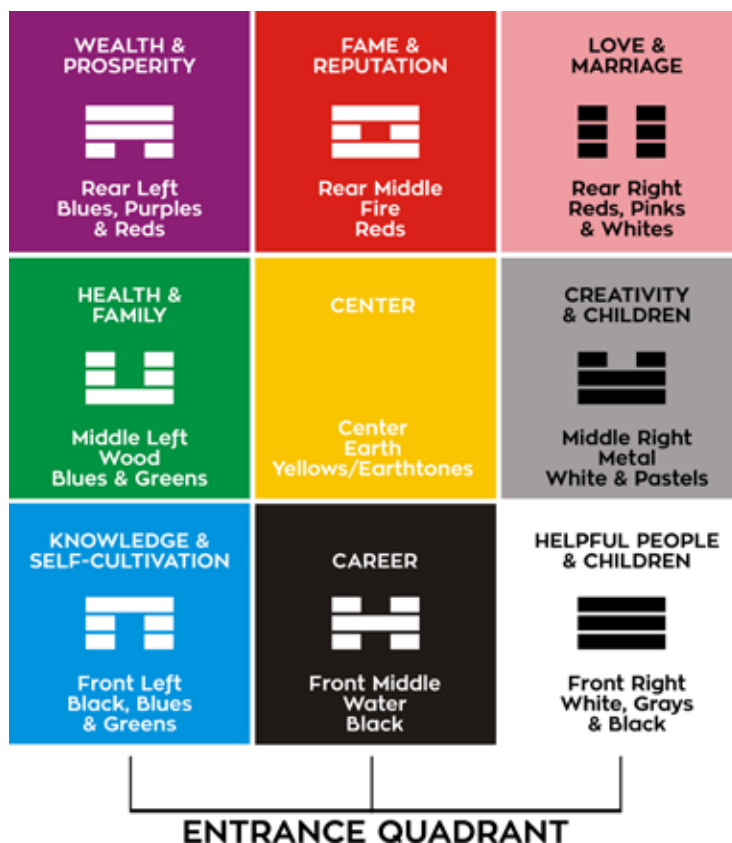
Feng Shui has gained popularity in the West because of its extraordinary effects on people. These effects include improved health, rewarding relationships and an increase in happiness by improving an individual's flow of chi. Eight factors affect our personal chi: inner self, people around us, environment, events, conduct, spiritual demeanor, political climate, and the unseen. The flow of energy within your home affects your personal energy and influences your behavior in the outside world.

Feng Shui uses a language of symbols and patterns to reveal the energy of your space. Symbols and patterns come in the form of events and relationships, your subconscious mind will relate these patterns to your work and home environments. These symbols represent your connection to objects and meaning, they condition your thoughts, mood, actions and energy, which determines your interactions with the outside world. Awareness through Feng Shui can help you to recognize these patterns so that you can make changes to your environment, which will influence your life experience. The Feng Shui of your home addresses the three levels of symbolism: universal, cultural, and personal. A great question to ask is: Does my home reflect who I am and what is important to me?

A Feng Shui Success Story

Aaron agreed to a Feng Shui consultation to make sure that his recent home renovations created balance. Prior to our meeting, I sent Aaron an eight life areas self-assessment worksheet. The eight life areas are: Family, Wealth, Benefactors/Travel, Children/Creativity, Knowledge, Fame, Career, and Marriage. The self-assessment worksheet provides pertinent history that may become relevant during the consultation, and it allows me to see which areas the client would like to improve. When I arrived to Aaron's home, I reviewed his worksheet and began my initial walk through.

The home was in good condition, clutter-free, with healthy lush plants in almost every room. During the walk-through, Aaron and I discussed the importance of owning artwork that appeals to our tastes, art that reflects our desires versus just hanging something



The solid and broken lines in this diagram represent the hexagrams of the ancient Chinese divinatory tool known as the I Ching.

we received as a gift. Overall, Aaron's home was reflecting positive Feng Shui, until we got to the Marriage/Relationships section of the home. Relationships seemed to be an area of difficulty for Aaron. His career and wealth areas were successful, but maintaining a steady relationship was a challenge for him. The Relationship section of his home was being used as a storage room; to put it mildly, it was a Feng Shui disaster. The room was neglected, zero life in the room, stuff everywhere, and a door leading to the outside, which in Feng Shui speak, may represent, "love walking out the door".

Aaron and I talked about what the room represents in Feng Shui and what he could do to turn things around. Within three days following our consultation, Aaron removed the storage items from the room, rearranged the furniture and applied a transcendental cure to seal the door. A year has passed since our consultation. Aaron and his partner have made significant improvements in their relationship and are now very much in love.

Megan Morse works full-time in the health care field. She is a certified Feng Shui practitioner in the Black Sect Tibetan Buddhism. She can be reached at megmorse8@gmail.com. For additional reading, Megan suggests Feng Shui for Dummies by David Daniel Kennedy, Interior Design with Feng Shui by Sarah Rossbach, or go to <http://www.harmonyinadout.com/history-of-feng-shui>.

Use a ba gua chart to create more harmony in Megan's feng shui classes this month. See page 11 for details.



speakers & classes



Identifying and Treating Small Intestinal Bacterial Overgrowth (SIBO) with Cy Fisher, ND **Tuesday, August 9** **6:30 pm, FREE** **Tacoma**

The digestive system's importance for overall health cannot be overstated. Join a local naturopathic physician for a discussion of topics including Small Intestinal Bacterial Overgrowth (SIBO), Irritable Bowel Syndrome (IBS) and other common digestive irregularities and why standard allopathic treatments, which are primarily palliative, temporarily reduce symptoms without curing them, usually leading to a recurrence of the original problem. Learn where and how digestive problems originate and how to begin solving them at their source instead of just managing symptoms.



The Subtle Healing Power of Energy Medicine with Carla Yamashiro, DDS, NMD, IBDM **Thursday, August 11** **6:30 pm, FREE** **Federal Way**

Only 1% of what we perceive with our five senses is physical matter. The remaining 99% is unperceivable matter called energy. In our current medical system, a diagnosis is made based on the physical symptoms presented. In this model, there may exist 99% of dysfunction unexplored. Learn how frequency and principles of homeopathy can activate subtle healing power to restore health using bio-energetic frequency technology. Five random participants will receive a free bio-energetic vial. Carla Yamashiro is a licensed dentist and recently opened Energy Matters, LLC in Seattle.

Friday, August 12 **Marlene's Annual Sidewalk Sale** **Great deals on selected merchandise** **in all departments!** **9 am until it's gone!** **Federal Way & Tacoma**



Alaffia Bike Drive **Friday, August 12** **10 am – 2 pm** **Tacoma**

Donate your unused adult or child's bicycle to help children in Togo, West Africa get to school! Look for the Alaffia trailer in Marlene's parking lot, where the bikes will be collected. Alaffia is a fair trade company specializing in body care products containing shea butter from Togo.



Continuing Education Credits: **Energetic First Aid (Healing Touch, Level 1)** **with Dawn Warnaca, HTCP/I, QM** **Saturday, August 13 and Sunday, August 14** **10 am – 7 pm both days,**

\$365 Special pricing for this event only:
\$300 or \$255 for full-time students with ID
Tacoma

This two-day, 16 hour course trains students to understand the human energy system and its relationship to physical, emotional, mental and spiritual health. The course, with a value of \$365, includes the basic principles and practice of Healing Touch, study and assessment of human energy systems and energy fields, location and function of the chakras, meditation techniques for maintaining energy flow, legal and professional aspects of touch therapies, and selected intervention techniques including magnetic clearing, headache techniques, laser, ultrasound, and others. Healing Touch is accredited as a provider of continuing nursing education by the American Nurses

Credentialing Center. The program is also approved by the National Certification Board for Therapeutic Massage & Bodywork as a continuing education approved provider, and is endorsed by the American and Canadian Holistic Nurses Association. See Dawn's article on page 22. Please pre-register before August 6.



Lymph: Pathway to Healing the Gut-Brain with Nicole Wirth, LMP **Tuesday, August 16** **6:30 pm, FREE** **Tacoma**

Take a guided tour of the lymphatic system and its myriad functions and learn an effective technique for re-establishing communication between the brain and the gut. Trained in craniosacral therapy and lymph drainage, Nicole will discuss various methods for treating brain cancers, Post-Traumatic Stress Disorder (PTSD), panic attacks, gut issues, organ congestion, and other areas where trauma is stored in the body and offer a demonstration on what a typical session with her looks like.



Flower Essences 101 with Laird Desmond **Thursday, August 18** **6:30 pm, FREE** **Federal Way**

As energy medicine, flower essences are safe, natural remedies that offer subtle but high vibrational support in dealing with emotional and mental issues and stress-related challenges. Attendees will experience flower remedies, learn how they work to remove inner blocks to desired outcomes, and receive guidance in choosing and using them. Laird Desmond has been working with flower essences for over 25 year and is creator of Altruria Springs Healing Flower Essences, a local company.

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



**Alaffia Bike Drive
Friday, August 19
10 am – 2 pm
Federal Way**

Alaffia is a fair trade company specializing in

body care products containing shea butter from Togo, West Africa. Help children in Togo get to school by donating your unused bicycles, which will be shipped to Togo by Alaffia. Look for the Alaffia trailer in Marlene's parking lot!



**The Art of Pickling
with Hal Meng
Saturday, August 20
10 am – Noon, \$20
Tacoma**

Pickling is one of the oldest and most popular techniques for preserving the bounty of

harvest. In this workshop we'll explore three methods, quick refrigerator pickles, traditional "End of the Harvest" mixed pickles, and demonstrating fermentation through making sauerkraut. All participants will get to take home a sample of pickles. Hal Meng is a Certified Food Preservation Instructor and Director of the Center for Food Preservation Arts. Please pre-register.



**Junior Chef Club for 6-12
year olds
with Genevive Nichols
Sunday, August 21
1:30 – 3:30 pm, \$20
Federal Way**

In the last class of this successful new series, kids

will learn how to make easy and nutritionally satisfying recipes with a twist. On the menu: Muffin tin cheeseburgers, including a stir-fried veggie option, and chamomile fruit spritzers! Nutritional coach Genevive will discuss how certain ingredients affect our digestive function and offer some easy ways to help strengthen that process. Let your child explore the endless possibilities of a healthier dietary intake by learning yummy ways to refuel their bodies! Please pre-register.



**Feng Shui Your Way to
Health & Happiness
with Megan Morse
Tuesday, August 23
6:30 pm, FREE
Tacoma**

Feng Shui is a Chinese system of harmonizing the flow of energy through a physical space by following specific rules of placement. Students will learn some simple tips for applying Feng Shui to their living or work spaces to create a healthy flow of energy, improve relationships, and increase financial flow. Megan received her Feng Shui practitioner certification under the tutelage of Feng Shui Master James Jay. See her article on page 9.



**BioAcoustics™: Your Voice
is Telling You Something
with Linda Redman
Thursday, August 25
6:30 pm, FREE
Federal Way**

BioAcoustics® is based on research indicating that the human voice is a holographic representation of a person's state of emotional and physical health. Using samples of an individual's speech, a system of Frequency Equivalents™ is employed to accurately quantify, organize, interpret, define and extrapolate biometric information. Join a certified BioAcoustics Technician to learn about the voice analysis computer program Nutritional Consultant and how tones and music can assist with pain, fibromyalgia, multiple sclerosis, brain function, and other imbalances.



**Garden Gazpacho: Cool-
Down Soup for Hot
Summer
with Julie Martin of Oly-
Cultures
Saturday, August 27
10 am – 1 pm, \$30
Tacoma**

Tomatoes, zucchini, cucumbers, onion, peppers, cilantro... no less than 16 different

vegetables come together in this classic chilled soup made from the bounty of your garden (or organic seasonal produce from Marlene's). Julie, owner of Oly-Cultures fermentation kits, will demonstrate how to choose the ripest vegetables and combine them with specific herbs and spices to create a kaleidoscope of color and flavor. At the end of class, students will enjoy this traditional soup with a dollop of sour cream, a splash of fresh-squeezed lime, and warm peasant bread. Healthy, showy, and delicious, garden gazpacho is the perfect summertime soup! Please pre-register.

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Summer Skin Support: Aloe to the Rescue!

By Karen Masterson Koch, CN

Aloe Vera works like no other herb for supporting injured, damaged, aged and troubled skin, and other conditions that sometimes accompany summer fun. Using a quality Aloe Vera skin gel is catching on with health-conscious consumers because it works for numerous conditions including sunburns, scrapes, sprains and more. In fact, Aloe products, **used topically and internally**, show the highest and most consistent growth in the herb category in the United States.

How Does It Work?

Scientists have identified **over 100 active constituents in the whole leaf** of this succulent plant. This includes several **aspirin-like compounds** like *Salicylic Acid* for pain support and the growth factor, *Gibberellin*, for support of **faster skin renewal**. Aloe Vera's ability to **soothe a deep burn** (by using the gel of the plant in particular), is how Aloe earned the nickname *the first-aid plant*. Its protective factors have actually been proven to provide a **shielding of the skin, preventatively, from over-exposure to harmful UV rays from the sun**. Used from head-to-toe for everything from mild scratches and acne to **even chronic diabetic ulcers, eczema and psoriasis skin issues**, Aloe has earned a spot in everyone's back pack or herbal medicine chest.

Highlights of Support

- Skin & Soothing Muscles
- Digestion & Allergy Symptoms
- Energy & Athletic Performance
- Immunity Balance & Body Wellness


Over the last 20 years, global research has unveiled the optimum health value and safety of ingesting Aloe Vera. Any caution to Aloe Vera's use is related to its mild laxative property from the active ingredient *Aloin*. However, prominent researchers, along with the American Herbal Products Association (AHPA), dispel any concerns of harm in the Aloe Vera juice products. Simply reduce the daily amount taken if diarrhea results.

In 1997, researcher Dr. Robert Davis, PhD, wrote *Aloe Vera - A Scientific Approach*. In his book, Davis shows the science clearly supports Aloe Vera's action as well as its safety. Quality Aloe Vera juice and tablets in the whole leaf variety contain the most active ingredients, and explain why whole leaf products are growing in popularity. Regardless of whether it's used in a crisis situation for **temporary support of gas, bloating, constipation, heartburn, or ulcers** or as part of a **daily health plan to support healthy immunity**, Aloe is a good choice. The Whole Leaf Aloe Vera and Concentrated formulas work the fastest, especially if containing the **valuable dark yellow sap**. Amazingly, Aloe Vera products containing sap ease symptoms of gas and belching and of soothing inflamed skin within just minutes!

A Shortcut to Body Wellness

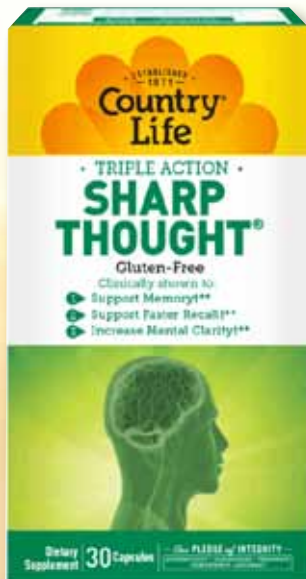
The Aloe Vera trend is being driven by the health concerns of the ancients that still plague our children and adults today: poor digestion, allergies, constipation, troubled skin, fatigue, sluggish liver, and imbalanced immunity. We all want to look younger and lead fun, energetic, and productive lives into our 90s, but this demands more than just positive thinking and eating healthy on the weekends! Body wellness with vibrant skin is directly linked to a full functioning digestive system, daily elimination and proper detoxification along with a 25% genetic code for longevity. The great news is Aloe Vera's pathways support all of these systems and more when paired with eating a healthy diet.

Have a blast this summer and year 'round by stocking up on quality Aloe and Skin Gel in spray or gel. Drink the juice before meals to best support body wellness, and apply to the skin before and after outdoor excursions.



Certified Nutritionist Karen Masterson Koch is a health researcher, educator, and author with over 25 years' experience counseling individuals back to health from every type of health challenge imaginable. Research details are available by request at 800.414.2563.

Your Grey Matters



Country Life's Sharp Thought provides you with the clinically proven support for memory, faster recall and increased mental clarity that you've been looking for. A special complex of DHA infused Phosphatidylserine (PS) and DHA from omega-3 allows your body to immediately recognize this supplement as "body ready."*

Keep your thinker in tip-top shape with **Source Natural's Vinpocetine**. A derivative of the periwinkle plant, vinpocetine has been shown to improve test results for cognition and memory. Vinpocetine supports the cerebral metabolism by promoting blood flow and oxygen and glucose utilization. You can increase its effectiveness by maintaining a consistent exercise regimen which will regularly increase the flow of oxygenated blood into your brain.



The brain is the control center for all functions of the body. We use it to make decisions, remember directions and names, carry on conversations, and contemplate the universe. Supporting and nourishing our brain and nervous system is key to ensuring optimal cognitive functioning for our lives. **Host Defense's MycoBotanicals Brain** is a blend of mushrooms and herbs specifically designed to support the brain and nervous system.*

This recipe is part of the anti-cancer protocol developed by Dr. Johanna Budwig (1908-2003), who was nominated numerous times for the Nobel Peace Prize. In Europe this recipe is often recommended for those with brain tumors, weakness due to prolonged illness, difficulty digesting, or those in need of an energy boost. Be sure to chew the seeds well for optimal digestion and remember that freshly ground flaxseeds must be eaten within ten minutes or they will oxidize (go rancid) and its health benefits negated.

**It's said the bubbles of the champagne work like a carrier bringing the oils directly to the brain! Never add mineral water or soda to this tonic, though, as over-carbonation could promote acidity, calcium and potassium loss, and kidney stones.*

Fizzy Brain Tonic

6 tsp

1 tsp

whole flax seeds

raw, local honey

milk powder (optional)

Grind flaxseeds for about 5-8 seconds (avoid over-grinding into a fine powder).

Knead in the honey to fully coat the seeds.

Add the milk powder if you would like a protein boost.

Consume within 10-15 minutes.

Mix 1-2 tablespoons of muesli to your glass.

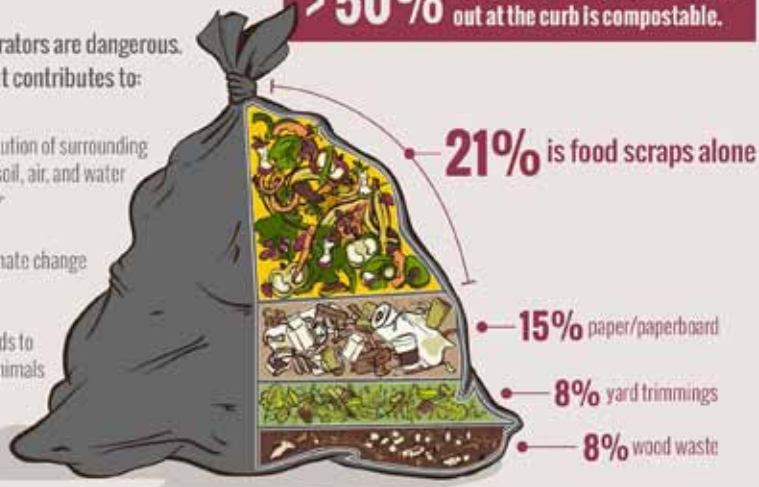
Top with real champagne ("brut" style only)*.

You can also use wine or fresh fruit juices.

*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.

Every year, U.S. landfills and trash incinerators receive **167 MILLION TONS** of garbage.

Landfills and incinerators are dangerous. Every bag thrown out contributes to:



The average American wastes around 300 pounds of food per year and a typical family of four spends \$1600 on food that goes uneaten. Some of this—like banana peels, egg shells, and coffee grounds—is unavoidable, but food that simply goes uneaten is entirely preventable. Food waste also impacts our shared environment: 25% of all fresh water supplies in the United States are used to produce food that is destined to be wasted, and when that food decomposes, it produces 25% of U.S. methane emissions, contributing to climate change.

The city of Tacoma reports that food makes up 1/3 of the waste it sends to the Pierce County landfill. Their Preventing Wasted Food campaign is a great resource. Check out these shopping tips from www.cityoftacoma.org/preventingwastedfood.

- Plan on shopping once weekly and only for what is needed that week.
- Shop through your fridge, freezer, and pantry first to see what you already have.
- Buy fresh foods in smaller quantities, more often. Buy loose, fresh produce in smaller quantities rather than prepackaged foods
- Choose grains, pasta, and beans from the bulk section to control quantities.
- Use clear storage containers so you can easily see what food you have.
- Label all freezer items with the contents and date to reduce meal prep time.
- Know the difference between “use-by,” “sell-by,” and other dates.
- Stick to the list!
- Try prepping your food right when you get home from shopping.
- Put an “Eat First” box in your fridge for fresh items that need to be eaten soon.
- Tidy your fridge and freezer regularly.
- Freeze fruits and greens that are about to go bad for smoothies and soups.

WAS WA



Schools On Board

Wenatchee, Washington schools just received authorization to compost food waste from all school cafeterias. They will partner with Stemilt Growers, who will compost the waste and use it in their orchards. Other school systems are expected to follow suit.



How Marlene's is Helping

Marlene's has always been vigilant about food waste. In addition to recycling our food waste (which we've done for many years), the deli composts all its kitchen scraps, including egg shells, coffee grounds, and carrot peels. We do our best to utilize all parts of the fruit or vegetable by teaching all deli employees proper trimming techniques.

Our Food Services Director, Mary, reminds us carrot and celery tops are great to throw into homemade soup stocks and egg shells scattered in the garden help deter slugs from eating your plants!

STE NOT, NT LESS

Get Educated

After catching a glimpse of the billions of dollars of good food that is tossed each year in North America, food lovers Jen and Grant pledge to quit grocery shopping cold turkey and survive for six months on only those foods which would otherwise be thrown away. In a nation where one in 10 people is food insecure, the images they capture of squandered groceries are both shocking and strangely compelling. Just Eat It is a 74 minute documentary that looks at our obsession with expiration dates, perfect-looking

produce and portion sizes, revealing the devastating global consequences of food waste around the world.



Both the Tacoma and Gig Harbor chapters of Meaningful Movies recently screened Just Eat It. Sign up for alerts on upcoming films at <https://meaningfulmovies.org/neighborhoods/tacoma/> or <https://meaningfulmovies.org/neighborhoods/gig-harbor/>.



NEW

Business Opportunities

According to the New York Times, companies based on food waste are springing up around the country and turning a profit almost immediately. Some work to distribute food before it spoils and some add food scraps to their proprietary recipes.

Investors like food writer Michael Pollan and TOMS founder Blake Mycoskie helped raise \$5.8 million to launch **Back to the Roots**, which sells mushroom-growing kits that use coffee grounds. Utah's **EcoScraps** makes gardening products out of food waste. **Cerplus** is an online venture connecting farms with restaurants and other businesses to get produce to places it can be used before decomposes. **Harvest Power** in Massachusetts makes mulch and fertilizer out of organic waste. Texas' Environmental Solutions processes used cooking oil and waste water. Through a mobile app, **Food Cowboy** finds homes for food that's unsaleable at the retail level, like churches and other charities. A favorite with Marlene's customers, **The Forager Project** is committed to using the whole plant in the creation of the company's chips and fresh vegetable juices.

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Tofurky Artisan Sausages take their line of classic vegan sausages to a whole new level! They've added premium veggies such as roasted poblano peppers, russet potatoes, spinach and Northwest apples to their amazing vegan sausages. The result is gourmet veggie sausages of outstanding texture and flavor - it's the next level in meat-free cuisine, 100% vegan, GMO-free, and based on organic soy, of course!

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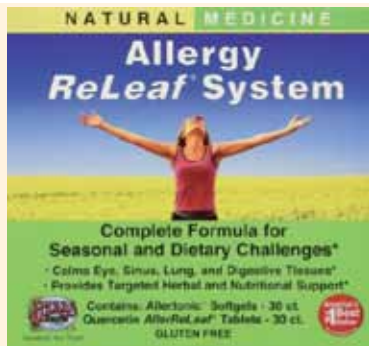
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How I Discovered My Healing Hands

By Dawn Warnaca, HTCP/I, QM

Healing Touch History

The Healing Touch program has been taught since 1989 to more than 100,000 participants worldwide and in over 32 countries. The program (originally known as Colorado Center for Healing Touch) was developed by Janet Mentgen, BSN, RN, HNC, HTCP/I, as a medically-based energy therapy training program for nurses. Over the last 18 years Healing Touch has been effective in demonstrating a positive impact in the health care community. Healing Touch is widely respected and increasingly accepted, not only in the United States, but in many countries around the globe. It is considered one of the leading energy medicine programs in the world.

In 2004, my trusted family doctor told me my condition was beyond his ability to treat, and that I would have to medicate for the rest of my life to control it. Fearful, but determined, I tried bodywork (massage) and energy medicine (the intentional harnessing of invisible forces for healing) as compliments to my care. The improvement I experienced was enough to convince me to step beyond my comfort level. When a Level 1 Healing Touch class was offered in Seattle, I enrolled.

The classes were only partly lecture and my real lessons came during hands-on practicing after the class. I still had doubts as to whether the healing I seemed to be experiencing was real. But as I practiced my new skills on friends and family members, their feedback piqued my curiosity; to me, my hands felt cool, but my "clients" felt warmth. They also reported feeling energetic vibrations at the same physical location I felt it as I worked on them. It seemed their pain, stress, and depression were being measurably changed. I was actually helping them!

My husband, Mike, who deals with chronic back pain from a high school injury, willingly

submitted to my experimentations (which often including having my textbook on his stomach or back during his sessions). He was as surprised as I was when the pain level in his back was reduced by 80 - 90%. He told me that he preferred Healing Touch to massage which, he said "hurt," while Healing Touch allowed his body to relax. He soon offered to pay for my Level 2 class... then my Level 3... then level 4 and beyond! By the time I completed my Level 5 training in Healing Touch, I had also broadened my studies to include Reiki, Thai massage and aromatherapy.

I have completed six levels of training with the Healing Touch Program, including a one-year mentorship. Since 2011, I have been one of only three practitioners in Washington State who is up-to-date with current standards

and requirements in the Healing Touch Program.

My condition no longer requires medication, and I continue to "doctor" myself. I see it as self-care and preventative maintenance. I would be honored to teach you the basic principles of Healing Touch level 1 in Energetic First Aid so that you, too, can harness the body's own healing power.

Dawn Warnaca practices Healing Touch at Mountain View Holistic Health, in Eatonville Washington, as well as offering home visits and hospital support. Dawn can be reached at dwarnaca@msn.com.




Details of Dawn's Continuing Education Course in Healing Touch on page 10.

AUGUST

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
	 <p>Seated Massage with Sheldon Morton, LMP 11 am - 2 pm every Wednesday in Tacoma</p> <p>Seated Massage with Erica Seter, LMP in Tacoma Tuesdays, 11 am - 2 pm Fridays, 3 - 7 pm</p>					
	1	2	3	4	5	6
<p>Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!</p>	<p>Uniform Monday! 10% off to all firefighters, military, and police!</p>	<p>Identifying and Treating Small Intestinal Bacterial Overgrowth (SIBO) with Cy Fisher, ND 6:30 pm, FREE Tacoma</p>		<p>The Subtle Healing Power of Energy Medicine with Carla Yamashiro, DDS 6:30 pm, FREE Federal Way</p>	<p>Sidewalk Sale 9 am until it's gone! Federal Way & Tacoma</p> <p>Meaningful Movies Screening: 'Tapped' 7 pm, Gig Harbor*</p> <p>Alaffia Bike Drive 10 am - 2 pm Tacoma</p>	<p>Energetic First Aid (Healing Touch, Level 1) with Dawn Warnaca, HTCP/I, QM 10 am - 7 pm, Tacoma Please pre-register.</p>
7	8	9	10	11	12	13
<p>Energetic First Aid (Healing Touch, Level 1) with Dawn Warnaca, HTCP/I, QM 10 am - 7 pm Tacoma Please pre-register.</p>		<p>Lymph: Pathway to Healing the Gut-Brain with Nicole Wirth, LMP 6:30 pm, FREE Tacoma</p>		<p>Flower Essences 101s with Laird Desmond 6:30 pm, FREE Federal Way</p>	<p>Meaningful Movies Screening: 'Sonic Sea' 7 pm, Tacoma*</p> <p>Alaffia Bike Drive 10 am - 2 pm Federal Way</p>	<p>The Art of Pickling with Hal Meng 10 am - Noon, \$20 Tacoma Please pre-register.</p>
14	15	16	17	18	19	20
<p>KIDS CLASS! Junior Chef Club for 6-12 year olds with Genevive Nichols 1:30 - 3:30 pm, \$20 Federal Way Please pre-register.</p>		<p>Feng Shui Your Way to Health & Happiness with Megan Morse 6:30 pm, FREE Tacoma</p>		<p>Bio-Acoustics: Your Voice is Telling You Something with Linda Redman 6:30 pm, FREE Federal Way</p>		<p>Garden Gazpacho: Cool-Down Soup for Hot Summer with Julie Martin of Oly-Cultures 10 am - 1 pm, \$30 Tacoma Please pre-register.</p>
21	22	23	24	25	26	27
28	29	30	31			

*Marlene's is a co-sponsor of Meaningful Movies in Tacoma and Gig Harbor. For ore information, go to meaningfulmovies.org.

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feedback! Write to us at:**

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AUGUST 2016

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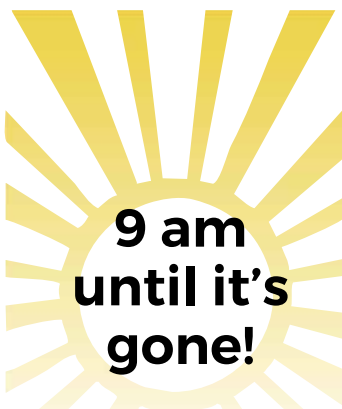
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