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— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

August 2017

health

Sun-safe nutrition
How much calcium is enough?

pet care

Aromatherapy for furry friends

summer eats

Homemade pizza with pizzazz
Sunny day spritzers



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A from Marlene...

Hi Everyone,

Our wonderful summer keeps going on. Hope you're having a good and safe time.

Our Sidewalk Sale is always such fun. Be sure to get in on the great sales, Friday August 11th! You won't want to miss it.

One of our favorite charities is the bike drive for young people in Africa. Providing Togolese students with bicycles helps them stay in school while still being able to help out their families. You can drop bikes off at either store from August 7 – 10, or in Federal Way on August 11 before two.

Have you ever had a traditional Japanese bento box? We have an interesting article and class about how to prepare them. They're great for packing healthy lunches for you and your loved ones. Check it out! You might even put some kimchi in it, after learning how to make some during our class on August 26 (details on page 11).

What an issue! Our Sound Outlook team is doing such a good job. We're really proud of them. Thank you, team.

Bye for now,

Marlene



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BBQ Chicken and Summer Squash Pizza

by Mary Walukiewicz, Food Service Director for Marlene's Market & Deli

Utilize your overflowing summer squash harvest and that leftover chicken from last night's dinner! The trick to using chicken on pizza is to place it below the cheese. When chicken is placed directly on top of the cheese, it has a tendency to quickly dry out in a high-heat oven. Keep the chicken safe and juicy by covering it with cheese or sauce.

- 1 ready to use crust or dough ball, follow package instructions
- 2 cups chicken, cooked and diced
- ½ cup red onion, diced
- 1 zucchini or preferred squash
- ½ cup BBQ sauce
- ½ cup bacon, cooked and chopped
- 2-3 cups mozzarella cheese, shredded
- 2 Tbl olive oil

Preheat oven to 400°. You can use any crust you prefer. Simply follow the preparation instructions on the package. Your toppings will all be pre-cooked, so it's okay if your crust is pre-cooked too. This just means your baking time may be shortened.

Wash and dice your zucchini into small ½ inch pieces. Sauté in olive oil until lightly browned and tender. Set aside.

Roll or press your crust into a pan. Let rest for 5 minutes before adding the toppings. Spread the BBQ sauce on the crust and top with the cooked chicken. Sprinkle the mozzarella cheese on top of sauce and chicken and sprinkle remaining toppings on top of cheese. Bake in oven for 10-20 minutes (it will depend on which crust you use) until lightly golden and bubbly. Let pizza sit for 3-5 minutes before cutting and serving. Enjoy!



WrawP Pizza Crust is made from vegetables, seeds, and superfood spices – and that's it! Flavorful, ready to eat, and great hot or cold, WrawP Pizza Crust is the guilt free way to enjoy your favorite pizza! They are USDA organic, paleo, and vegan certified. Full of fiber and vitamins – free of wheat, grains, and preservatives.



Otto's Cassava Flour is unlike anything your kitchen has ever experienced. This all-natural, grain-free replacement for wheat flour can be used as a 1:1 substitute in many recipes. No fillers, only 100% Yuca (Cassava) and water create this paleo-friendly wonder. Find it in our baking aisle or bulk section and explore ottosnaturals.com for recipes including a delicious pizza crust recipe!

Nurturing the Whole Child

by Chandra Johnson, Early Childhood Educator at the Waldorf School of Tacoma

How can we, as parents and educators, support the whole health of today's children in an over-stimulating, overwhelming, and hectic world? The answer is both complex and simple at the same time. We must provide a healthy rhythm, give proper boundaries, and ensure they have sufficient rest. We must also supply warmth and comfort, allow time for imaginative outdoor play, limit media exposure and, of course, provide proper nutrition. These are the essentials for supporting our children's well-being.

In a Waldorf classroom, this is done strategically and carefully. The early years are crucial to a child's development in order to properly prepare them for the future. Each student is taught social and emotional skills such as learning how to feel confident and comfortable with his or her body. They learn how to function in a group and how to navigate the world through movement and balance. Throughout those lessons, they are developing fine and large motor skills such as sensory integration and hand-eye coordination. They develop an understanding of their place in the world as they learn about nature and the environment. All of this provides a foundation for proper brain development which is necessary for academic excellence and success.

Is there such a thing as a difficult child? Or are they telling us they need less of something – or perhaps more of something else? Every exhibited behavior is telling us something of importance. It is our goal to identify and relieve any hindrances to their self expression and to set them up for optimal development. Providing a healthy rhythm supports that goal.

Let's take a glimpse into the rhythm of a Waldorf early childhood classroom.

Our day may begin either outside or inside. When we start outside, the fresh morning air allows the children to settle in, especially if they may have started with a hectic or



busy morning. Because we ensure they are dressed properly and feel warm, they are able to focus solely on playtime without a thought about being cold, wet or uncomfortable. They dig, make mud pies and play imaginatively which sets the mood for the day. If we begin inside, the aroma of fresh, organic, morning meals being prepared will immediately bring calmness and familiarity to the child. They are invited to help prepare meals by kneading dough on bread day or cutting vegetables on soup day.

The children then meet in "circle." This is the time when everyone comes together to meet each other and greet the day. We teach the children specific movements that are designed to connect brain pathways, develop listening and imitative skills as well as enhancing sequencing language, memory and fine and large motor skills – all in an imaginative way.

Next is a morning walk, which is a restful time for the mind. It enhances their metabolism, rhythmic system, and muscles. This also allows them to recognize seasonal changes. Learning the rhythms of the seasons and nature provides security, balance, and form for the child which allows their abilities to unfold naturally. We then enjoy a mid-morning meal together which is high in healthy fats, whole grains, and organic vegetables.

Throughout it all there is a flow of "in" breath and "out" breath designed to nurture the child. When we do something that is active and stimulating, which is the "out," we will then bring them inward for a calm or creative activity which provides balance, sturdiness, and encourages a sense of self care. The children then have a rest, participate in creative free play, such as beeswax modeling, painting, or other crafts and then relax into story time.

Supporting the whole health of the child takes time, dedication, and support. We watch the seeds that have been planted, bloom as they grow into productive and balanced citizens of the world. They will be prepared to problem solve, meeting the world confidently, creatively, and responsibly with respect towards themselves, the environment and their community.

Chandra Johnson is a preschool teacher at the Tacoma Waldorf School, where she was introduced to the possibilities of how one can embrace, grow, and enlighten each child through education. Chandra graduated from Tacoma Community College with an Associates in Science and Arts, then earned her Waldorf Teacher Training Certificate from Sound Circle Teacher Training in Seattle. Visit tacomawaldorf.org for more information.

BACK-TO-SCHOOL BENTO

by Lori Tsugawa Whaley

One of my fondest childhood memories includes bentos at family outings when we hunted and picked mushrooms in the Mt. St. Helens vicinity. Being from a farming family, we skillfully hunted and picked *matsutake* (Japanese pine mushrooms) and gathered them by basketfuls. I especially remember enjoying the special bentos my mother prepared – the highlight of the trip. They usually contained chicken, vegetables, *onigiris* (rice balls) and other special food.

Japanese bento is a single meal, packed in a box. In Japan, bentos are readily available in convenience stores, bento shops, supermarkets, department stores, restaurants, and even railway stations. Traditionally, a bento contains rice, fish or meat, and pickled or cooked vegetables, aesthetically arranged in a single-serving container.

Bentos have been traced back to the fifth century in Japan. When work or activities like hunting, fishing, farming, or even war, caused people to leave their homes, it was an ingenious solution – portable lunch ‘on the go’! Over the centuries, bentos evolved to meet the needs of the population. Japanese American sugar plantation workers in Hawaii were the first to bring the bento to the United States in the mid-late 1800s. Today, it is a part of Hawaiian culture.

Bentos are an integral part of Japanese cuisine and culture, and can be made at home, or purchased from a variety of places. Japanese employees and students alike enjoy nutritious lunches packed in boxes, and sometimes wrapped in a *furoshiki*, a decorative cloth to carry the bento. In some Japanese companies, bentos are provided by the employers so their employees can enjoy a common meal together. In Japanese restaurants, bentos are a popular option on menus with special items offered for the diner. Bento is enjoyed on picnics, train rides, private homes, parties, and/or occasions when serving a large number of people.

Containers for bentos range from the mass-produced disposable types to elegant lacquerware. The bento box is usually divided to keep the food separated; reminiscent of Japanese farmers’ seed boxes. In modern times, small paper ‘cups’ are utilized to divide food, and a vast array of accoutrements are available in many stores, as well as online.

Popularity of bentos increased with the introduction of microwaves and convenience stores in Japan. Today, the age-old tradition of the bento is being enjoyed, adapting it to modern times. Popular with the young population are themes including anime, manga, or video games. Younger children enjoy ‘picture bentos’ to look like animals, flowers, or people. Variety and creativity are in abundance.

Mother was a role model and an inspiration in my life. In spite of raising six children and actively taking part in running the family farm, she was an entrepreneur with a never-say-die attitude. She instilled in me a love of life and food. She always said that I would never

forget her cooking, and she was right – I haven’t! In my book, *The Courage of a Samurai*, I discuss the Japanese character trait known as ‘*ganbaru*’: never give up, try your hardest, do your best, and go for broke! That was my mother. When I think of bento...I think of my mother.

Lori Tsugawa Whaley is a third generation Japanese American and a descendant of the Samurai Warrior. As an inspirational speaker, she is on a mission to teach individuals who want to make a difference in the world the Ancient Principles of the Samurai so that they can live their lives with courage, honor and integrity.

Join Lori as she shares how you can turn your ordinary lunches into something creative and special using the Japanese bento technique on Thursday, August 17 in Federal Way – details on page 10.



Natural Ways to Prevent

by Jonathan V. Wright MD (ND, hon)



In Part One of “Natural Ways to Prevent Skin Cancer,” we discovered that sunscreens don’t really prevent that much skin cancer at all! It’s not where you live or the amount of sun exposure you get, it’s what you eat that keeps you healthy and helps prevent cancer cell formation. Vitamins A, C, and E and nutrients such as beta-carotene, lutein, and lycopene have been found to reduce ultraviolet-related skin damage and cancer. Are there more ways we can protect ourselves from the damaging effects of the sun?

Next on our extensive list of protectors against UV damage are flavonoids and polyphenols, which have been found specifically to protect against cancer formation induced by UV radiation. These include epigallocatechin gallate (EGCG) from green tea, theaflavins and thearubins from black tea, caffeine (yes, caffeine), flavonoids from citrus peel, proanthocyanidins, and other polyphenols from grape seeds, red wine, and cocoa.

EGCG reduces gene mutation frequency and aging in human skin fibroblasts (collagen producers in skin) exposed to both UVA and UVB over long periods of time. Black tea and green tea polyphenols both protect against UVB tumors, with black tea polyphenols offering the best protection. One study showed that higher levels of tea consumption were associated with lower levels of both basal and squamous cell cancers.

Citrus peel flavonoids have been found to protect against squamous cell cancer, and when they’re combined with black tea, the protective effect is even greater. Polyphenols from cocoa significantly protected against UV-induced erythema, although the effect was found to be less protective than that of lycopene.

Resveratrol, proanthocyanidins, and polyphenols (all found in red grapes) each inhibit skin cancer induced by UV. And, like citrus peel flavonoids and black tea, they work even better when they’re used together. These nutrients have all been found to work by helping conserve internally produced antioxidant enzymes and glutathione (a major antioxidant), suppress the oxidative effects of internally produced peroxide and nitric oxide, and inhibit UV-induced cell death.

In addition to the foods noted above, many herbs, spices, and seasonings – including rosemary, oregano, thyme, and garlic – are rich in polyphenols that protect against UV radiation.

Almost all B vitamins offer protection against skin cancer. However, vitamin B2 (riboflavin) actually might make UV risk greater for skin cells unless vitamin C is supplemented. But other B vitamins are protective against UV damage, including methylfolate (the most active and preferable form of folate), which inhibits UV-induced breaks in DNA. Folate is extremely sensitive to breakdown by UV, so if you’re exposed to more than a little sun, consider using a methylfolate supplement, as folate in food breaks down more rapidly than nearly any other nutrient.

Skin Cancer: Part Two

Last on the list (for now) are fish oil and olive oil. Fish oil (the best source of omega 3 fatty acids) significantly reduces UV-induced suppression of the immune system and cancer induction. By contrast, omega 6 fatty acids (the highest amounts of which are found in vegetable oils) are associated with UV-induced DNA damage and tumor growth. Studies show a trend toward lower risk of squamous cell cancers and melanoma with higher ratios of omega 3 to omega 6 fatty acids.

Olive oil, which is high in omega 9 and mono-unsaturated fatty acids, helps slow signs of skin aging and protects against skin cancers. It also contains the antioxidants hydroxytyrosol and oleuropein, which protect against UV-induced pro-cancerous activity.

Nutritional scientist Dr. Niva Shapira published a research article which reaffirms that staying out of the sun is not at all your best protection against skin cancer. In fact, it could do more harm than good. Dr. Michael Holick (Professor of Medicine, Dermatology, Physiology, and Biophysics at Boston University Medical Center) has written that for every case of skin cancer eliminated by sun avoidance, there are twenty or more cases of prostate or breast cancer caused by sun avoidance and the ensuing lack of sun-induced vitamin D.

If you want to minimize your risk of skin cancer, don't bother to use sunscreen. Studies show that since the 1920s, skin-cancer risk and sunscreen use have risen together at nearly the same rate! While this doesn't prove that sunscreen causes skin cancers (although there are preliminary indications that this is a possibility), it does show that sunscreen doesn't prevent skin cancer.

Use common sense! If you or your children have had enough sun—your body will tell you that when your skin begins to turn even slightly pink — head for the shade, cover up with clothing, or use sunscreen at that point (natural only is preferred, zinc oxide or titanium dioxide rather than chemically active ingredients)

But your best bet for minimizing skin cancer risk is simply to eat right! Eat fish; cruciferous vegetables like broccoli, cauliflower, cabbage, Brussels sprouts, kale, and others; olives and olive oil; tea; tomatoes, tomato paste, and sauce; carrots; peas; sweet potatoes and yams;

pumpkin; spinach, kale, and collard greens; fruit, particularly citrus, red grapes, watermelon, guava, and papaya; as well as cocoa (no sugar, please, try stevia instead) and rosemary, oregano, thyme, and garlic. When at all possible, choose organic!

While eating and drinking all of these things will likely minimize your risk of skin cancer, if you want “insurance” (especially during the sunny months in your area) you might consider a specific combination supplement based on Dr. Shapira's research which contains all or some of the types of nutrients listed above.

Excerpted from Dr. Wright's "Green Medicine Newsletter," available at greenmedicinenewsletter.com.

A Harvard University and University of Michigan graduate, Dr. Jonathan V. Wright is a pioneer in the field of nutritional biochemistry. He established Taboma Clinic in Washington State in 1973, dedicated to treating health conditions by natural means with protocols developed from over 50,000 medical articles on natural substances and energies. Dr. Wright has authored (or co-authored) thirteen books, with two texts achieving best-selling status, and numerous medical articles.





More Mineral Balancing Acts: Assessing Your Calcium Status

by Karl Mincin, Nutritionist

Dear Nutritionist,

What is the meaning of a blood calcium level and how does it relate to bone density?

Dear Reader,

There are strengths and weaknesses to each test of a different tissue type, which also vary from nutrient to nutrient.

Blood is a fluid tissue. Blood calcium levels are a relatively meaningless determinate of calcium nutrition. Blood levels are used primarily to evaluate your electrolyte status, not your nutritional status, nor bone health. Along with potassium and sodium, blood (serum) calcium basically lets the doctor know your heart is still beating and that there are enough electrolyte minerals to keep other muscles contracting and relaxing. Hence, a so-called normal calcium value on your blood test result is not what you think.

Our bodies set such a priority on a beating heart that they will compromise the skeletal structure by leaching calcium from the bone in order to maintain a normal blood level. It is possible, then, that while you are looking at a normal serum calcium value on your blood test result, you could at the same time be developing holes in your bones! This is why I recommend having more than one test or indicator pointing at the same nutrient before you say “Hey, I need more of this or that,” and run out to the vitamin store for another pill.

Like teeth, bone is classified as a hard tissue. Bone density measurements are only a static indicator of overall bone health and only for the moment the test is done. It reveals very

little about calcium adequacy specifically, and even less about long-term bone nutrient metabolism—which direction bone condition is going. Because a normal bone density reading this year doesn’t guarantee healthy bones next year, this test is more useful when repeated over time, and for monitoring certain drugs, but even then still has these limitations.

Hair is a type of soft tissue, in the same category as connective material: joints, ligaments, tendons, and cartilage. Hair analysis is most useful to screen for toxic minerals such as mercury, aluminum, lead and others. Lead, by the way, is a direct antagonist to calcium. It blocks the bone receptor sites where calcium would be assimilated. If a person has lead toxicity, no special type or amount of calcium will be properly utilized.

Head hair calcium levels reflect whole body’s connective (joint) tissue calcium levels, not just what’s in the head. Additionally, several minerals related to calcium, such as magnesium and zinc, are accurately tested along with calcium. These mineral relationships and ratios are just as critical as calcium itself.

The BPCC Calcium Quick Test measures muscle calcium content, which is a functional indicator of calcium estimated to be a midpoint between immediate levels

through blood testing and long-term levels through hair testing. It takes only a moment and provides instant feedback about your calcium adequacy.

A blood pressure cuff is placed around the calf of the leg and gradually tightened until just before a muscle cramp would occur, a reading is taken, and the pressure is then released. If the amount of pressure is below a certain value, tissue calcium is low. If it is at or above this value, the calcium level is normal. Like the other tests mentioned, the BPCC has its limitations. It is closer to the meaning of a blood level than it is of hair, and thus does not reflect long-term calcium adequacy. It also measures only calcium alone. Magnesium and related minerals cannot be tested this way. Because, as we’ve discussed, each test has its strengths and its weaknesses, I generally encourage people to have several different indicators pointing at the same nutrient before they say “this vitamin is right for me.”

Karl Mincin is a clinical nutritionist in practice for 30 years, specializing in nutrition assessment testing. He may be reached at 360.336.2616, or nutrition-testing.com.

A Balanced Approach to Natural Skin Hydration

by Jon Moma, ND

Healthy, happy, and *hydrated!* That is my sincere desire for all of my patients, most of whom will, at some point during the course of working together, complain about something skin related. In fact, in 2014, skin related issues were among the top 5 reasons patients saw their doctor. The health marketplace for skin care is among the most prolific and wide-ranging across all age groups and genders. Our skin is undoubtedly important to us, both as a representation of our identity and a sign of our health and vitality.

Keeping the skin looking healthy, feeling hydrated, and functioning well can be a challenge, especially in between seasons as the humidity and temperatures change and the body often struggles to adjust. In addition to changes in the climate, the natural aging process will contribute somewhat to the breakdown of vital proteins found in the dermis, such as collagen and elastin, both responsible for the skin's youthful appearance, supple texture, and preventing dehydration.

The health of your skin, much like the rest of your body, is greatly affected by what you eat. To start, I recommend a diet low in sugar with an emphasis on nutrients such as vitamin A, or its food-derived cousin beta-carotene (found in kale, spinach, sweet potato, carrots and other colorful vegetables), vitamin C (found in oranges, red pepper, kale, Brussels sprouts, and broccoli), and anti-oxidants (found in blueberries, raspberries, and blackberries). Increasing your intake of these nutrients helps ensure integrity of the different skin layers, increasing their capacity to maintain moisture, and preventing the progression of the aging process.

In addition to diet, targeted supplementation with Type 1 and Type 3 collagen proteins, along with omega 3 fatty acids, will help ensure the body has the proper building blocks necessary for the formation of healthy and hydrated skin. Work with your doctor to ensure you are receiving the correct

therapeutic dosages of these nutrients.

Typically, I tend to recommend moisturizers that contain hemp seed oil. I have had great success with patients of all skin types having improvement in skin moisture with hemp oil as it contains a great complement of omega 3 fatty acid, vital proteins, and nutrients. In addition to daily moisturizing lotion, I counsel patients to exfoliate the skin with a salt scrub once a week to release the dead skin of the epidermis, encouraging growth of new skin cells.

Possibly the most important and yet often overlooked step to take for healthy and hydrated skin is ensuring adequate clean water intake. The average adult will require a minimum of 80 ounces per day. For every caffeinated beverage, juice or other high sugar item,

add an equal amount of water on top of that.

To address the aging process and constant environmental adversities the skin encounters, it is vital to have strategies in place that are multifaceted and comprehensive in their approach. Nourishing the skin from both the inside and out will ensure your skin can thrive amid all the challenges it must face.

Jon Moma, ND, is a licensed physician at Federal Way Naturopathy. He specializes in cardiovascular diseases, metabolic disorders and men's health. For more information visit fwnmedical.com or call 253.942.3301.



August Speakers & Classes

at Marlene's Tacoma & Federal Way

summer sidewalk sale

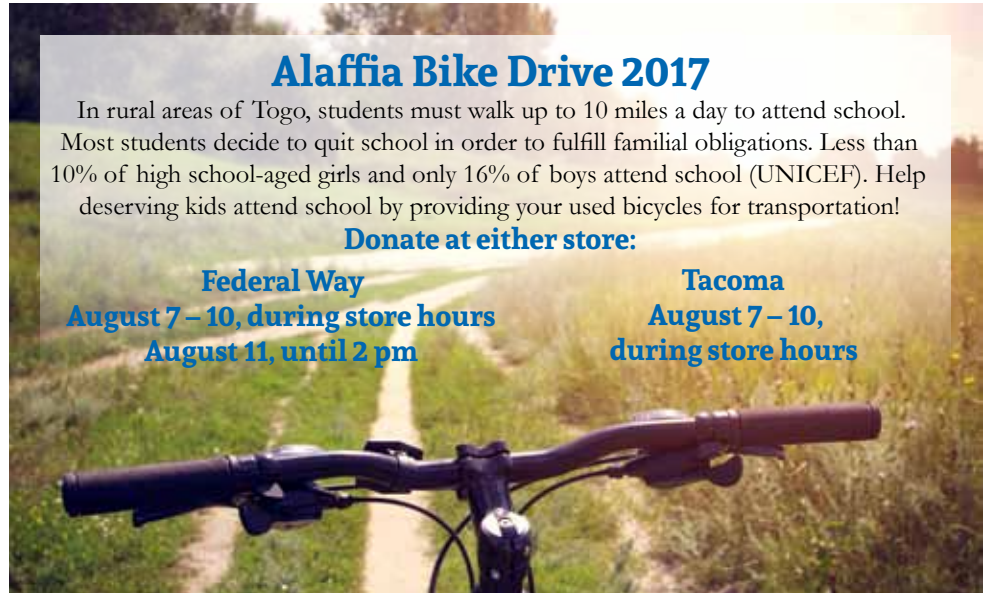
August 11

9 am until it's gone!

Federal Way and Tacoma

Save up to 50% on selected items!

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gifts, and so much more.



Alaffia Bike Drive 2017

In rural areas of Togo, students must walk up to 10 miles a day to attend school. Most students decide to quit school in order to fulfill familial obligations. Less than 10% of high school-aged girls and only 16% of boys attend school (UNICEF). Help deserving kids attend school by providing your used bicycles for transportation!

Donate at either store:

Federal Way	Tacoma
August 7 – 10, during store hours	August 7 – 10, during store hours
August 11, until 2 pm	



**Working with
Symbols: Reiki II**
with Windy Stabile,
Master Reiki
Practitioner
Saturday, August 12
10 am – 6 pm with
intermission, \$150—
special price!
Tacoma

Discover how to magnify your energy flow with symbols! Learn the proper use of Reiki symbols and how they can help address mental and emotional issues. Students will practice sending universal life force energy to each other. Receive Reiki II attunement after completion. Please bring a pen, mat, blanket, and pillow, if desired.
Prerequisite: Reiki I certification (returning students will need to provide practice booklet)
Please pre-register.



**Memory Makeover
in Seconds!**
with Lisa Quarry-
Butson, ACC, CPC
Tuesday, August 15
6:30 pm, FREE
Tacoma

What we think, say, and do becomes the truth about ourselves. Join professional life coach Lisa for an in-depth discussion about how the mind/body connection can be influenced by trauma, phobias, anxiety and more. Learn how to neutralize negative emotions in seconds... yes, seconds! Benefits include emotional stress relief, relaxation, and better ability to deal with stress. Be prepared for an interactive and inspiring class!



**Back-to-School
Bentos**
with Lori Tsugawa
Whaley
Thursday, August 17
6 pm, \$20
Federal Way

Make lunch time fun and nutritious for you and your kids by turning it into a memorable experience! Bento is a traditional, Japanese-style meal in a box. Learn how to turn an ordinary lunch into something nutritious, creative, and special. Participants will create their own bento, and take their meal home in a bento box.
Please pre-register.

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



**Hot and Cold
Canning Salsa**

**with Hal Meng, Director
of the Center for Food
Preservation Arts
Saturday, August 19
10 am – noon, \$20
Tacoma**

Salsas can be fiery hot when based on smoky chilies, or they can be sweet and spicy based on fruits. Explore the wide range of flavor varieties with a quick salsa fresca, ready in 5 minutes, or a more complex peach salsa. Hal Meng originally started making salsas as a way to use excess tomatoes, but he has become fascinated by the endless possibilities.

Please pre-register.



**Health and Vitality
at Any Age**

**with Hanne Hojsted, ND,
Iridologist
Thursday, August 24
6 pm, FREE
Federal Way**

Good health is built with good nutrition. Join Hanne. Hojsted, an experienced iridologist, to learn how food helps you be the most vibrant and energetic version of yourself, at any age! Getting the right combination of foods and nutrients for your body can be tricky. Luckily, iridology can help provide key insights into what your body needs today!



**Let's Make Kimchi
with Julie Kamin-
Martin, founder of
OlyCultures
Saturday, August 26
10 am – noon, \$25
Federal Way**

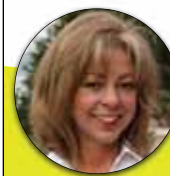
Join Julie Kamin-Martin as she shares her knowledge about the popular fermented Korean delight, kimchi! Learn about the regional differences of kimchi, where to locate the hard-to-find spices, how to start the fermenting process, and more. Find out the other uses for kimchi outside of just being a wonderful, healthy side dish! Delicious samples provided.

Please pre-register.

THERMOGRAPHY

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Safe Aromatherapy for Pets

by Elizabeth Bloom, DHI, DI Hom, founder of Elizabeth Essentials

Aromatherapy is gaining popularity and acceptance as a natural alternative therapy for our animal friends.

We all want the best for our furry friends, however, seeking out advice via the Internet, blogs and social media may not always contain safe use that applies to animals. It is important to seek out professionally trained aromatherapists and to communicate with your veterinarian, especially if your pet has any serious health issues, prior to undertaking any essential oil treatments.

Essential oils for dogs, horses and some other farm animals can be used topically for spot application, massage therapy and for skin and hoof/paw care. Atomizer-diffuser units and spray mist bottles are used for inhalation therapy and clearing and infusing the environment.

Essentials oil use for cats is limited due to their sensitive metabolic system and their internal organs: the liver and kidneys do not breakdown certain substances due to lack of enzymes.

Essential oils for use with animals may include the following safe methods of application:

Inhalation

Diffusion (avoid use near fish tanks or any bird's cage/area)

Topical (spot application, massage therapy, bathing)

Safety Precautions and Contraindications:

Keep all essential oils and aromatherapy products out of reach of children and pets.

Do not give essential oils internally to your pets/animal clients.

Animals will often lick the area where essential oil blends or botanicals have been applied. This normally does not cause a problem – but watch to make sure that the animal does not have an allergic reaction or negative response. If they do, wipe the area with a cool wet cloth and diluted mild soap, rinse and repeat. If necessary seek immediate veterinarian assistance.

Other and more serious clinical signs to watch for with your pet that can result from ingestion of essential oils are: vomiting, diarrhea, depression, lethargy, weakness, excessive drooling/salivation, mouth sores, seizures, tremors, increase in liver enzymes and temporary paralysis.¹

Do not get essential oils near or in the eyes. If essential oils accidentally get into the eyes or sensitive areas, flush the area with water or sterile saline solution until the area is clear. If water is not helping, try a bit of milk which will help to absorb the essential oil residue.

Never apply essential oils directly to an animal's muzzle area, inside nostrils, ears or mouth, and genital areas.

Do not force essential oils onto animals by way of a head or muzzle mask breather-type device/gear.

If irritation occurs (this can happen via topical, diffusion and inhalation) discontinue use of essential oils and re-evaluate. If your animal has a coughing or breathing issue due to the aromas, remove the animal from the area and, if symptoms persist or get worse, contact your veterinarian.

Do not apply essential oils neat (undiluted) to animals. Essential oils should always be diluted when applied topically to animals. Over-use of essential oils and neat applications can cause sensitization issues.

There are certain essential oils that should not be used with animals: one in particular is tea tree (*Melaleuca alternifolia*), which for some pets can cause poisoning and other serious health concerns.^{2,3}

Do not apply a controversial and unsafe technique called Raindrop Therapy (RDT) to your animals. This and other 'neat and excessive drops of essential oil' type of applications can cause sensitization, severe allergic reactions, skin sensitivity, respiratory difficulties, dermal burns, toxic overload and other serious health concerns.

Remember: less is best with essential oil use. Do not be tempted to think that if it's good, then more is better. This is especially true with sensitive animals: they are entrusting us to use essential oils safely and wisely. Always use the rule "When in doubt...don't."

When using essential oils within a barn or kennel type facility, it is best to store aromatherapy products in aroma-safe containers and in a locked cabinet. Keep away from animals and children.

Be mindful of your fellow barn/stable/kennel mates and their animal friends. Remember that not everyone can tolerate the same aromas that you and your animals enjoy. Smell is unique to each individual and lavender is not loved by all!

Elizabeth Bloom, DHI, DI Hom, is founder of Elizabeth Essentials. Her essential oil blends for pets including Flea Be Gone and Derma Relief can be found at Marlene's Market & Deli. She can be reached at elizabethessentials.com or by calling 888.575.0272.

References:

1. ASPCA Animal Poison Control <http://www.aspcapet-care/poison-control/>
2. Pet Poison Helpline: <http://www.petpoisonhelpline.com/poison/tea-tree-oil/>
3. National Capital Poison Center: <http://www.poison.org/poisonpost/winter2010/teatreeoil.htm>

Resources: Animal Poison Control Center: 1-888-426-4435
Tea Tree Essential Oil-Toxic to Cats Article: <http://www.messybeast.com/teatree.htm>
The Lavender Cat: www.thelavendercat.com
NAHA (National Association for Holistic Aromatherapy) www.naha.org
The Holistic Animal Association: www.holisticanimalassociation.com
Content provided from the: Animal Aromatherapy Practitioner Certification Course(sm): www.ashitherapy.com

Prepare yourself for the chilly winter months ahead with Elizabeth Bloom as she shares the amazing health benefits of essential oils on Tuesday, September 19 in Tacoma. Check back in September for more details!



Going Home: The Effect of Nature on the Modern Human

by Jeanne Logman, NT – Market Manager, Tacoma

Urban populations are booming. Statistics for the last decade map a trend that shows a 20% increase in population growth taking place in American cities. As people seek out better financial opportunities and the conveniences of urban life, our connection to nature becomes increasingly strained.

Many scientific advances exist for the purpose of separating us or even ‘protecting’ us from the natural world. Strong arguments can be given in support of human productivity through these technological advances.

For example, clean running water is a wonderful thing. I can’t think of a person I know who would look forward to the daily task of collecting and storing water for their entire family every 24 hours. How much time and energy do we save by turning a tap instead of making multiple trips to a water source? An amazing amount. And yet, human beings are such clever thinking animals, we have in many ways shut out nature entirely for the sake of convenience and efficiency.

It is becoming increasingly clear that we cannot thrive independently from the natural world. It makes sense. We are not just minds. Our bodies are formed by nature to respond to natural stimuli. As Alan Watts, the British philosopher put it:

“You didn’t come into this world. You came out of it, like a wave from the ocean. You are not a stranger here.”



In America, and the Pacific Northwest in particular, we have abundant access to greenspaces, parks and stretches of wilderness. This is not true of every culture. Many Asian and European countries have watched the mental and physical health of their citizens decline as populations become dense and greenspaces shrink. Could something as simple as an hour-long stroll through the woods truly make a difference?

Extensive studies have concluded that exposure to nature is directly related to health and well-being. So dramatic were the improvements in focus, creative problem solving, anxiety, depression, wound-healing and immune response, that these countries now view access to nature and greenspace as a basic human right.

Finland’s public health department advises its citizens to spend a minimum of 5 hours per month in natural, forested areas. Singapore has passed an ordinance that no skyscrapers may be built without substantial greenery incorporated into the actual building and surrounding grounds. And Japan most famously developed the practice of shinrin-yoku or ‘forest bathing’, where people are encouraged to spend time immersed in nature while paying close attention to their surroundings. Interestingly, strenuous exercise is not necessary to reap these health benefits. This is excellent news for those who resist hiking because they envision a photo of an REI model on a mountaintop as the “goal”.

But it turns out that nature is for everyone. What we come from has what we need. I’ll meet you there!

*“Look deeply into nature and you will understand everything more clearly.” -
Albert Einstein*



Caribbean Punch

by R.W. Knudsen Family

- | | |
|------------|---|
| 1 ½ quarts | R.W. Knudsen Family Organic Pineapple Juice |
| 2 quarts | Santa Cruz Organic Lemonade Flavored Beverage |
| 1 ½ quarts | R.W. Knudsen Family Cranberry Nectar |
| 2 cups | R.W. Knudsen Family Apple Juice |
| 14 | lemon slices |
| | ice cubes |

Mix juices together and chill for several hours or overnight. Add ice to tall glasses. Pour punch over ice. Float lemon slice on top, take a step outside, and enjoy its refreshment in the sunshine.



Pineapple Coco-Mint Smoothie

by Taste Nirvana

This low calorie, immune-boosting smoothie will help keep you hydrated all day!

- | | |
|-------------------|-----------------------------|
| 1 ½ oz | Swiss chard |
| 4 oz | pineapple |
| 1 | apple, chopped |
| 3 sprigs | mint |
| 1 Tbl | flaxseed |
| 1 bottle (9.5 oz) | Taste Nirvana coconut water |
| 1 cup | ice |

Add all ingredients to blender, blend until smooth. Garnish with mint and enjoy.



Peachy Shrub Smoothie

by Fosse Farms

Add a tart and fruity splash of Wow! to your smoothie routine with Fosse Farms' flavorful shrubs. These drinking vinegars can double as blood sugar balancing digestive soothers, and triple as fun cocktail mixers, marinades, and more!

½ oz	Fosse Farms Peach Shrub
6 oz	plain Greek yogurt
1	banana
½ cup	frozen peaches
½ cup	apple juice

Put peaches, sliced banana, and Greek yogurt in blender. Slowly add apple juice and peach shrub. Blend until smooth. Try experimenting with different shrub flavors and your favorite fruits! Enjoy.



Heavenly Hibiscus Revive Kombucha Float

by Revive Kombucha

This swirling glass of crisp, hibiscus kombucha and vanilla ice cream is reminiscent of a flowery cream soda your taste buds have only dreamed of.



12 oz	Revive Free Ride Hibiscus Fruit kombucha
2 scoops	vanilla ice cream (whichever is your favorite)
¼ cup	frozen strawberries and/or blueberries

In a tall glass, scoop in vanilla ice cream and add berries. Slowly pour kombucha over ice cream. Kick off shoes, sit back, and enjoy.

Sangria Verde

by Broadbent Selections

Spritz up your traditional sangria with this light and slightly bubbly wine in place of your regular red! Add some more *verde* via refreshing fruits and complementary herbs for the perfect summertime cocktail.

¼ cup	organic cane sugar	1 bottle	Broadbent Vinho Verde, chilled
¼ cup	freshly boiled water		
1	Granny Smith apple, sliced	2 sprigs	mint
1	green Anjou pear, sliced	2 sprigs	basil
½ cup	kiwi, peeled and sliced	½ cup	white rum (optional)
½ cup	green grapes, halved		juice of lime
1	lime, thinly sliced		ice and sparkling water

Stir together the sugar and boiling water to dissolve the sugar. In a large pitcher, combine the apple, pear, kiwi, grapes, lime slices, lime juice, mint and basil. Pour in the Vinho Verde and rum. Stir, then cover and chill for at least 30 minutes. Pour over ice and spoon in some of the fruity bits. Top off each glass with a splash of fizzy water, and garnish with mint and basil leaves. Sip and relax.



**SANTA CRUZ
Organic
Fruit
Spread**

9.5 oz.
Assorted varieties
Reg. 4.49



\$2⁹⁹

**SANTA CRUZ
Organic
Peanut
Butter**

16 oz.
Assorted varieties
Reg. 7.29



\$4⁸⁹

**LATE JULY
Clasico
Tortilla
Chips**

5.5 oz.
Assorted varieties
Reg. 3.55



\$2²⁹

**TEAS' TEA
Iced
Tea**

16.9 oz.
Assorted varieties
Reg. 2.49



\$1²⁹

**SPECTRUM NATURALS
Organic
Mayonnaise**

32 oz.
Reg. 12.69



\$8⁹⁹

**ANNIE'S HOMEGROWN
Organic Macaroni &
Cheese**

6 oz.
Assorted varieties
Reg. 3.79



**2 \$5⁰⁰
for**

**ANNIE'S NATURALS
Organic
Dressing**

8 oz.
Assorted varieties
Reg. 5.05



\$3¹⁹

**R.W. KNUDSEN
Organic
Juice**

32 oz.
Reg. 5.05



\$3⁴⁹

**RUNA
Guayusa
Energy Drink**

12 oz.
Assorted varieties
Reg. 3.15



\$1⁷⁹

**CASCADIAN FARM
Organic
Cereal**

8.6 - 12.3 oz.
Assorted varieties
Reg. 5.25



**2 \$7⁰⁰
for**

**CLIF
Builder's
Protein Bar**

2.4 oz.
Assorted varieties
Reg. 2.45



\$1³⁹

SOUND OUTLOOK

Marlene's



Don't miss out on the fantastic discounts at our annual Sidewalk Sale Friday, August 11 9 am until it is all gone! At both stores!

The freshest local bounty from great family farms delivered daily!



ORGANIC Driscoll Strawberries

1 lb. container
Sweet & delicious!

\$3⁹⁹ ea.



ORGANIC Walchli Cantaloupe

Perfect in a fruit salad!

99¢ lb.

JACKSON'S HONEST CHIPS Potato Chips



5 oz.
Assorted varieties
Reg. 4.39

\$2⁹⁹

KASHI Organic Cereal



16.3 oz.
Assorted varieties
Reg. 5.95

\$3⁶⁹

EMERALD COVE Sea Vegetables

Premium quality dried seaweed snacks



40% off

In store prices reflect discount



LOVE BOTTLES
Recycled Glass Water Bottle



17 oz.
Reg. 24.99

\$19⁹⁹

WALLABY
Organic European Style Sour Cream

16 oz.
Reg. 5.39



\$3⁹⁹

THE GREEK GODS
Greek Yogurt

24 oz.
Assorted varieties
Reg. 5.39



\$3⁴⁹

EPIC
Pork Rinds



2.5 oz.
Reg. 4.49

\$3¹⁹

ESSENTIAL BAKING COMPANY
Bake-At-Home Bread



Organic, 16 oz.
Assorted varieties
Reg. 4.99

\$3⁹⁹

RUDIS
Organic Sliced Bread

20 - 24 oz.
Assorted varieties
Reg. 5.69



\$4⁵⁹

NEWMAN'S OWN ORGANICS
Newman's O's Crème Cookies

13 oz.
Reg. 6.25



\$4²⁹

ALMOND DREAM
Almond Yogurt

6 oz.
Assorted varieties
Reg. 1.95



\$1⁴⁹

SO DELICIOUS
Cashew Milk Ice Cream

Pint
Assorted varieties
Reg. 7.29



\$5²⁹

THE GREEK GODS
Seriously Indulgent Yogurt

5.3 oz., Assorted varieties
Reg. 1.99



\$1⁵⁹

SOUND OUTLOOK

DR. BRONNER'S Toothpaste



5 oz.
Assorted varieties
Reg. 6.49

\$4⁶⁹

ACURE Shampoo or Conditioner



8 oz.
Reg. 9.99

\$7⁶⁵

Marlene's

ELEMENTAL HERBS All Good Sun Care



Assorted varieties
& sizes

20% off

In store prices reflect discount

EARTH MAMA ANGEL BABY

Body Care



Assorted varieties
& sizes

30% off

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GOLDEN TEMPLE

All Bulk Granola



Assorted flavors

25% off

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preserve
Nothing wasted. Everything gained!

Toothbrush



Reg. 2.99

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WHOLE EARTH & SEA

Imagine getting the benefit of a
whole growing season in one tablet

Nutrients born from plants grown on our 100% non-GMO,
organic farms make these products the "Seed of Nutrition."

SAVE 30% All Whole Earth & Sea products!

In store prices reflect discount

natural
Factors



ENZYMEDICA

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Gentle digestive support
30 ct.
Reg. 9.99

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ENZYMEDICA

Digest

Enhanced digestive support to
help convert food into energy.
30 ct.
Reg. 11.99

\$8⁹⁹

COUNTRY LIFE Kids Care Probiotic



5 Billion CFU, 9 strains of
health flora, prebiotics
fruit blend
30 ct., Reg. 15.99

\$10⁹⁹

Marlene's

SOUND OUTLOOK



ODWALLA
Drink, Smoothie or Protein Beverage

15.2 oz.
Assorted varieties
Reg. 3.29

odwalla **\$2⁴⁹**



Fresh Grown
GUMMIES



35% off
In store prices
reflect discount



Containing nine whole fruits in every bottle, **mykind Organics** fresh grown gummies are **Certified USDA Organic** and **Non-GMO Project Verified** fruit and vitamin chews and contain no synthetic ingredients, artificial flavors or colors. With our clean gummy technology, there are no "candy" ingredients, no pig gelatin or corn starch. You can rest assured you are receiving a true, whole food vitamin fruit chew that not only is good for you, but is **great-tasting!**

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10 Top Healers

10 well researched, beneficial nutrients that are missing from most multivitamin formulas
30 tabs, Reg. 14.25

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Supports a healthy inflammatory response
60 tabs, Reg. 33.50

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Marlene's

RENEW LIFE

Ultimate Flora Kids

Probiotics 3 Billion
30 chewables
Reg. 16.99



\$12⁹⁹

RENEW LIFE

Digest Smart Kids Enzymes

60 tabs
Reg. 14.99



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NEW CHAPTER Fermented Booster Powder

Fermented Turmeric, Maca & Aloe
30 servings, Reg. 49.99



\$37⁹⁹

HEALTHFORCE

Antioxidant Extreme

120 vcaps
Reg. 31.19

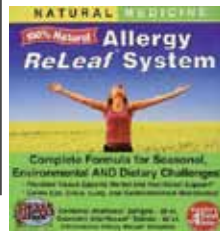
\$22⁶⁹



HERBS ETC.

Allergy ReLeaf System

30 ct. kit
Reg. 27.99



\$19⁹⁹

NORDIC NATURALS

Children's Supplements

120 ct.
Reg. 24.95



\$17⁹⁹

HEALTHFORCE

CircuForce 90 Vcaps, Reg. 41.19.....**29.69**

BOIRON

Arnicare Gel Value Pack

Quickly absorbed and has a cooling effects
Reg. 15.89

\$11⁹⁹



BOIRON

Arnicare Cream Value Pack

Reg. 15.89

\$11⁹⁹



Stop the pain

Before pain gets in your way, relieve it with ARNICA!





Annie's Bunny Fruit Snacks add a little sunshine to your kids school lunches! Certified organic and gluten free, these vegan bunny shaped snacks are made with real fruit juice and offer 100% of your daily value of Vitamin C!



Back Roads Granola makes an Organic Paleo Granola that even the most discriminating of our cave dwelling ancestors would enjoy. Coconut chips step in for oats so you can enjoy the satisfying crunch of granola with the energizing benefits of a paleo diet. Check the bulk department for Coconut Crunch, Maple Pecan, and Pineapple Ginger.

Welcome to SNACK COUNTRY!



Bitsy's Brainfood is on a mission to make great food. They start with a simple belief – healthy bodies and healthy minds are connected, and learning to eat smart should be fun. Their mega-delicious, ultra-nutritious Smart Crackers nurture body, mind, and imagination and inspire kids of any age to learn and grow! Look for Sweet Potato Cinna-Graham, Cheddar Chia Veggie, and Maple Carrot Crisp.



YumEarth Fruit Snacks are picked from an orchard of yumminess and made with real fruit juice. Organic, non-GMO, vegan, and gluten free, these naturally colored and flavored snacks are bursting with fruity flavors that will have you smiling all summer.




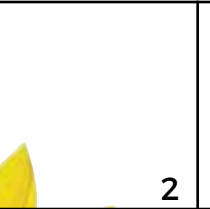

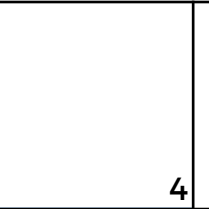
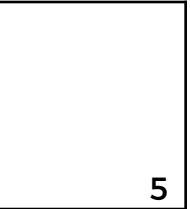







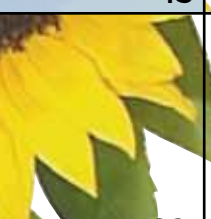

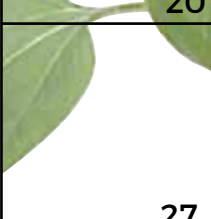
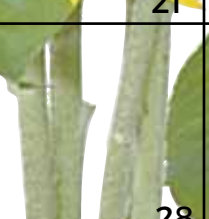

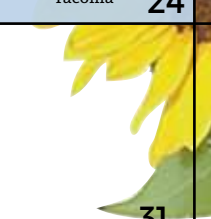
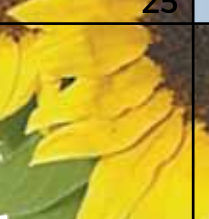



Justin's Snack Packs are the all-in-one portable pick-me-up! Stash a few at your desk or keep them on hand for snacking at home. Perfect for dipping, scooping, and devouring! Look for Chocolate Hazelnut Butter and Pretzels, Classic Almond Butter and Pretzels, Maple Almond Butter and Pretzels, and Classic Peanut Butter and Banana Chips.

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
						
		1	2	3	4	5
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!	Alaffia Bike Drive 2017 Donate at either store: Federal Way August 7 - 10, during store hours August 11, until 2 pm Tacoma August 7 - 10, during store hours				Sidewalk Sale 9 am until it's all gone! Both store locations Meaningful Movies <i>Storied Streets: Who is Homeless?</i> 6:30 pm, Gig Harbor	Working with Symbols: Reiki II with Windy Stabile, Master Reiki Practitioner 10 am - 6 pm with intermission, \$150 special price! Tacoma Please pre-register
6	7	8	9	10	11	12
	Uniform Monday! 10% off to all firefighters, police, and military!	Memory Makeover in Seconds! with Lisa Quarry- Butson, ACC, CPC 6:30 pm, FREE Tacoma		Back-to-School Bentos with Lori Tsugawa Whaley 6 pm, \$20 Federal Way Please pre-register		Hot and Cold Canning Salsa with Hal Meng, Director of the Center for Food Preservation Arts 10 am - noon, \$20 Tacoma Please pre-register
13	14	15	16	17	18	19
				Health and Vitality at Any Age with Hanne Hojsted, ND, Iridologist 6:30 pm, FREE Federal Way Meaningful Movies <i>Ask Us Who We Are</i> 6:30 pm, Tacoma		Let's Make Kimchi! with Julie Kamin-Martin, founder of OlyCultures 10 am - noon, \$25 Federal Way Please pre-register
20	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 more information, visit meaningfulmovies.org.

BODY WORK

Schedule



TACOMA

Seated Massage & Energy Work
with Dan Wilson & Diane Newby
Monday, 11 am - 3 pm

FEDERAL WAY

Seated Massage
with Erica Seter
Tuesday, 11 am - 2 pm
Thursday, 2:30 pm - 7 pm
Friday, 3 pm - 7 pm
Saturday, 1 pm - 5 pm

FEDERAL WAY

Reiki & Energy Work with Windy Stabile
By appointment only. Please call 616.917.6000

Marlene's

MARKET & DELI

shop local, eat organic

FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

HOURS

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

**We value your suggestions and
feedback! Write to us at:**

feedback@marlenesmarket-deli.com



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AUGUST 2017

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

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



Marlene's Organic Greens are a reflection of her commitment to offer the highest quality foods and supplements available! This potent blend of organic green grass powders, cruciferous vegetables and algae deliver a wide range of alkalizing minerals and chlorophyll. To enhance this formula, Marlene has included gut-friendly pre-biotic inulin and amino acid rich sprouted brown rice protein. If you haven't discovered why Marlene's Greens are so popular, give them a try today!