

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

SOUND OUTLOOK

February 2017

GLUTEN FREE DAY

Saturday, February 11
11 am to 3 pm

Discover

Vitality Through Autophagy

Prevent Heart Disease

Create

Gluten Free Treats

Body Care Blends

Partake

Love Potions

Indian Cuisine

groceries

supplements

deli

body care

catering

NATURAL

ORGANIC

GLUTEN-FREE

NON-GMO

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A from Marlene...

February – “the short month” – goes by so fast. Don't forget to schmooze your sweetie on the 14th. We have lots of choices for good chocolate, wine, and gifts.

This month I like to think about our past presidents since I read lots of books on their history.

Also this month on the 11th is our 10th annual Gluten Free Day. We'll have many samples to try. We search regularly for gluten free products for you. The 11th is a big day for us – so be there!

See you next month – garden time is near.

Marlene



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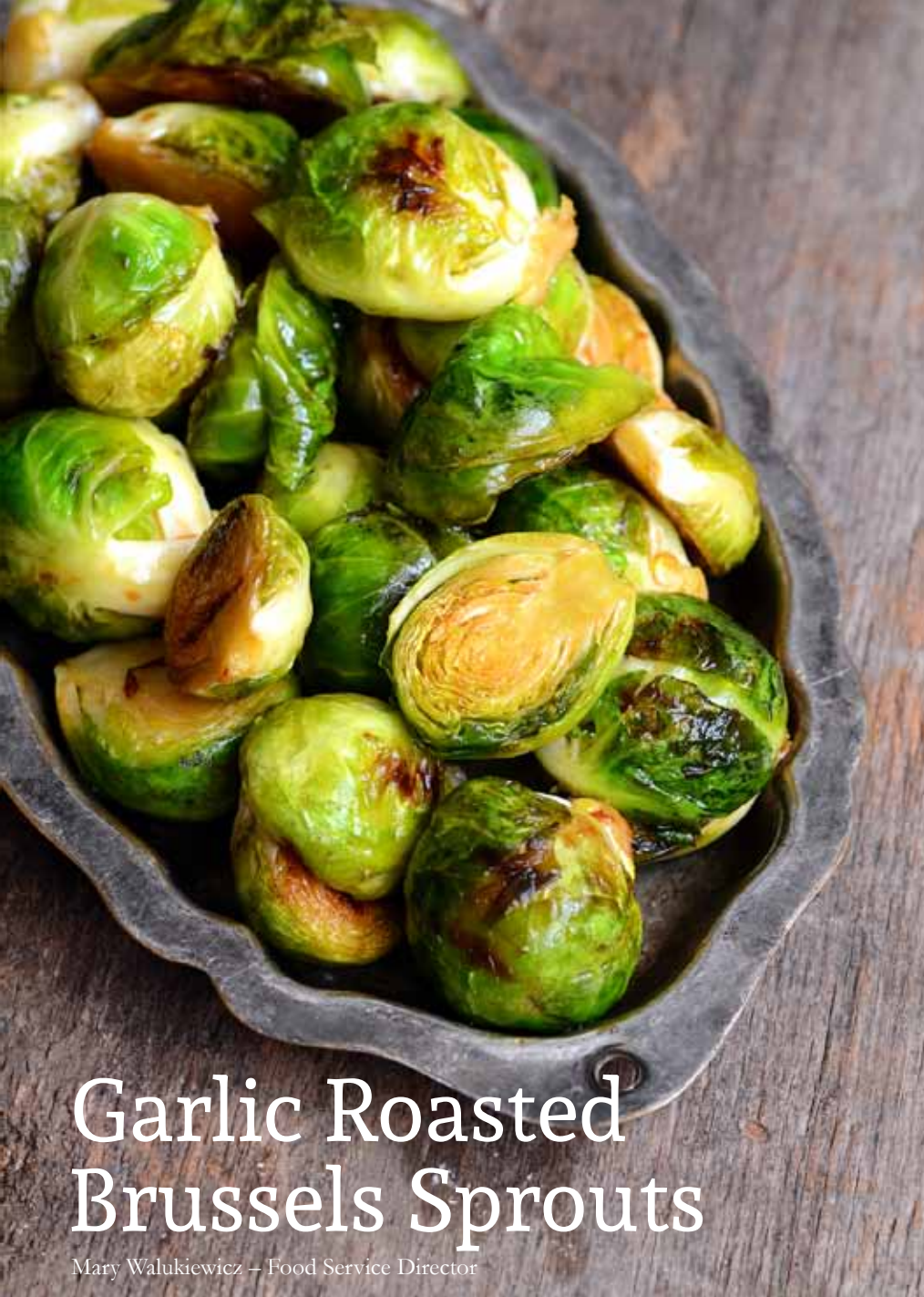
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Garlic Roasted Brussels Sprouts

Mary Walukiewicz – Food Service Director

1 lb	brussels sprouts, rinsed and trimmed
5 cloves	garlic, chopped
2 Tbl	olive or coconut oil
½ tsp	lemon zest
pinch	sea salt
pinch	black pepper

Toss all ingredients together and pour onto a sheet pan.
Roast at 400° for 25 – 30 minutes, stirring after 15 minutes.



GARLIC, what's the big deal?

It is no surprise that garlic's distinct flavor is found in dishes world wide. You can tell from the moment you peel a fresh clove of garlic that this pungent plant is potent indeed!

In addition to its versatile flavor, garlic has the ability to boost the immune system. Those who regularly consume garlic often have fewer colds, and the colds they do get resolve more quickly.

One of the leading causes of death in the United States is heart disease. Research suggests garlic may be able to slow down atherosclerosis, lower blood pressure, and thin blood, which may reduce the risk of heart attacks and strokes.

Powerful flavors often indicate powerful compounds at work. Many culinary traditions employ spices to improve food safety and prevent food spoilage; and today, science has given us solid evidence to verify this. Garlic has been shown to be more effective than two popular antibiotics at fighting *Campylobacter*, a bacteria responsible for foodborne illness in some 2.4 million Americans each year.

Consider garlic both food and medicine as you approach the final stretches of winter. Garlic Roasted Brussels Sprouts are an easy, delicious way to give your family an irresistible dose of an incredible medicine!

For more information:
news.wsu.edu/2012/05/01/garlic-compound-fights-source-of-food-borne-illness/
umm.edu/health/medical/altmed/herb/garlic

Autophagy Part 2: How To Help Your Body Renew

by Jeanne Logman, NT – Market Manager, Tacoma

Last month we introduced the concept of autophagy (ah-TAHF-uh-jee), the body's system of recycling aging and damaged cells.

Autophagy: It is an ingenious biological design aimed at keeping our systems running at top efficiency. Unfortunately, with our modern lifestyles, we often unwittingly get in the way of this process.

Interruption of this metabolic function results in an increased burden on the organs responsible for detoxifying and maintaining metabolism. Initially, this can result in fatigue, weight gain, foggy thinking, compromised immunity, and lack of energy. If steps are not taken to promote autophagy, inflammation and prematurely aging cells can pave the way for a host of degenerative diseases.

"Think of it as the body's innate recycling program," says Colin Champ, MD, assistant professor at The University of Pittsburgh Medical Center. "Autophagy makes us more efficient machines that can get rid of faulty parts, stop cancerous growths, and stop metabolic dysfunction like obesity and diabetes." ⁽¹⁾

Especially at this time of year, many of us gravitate toward goals that make

a positive impact on our individual state of health. Many people set goals for weight loss, but how many of us really consider vitality itself as a goal? Clear thinking? A disease-free system? A vibrant, energetic body aging without the burdens of debilitating pain and immobility? Yet this is the natural state of a well nourished body maximized by autophagy.

For those of you interested in how you can boost your own autophagic functions, here are the five proven ways:

1. Consume a diet high in unprocessed, plant-based omega-3 fats.

The target to aim for is 60-70% of your daily calories to be made up of these healthy fats.

For example, a person who consumes about 1,500 calories per day should be working toward having 900-1,050 of those calories come from seeds, nuts, avocados, coconut, etc.

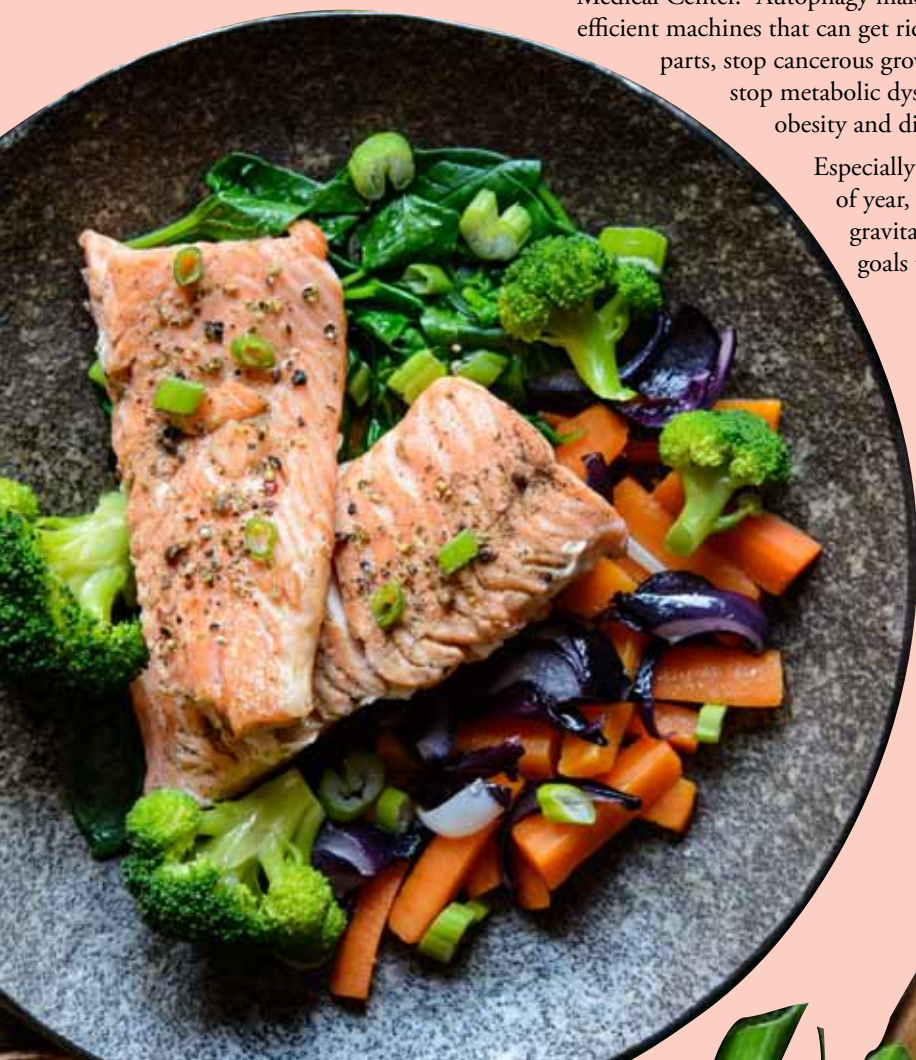
Seed sources that are richest in omega-3s are flax, hemp, and chia. Try sprinkling generous amounts of these seeds over salads and cereals. They can be added to soups, gravies, and hot cereals as well, provided they are added after cooking and consumed immediately.

One of the most convenient ways to add plant-sourced omega-3 fats is to buy a cold-pressed bottled oil for adding to smoothies and other dishes or just taking it directly from a spoon. A high-quality favorite is Udo's Choice 3-6-9 oil, available at Marlene's.

All nuts contain healthy fats, but walnuts and pecans are highest in omega-3. Other good sources of plant fats are avocado, olive and coconut.

2. Consume a moderate amount of protein.

Autophagy is actually inhibited by consuming too much protein. The reason is fascinating: your cells are already recycling protein from the waste cells. Up to 200 grams can be harvested during this process.



For an in-depth introduction, please see 'Autophagy: A Deeper Look at Detox' in the January 2017 issue of Sound Outlook.

An autophagy-friendly diet doesn't have to be complicated:

- Eliminate refined carbohydrates, processed foods, and sugar.
- Consume lots of fibrous vegetables. A good visual is that vegetables should cover two thirds of your plate, and ideally, at least one third should be raw. Think of dark green, leafy vegetables like kale and spinach and cruciferous vegetables like broccoli, cauliflower, collards, chards and lettuces, radishes, and turnips.
- Eat small amounts of starchy vegetables, beans, and whole grains. A good visual is to treat starches like they are a garnish to the meal. Quarter the portion of what would be considered a regular serving. For example, if you would normally eat one cup of red beans and rice, serve yourself ¼ cup instead. Make up for the other ¾ cup with a vegetable and a fat like steamed broccoli with seasoned coconut oil. One cup of curried sweet potatoes becomes ¼ cup with ¾ cup of seasoned sliced tomatoes and avocado.

3. Exercise daily for a minimum of 20 minutes to a maximum of one hour.

Both aerobic and weight-bearing exercise is effective for stimulating cell renewal. A good

place to start would be to alternate these two exercise types every other day.

As you form a routine and become confident with it, look into a method called 'Tabata'.

Tabata is a way of peppering an average work out with high intensity bursts. Using this method, for just a total of 4-8 minutes of your established routine, can have amazing results in building endurance and revving the metabolism to burn fat for a solid 24 hours. In addition, Tabata has been shown to boost cell longevity by an average of 13% ⁽²⁾.

4. Incorporate intermittent fasting.

Fasting is an age-old tradition for many cultures and religions. As it turns out, science is finding more and more evidence that our bodies are not only equipped to survive significant stretches of time without food, they cannot thrive without these breaks.

It takes an incredible amount of energy to break down, assimilate and reassemble foods. The digestive system is designed to regulate and clear itself of waste cells and debris. It cannot effectively do so if it is constantly engaged in digestion.

Also, the human gastrointestinal system houses 70% of the immune system. It is

critically important to allow for the repair and renewal of the gut for the sake of the entire body!

Intermittent fasting can be effective with as few as 16 hours in a row. That means that a person could consume all of their day's calories between the hours of 10 am and 6 pm, and that would be enough to support autophagy.

It should be noted that a person should not restrict water or non-calorie, nutritive beverages like green and herbal teas during this time. Hydration is an essential component to a smooth-running, efficient system.

5. Finally, find joy in self-care.

Remember that if you give yourself the best tools for vitality, everything and everyone in your life benefits. Be present, thankful, giving and forgiving, and keep a sense of humor. I wish you vibrant health and happiness in 2017!

Jeanne Logman is a Nutritional Therapist on staff at Marlene's Market & Deli.

⁽¹⁾Misguided Medicine, Dr. Colin Champ, MD

⁽²⁾For more on Tabata, read breakingmuscle.com/learn/the-tabata-revolution-explained-what-why-and-how-to-tabata.



Are you Cardio SAVVY or Cholesterol PHOBIC?

NEXT MONTH
Part Two - Intervention
for arterial plaque with
diet, supplements, lifestyle
choices and a few surprises
(giving blood regularly
as a prevention for
heart attack?)

By John Sherman, ND

Despite conventional wisdom to the contrary, elevated serum cholesterol is not the one-size-fits-all cause of cardiovascular disease and heart attacks. Although we know better now, most doctors and cardiologists persist in trying to drop peoples' cholesterol as low as possible based on public brainwashing information from the 1970s that said all cholesterol is harmful.

Clinging to Disproven Theories

People equate high cholesterol with heart disease so much that blood cholesterol is one of the few laboratory tests of which everyone seems to know their own serum level results. Because of continued cholesterol phobia, fats in our diet are still getting bad press in commercials, cooking shows, and food labeling. The media still tell the public that fat makes you fat and clogs your arteries. What many don't realize is that **cholesterol is a necessary component of Vitamin D, sex hormones, and bile acids. And since our brains are 60% fat, a low-fat diet can lead to poor brain function.**

Statins Aren't the Answer

The strange truth is that most people who have had a heart attack show normal serum cholesterol readings⁽¹⁾. Results of six major cardiovascular studies have been amazingly consistent: **aggressive cholesterol lowering does not eliminate cardiovascular disease, and only reduces risk on average by 26%.**

A national study in 2009 at UCLA showed that 75% of those hospitalized for heart attacks, had normal LDL cholesterol levels under 130, and nearly half were considered at optimal LDL levels, less than 100⁽¹⁾. The CDC reports that 78.1 million Americans should be taking statins, a whopping 36% of the adult population over 21, to lower cholesterol⁽²⁾. Approximately half of this 78.1 million are taking statins, and yet, the rate of

coronary artery disease continues to be the cause of 25% of all deaths in the U.S.⁽³⁾.

Clearly the cholesterol emphasis in prevention of heart attacks is overrated. Cholesterol is associated with heart disease and plaquing, but is not the underlying cause.

All the Old Culprits and a Few New Ones

What's causing the other 74% residual risk of heart disease? **In a word, inflammation is the primary cause of damage to arterial lining of our vessels**, something called endothelial dysfunction. There are many factors which may contribute to endothelial dysfunction, including:

- smoking
- lack of exercise
- uncontrolled blood sugar
- high blood pressure
- high dietary omega 6 to omega 3 ratio
- elevated serum homocysteine and/or C-reactive protein levels

Other factors are insufficient Vitamin D or Vitamin K, low serum CoQ10 levels, and low nitric oxide levels⁽⁴⁾. **There are very few factors involved with the progression of endothelial dysfunction into atherosclerotic plaquing that we can't control with diet, supplements, and lifestyle changes.**

Top Five Factors in Reducing Heart Disease (and none involve lowering cholesterol!)

A large Harvard research study of 84,129 women found five factors that were found to significantly lower the risk of heart disease⁽⁵⁾. In fact, 82% of all coronary events were attributable to not adhering to these five factors. Note that cholesterol is not mentioned at all in the five factors!

- Not smoking
- Drinking alcohol in moderation
- Moderate to vigorous exercise for at least 30 minutes on average daily
- Maintaining a healthy weight (BMI less than 25)
- Eating a low glycemic (low sugar and refined carbs) diet with plenty of fiber and omega 3 oils

Additional Risk Factors, Same Lifestyle Changes

Another large global study of over 30,000 men and women in 52 different countries showed nine main attributable factors involved with 90% of heart attacks in men, and 94% in women, without mention of cholesterol⁽⁶⁾. These include similar factors as the Harvard study, while adding risk factors such as diabetes, high blood pressure, and inadequate consumption of fruits and vegetables⁽⁶⁾.

A few simple changes in our diet and lifestyle, can have a dramatic effect on our longevity, well-being, and quality of life, for our entire lifespan. Check back next month when I discuss each supplement and dietary factors that Dr. Wright and I recommend for reducing arterial plaque.

In addition to his long-term practice at Taboma Clinic under the direction of Jonathan V. Wright, MD, John Sherman served as Clinic Director for Bastyr University in Kenmore, Washington, and as associate professor for both the National University of Natural Medicine and Bastyr University. He authored the classic naturopathic textbook The Complete Botanical Prescriber and is co-author of Alternative Medicine: The Definitive Guide. Dr. Sherman sees patients with diverse health issues, including bio-identical hormone therapy (for men and women), cardiovascular disease, thyroid and hormone balance, auto-immune challenges, chronic fatigue, immune system support, detoxification of the body, individualized nutritional programs. Learn more at tabomacclinic.com or call 206.812.9988.

Research citations for this article are available at marlenesmarket-deli.com.



Health begins in the kitchen. Consuming plenty of fresh fruits, vegetables, and omega-3-rich foods is a daily contribution to a happy heart!

Public attitudes toward dietary fat are shifting and as a nutritionist,

It's Okay To E

For years we were told to limit our fat intake in order to maintain healthy weight levels. The result is people end up often eating more carbohydrates. Even if choosing “healthy” carbs, when in excess, can lead to a variety of conditions including metabolic imbalances, leaky gut, and inflammation.

The problem is the body is not designed to store much sugar. It is however, able to convert the excess sugar into fatty acids and cholesterol, substances it depends upon to create and maintain cellular integrity and replication. Fatty acids are vital for other reasons, too, particularly saturated fatty acids, which:

- Create a protective surfactant in the lungs
- Mobilize calcium into bones
- Reduce the levels of lipoprotein A (a CVD risk factor)
- Help protect the liver from alcohol and medication
- Act as signaling messengers for metabolism and the immune system
- Are a component of brain and nervous tissue
- Are an energy source (the heart prefers fatty acids as fuel)

Some foods also contain short (SCFA) and medium (MCFA) chain saturated fatty acids that have additional benefits. Short chain fatty acids are fuel for intestinal cells and have anti-inflammatory properties, while medium chain fatty acids have antimicrobial properties, are used directly as fuel, and are beneficial for weight loss.

Even though the body can convert the glucose from carbohydrates into fatty acids and other helpful substances, I still recommend eating more fat and less carbs. But not all fat is created equal and some forms are not beneficial at all! Avoid trans fats, those found in anything “partially hydrogenated.” Why? Well, trans fats negatively affect the total cholesterol/HDL ratio (ie raises LDL and lowers HDL) – exactly opposite of what we want! In addition,

cellular function can be compromised if trans fat is incorporated into the phospholipid bilayer surrounding every cell. The FDA is now on board and has required all food manufacturers to remove this deadly ingredient by 2018.

I also recommend avoiding the polyunsaturated fatty acids (PUFAs) found in refined oil (and in anything cooked with or fried in these oils) as well as those found in industrially-raised meat and dairy products, farmed fish and high-heat roasted nuts. Polyunsaturated fatty acids are very heat sensitive and become oxidized free radicals when heat or pressure-treated. Stay away from these!

Small amounts of certain polyunsaturated fats, however - cold-pressed, unrefined omega 3 and omega 6 essential fatty acids - are necessary and beneficial. It's confusing, I know.

Eggs and whole fat, unpasteurized dairy products are a good source of high quality fatty acids.



I couldn't be happier. Fat isn't the enemy, fat is fabulous!

at Fat Again!

By Susan Blake, NTP, BS, CGP



Another important and often misunderstood fatty acid is arachidonic acid (AA). Although AA is not a saturated fatty acid, it is often found in meat and dairy products, especially those that are industrially raised. We get some from our diet, and the body also makes AA, which is then transformed into an inflammatory compound. We know that inflammation is how the body heals a wound, fights an infection and gets rid of damaged cells. So some inflammation is necessary, although too much is harmful. Because of complications from stress and high insulin (remember that excessive carb intake?) the body may shunt production toward an inflammatory pathway, producing more AA and more inflammation. The easiest way to resolve this dilemma, in my opinion, is to limit your consumption of animal foods to those of only the highest quality and

decrease the amount of processed and excessive carbohydrates.

Each person has different dietary needs and limitations but in general I encourage the consumption of high quality fatty acids naturally found in:

- grass fed or pasture raised meat
- eggs and whole fat, unpasteurized dairy products
- wild caught seafood
- coconut, palm, and palm kernel oils
- olives and extra virgin olive oil
- avocado and unrefined avocado oil
- soaked and dehydrated nuts and seeds

Susan Blake, NTP, BS, CGP is a nutritional therapist and chapter leader for the Weston A. Price Foundation. If you are ready to change your lifestyle and develop true health, contact The Whole Body Shop at sblake@thewholebodyshop.net or 253.778.0684. Learn more at thewholebodyshop.net.

Lots of vegetables, a moderate amount of fat, dairy (if tolerated) and protein, and small amounts of fruit and grains (again, if tolerated). An important reason to include some kind of animal fat is to get the very important fat soluble vitamins – A, D, and K. Even if you prefer to not consume animal foods, you can still receive many beneficial saturated fatty acids, though, you may miss out on some essential nutrients.

How to Eat 3.5 g of Saturated Fat*

FOOD:	SERVING SIZE:
Avocado	1.1 cup, cubed
Brazil nuts whole	2.5 Tbs (4 nuts)
Coconut oil	1 tsp
Pumpkin seeds	1/3 cup
Dark chocolate	1/2 oz
Whole egg	2.3
Butter	1.3 tsp
Vanilla ice cream	1/3 cup, rounded
Whole milk	5.6 fl oz
Whole plain yogurt	6 oz
Bacon	2.9 slices
90% ground beef	2.6 oz
Beef tallow	1.5 tsp
Wild Chinook salmon	3.8 oz
Wild boar	9.5 oz

*Using a nutritional guide from the USDA, I modified each serving size to contain 3.5 g of saturated fat. Source: USDA National Nutrient Database for Standard Reference 28 Software v.3.5.3 2016-10-05 Technical information about saturated fatty acid, polyunsaturated fatty acids, inflammation is from: Textbook of Functional Medicine, Ed. Jones, D. S. 2010 Advanced Nutrition and Human Metabolism, Gropper & Smith. 2013 Weston A Price Foundation Nutritional Therapy Training

February Special

at Marlene's Tacoma



Learn to Love Yourself with **Jessica Scales, LMFT** **Tuesday, February 7** **6:30 pm, FREE** **Tacoma**

You wouldn't be unfair, mean, or over-critical to your best friend, right? Often though, we treat ourselves that way without thinking twice about it. Stop bringing yourself down! Join Jessica and develop confidence, kindness, and an improved relationship with yourself.



From SAD to Sunny – **Alleviating Seasonal** **Affective Disorder** with **Resolute Michaels,** **NTP** **Thursday, February 9** **6:30 pm, FREE** **Federal Way**

Seasonal Affective Disorder affects many in the Pacific Northwest, sabotaging our best efforts to stick with our New Year's Resolutions. Did you know nutrition can help ease the depression, sadness and lethargy that accompanies the lead-up to warmer, longer spring days? Resolute will shine light on the nutrition protocol and steps you can follow to put the spring back in your step long before Spring arrives.

Gluten Free Day Event

Saturday, February 11
11 am – 3 pm
Both Stores!



Love your Belly – **Celebrate a Gluten** **Free Valentine's Day** with **Chiara Maria Kae,** **PHD, RDN** **Saturday, February 11** **10 am – Noon, FREE** **Federal Way**

Set the stage for a heart-throbbing, gluten free Valentine's Day! Learn to create nutrient-rich, luscious gluten free foods that both your belly and sweetheart will adore. Chiara will also review prepared gluten free items, provide an interactive self-assessment, and offer Q&A support for your gluten free lifestyle. Enjoy gluten free treats and tips for gluten free shopping at Marlene's.

Chocolate and Wine Tasting with **Valentine's Day Gift Ideas**

Tuesday, February 14
3 pm – 5 pm
Both stores!

Take a flavor tour of the world with chocolate and wine! Sip certified Salmon Safe wines from Terra Blanca and enjoy smooth, rich chocolate creations from Theo and Honey Mama. 21+ with ID. Shop from our favorite Valentine's Day gift and wrapping ideas, all in one place!



Essential Oil Love **Potions** with **Elizabeth Bloom,** **DHM** **Thursday, February 16** **6:30 pm, FREE** **Federal Way**

Let the power of essential oils infuse your love life with warmth and intimacy. Alleviate and balance stress, grief, anxiety, insomnia, and let the loving feelings flow. Join Elizabeth and learn to appreciate the physical and emotional benefits of therapeutically blended essential oils.



Gluten-Free Whole **Foods Cooking Class** with **Rebecca Wolfe,** **Personal Chef** **Saturday, February 18** **10 am - Noon, \$20** **Tacoma**

Focus on whole foods and never miss the gluten! Gluten free for over 7 years, Rebecca will share her experience and skills. Learn the gluten free cooking basics with a demonstration and taste plenty of samples! Take home resources and recipes to continue exploring on your own.

makers & Classes

Tacoma & Federal Way



Reflexology for Heart Health Support

with

Linda Frank, RF, NBCR
Tuesday, February 21
6:30 pm, FREE
Tacoma

The heart is far more than a pump. Learn about the new science behind the heart's larger role in our physical and mental well being. Linda will discuss how the gentle, precise stimulation of Reflexology coupled with other simple means can support heart health, reduce pain, and relax the mind. For more information, visit reflexologyforbetterhealth.com.



Deceptively Delicious, Delightfully Healthy Biscotti

with Deena, The

Deceptive Chef

Thursday, February 23
6 pm, \$20
Tacoma

Learn to create biscotti so good they call to you, and nutrition so dense your body will be glad to answer. Take charge of your sweet tooth with healthy biscotti you can enjoy anytime! Deena will show you how to use alternative ingredients to make allergen free versions of classic recipes. Come ready to get your hands in the mix!



Favorite Dishes from Indian kitchens

with Mitra Mohandessi

Saturday, February 25
10 am – Noon, \$30
Tacoma

Indian cuisine? Yes, please.

Gluten free Indian cuisine? Oh my. Yes, please! Enjoy samples of an authentic home cooked meal as you explore the herbs and spices used in traditional Indian kitchens. Mitra will demonstrate preparation of Pulao (spiced rice) and Punjabi Murgh Makhani (Butter Chicken). Take home a recipe for Cucumber Raita, a great accompaniment for any type of dahl, rice or meat.



Feeding your Heart for Health

with Stephanie

Johnson, BS, NTP

Tuesday, February 28
6:30 pm, FREE
Tacoma

Could over-consumption of processed foods be hurting your heart? Boost your heart health with the Six Pillars of Health! Learn how to fight inflammation and nourish the cardiovascular system with healthy foods. Stephanie will discuss how improving heart health with nutrients and oxygen impacts overall health.



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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

Less is More

by Deena, The Deceptive Chef

Did you know the fewer ingredients on a label, the healthier that item will be for consumption? Exceptions aside, assembling your recipe from “single source” ingredients is how you avoid allergen concerns. Single source ingredients include things like vegetables, nuts, individual spices (used singly or in combination) and other foods with nothing added. Creating a gluten-free mix from scratch, for example, not only helps you control what you ingest but is also more affordable, since you’ll be buying ingredients in bulk and making multiple batches of a recipe for the same price as one pre-packaged mix.

Sometimes the best we can do is choose the closest thing to a single source food. A can of beans with salt would not qualify as a single source food, yet with only two ingredients it is preferable over a can that also contains citric acid, phosphoric acid, or other preservatives.

As technology offers us new ways to grow and process food, single source ingredients have become a robust and evolving segment

of the grocery market. For example, xanthan gum, an alcohol sugar, has become so popular for the elasticity it gives gluten-free baked goods that it has become the standard ingredient for shelf stability.

Relearning to Shop

Having a specialized diet means learning to understand new information on labels and using trial and error to determine which brands taste good. With the growing number of alternative ingredients in prepared foods (even healthier versions) it can be a daunting task to avoid a food allergy and still find a tasty product. That’s where Deceptive Chef classes come in handy!

Different Properties in Different Foods

We must also realize these ingredients behave differently than those we used in the past. For example, gluten free grains do not perform like generic wheat and they don’t all bake the same way. Different mixes are needed to make cookies, cakes, pizza dough and pancakes.

With a little forethought and well-chosen ingredients singly sourced or combined by you, you can enjoy delicious food without compromising your need to remain allergen-free.

Please join me in learning to use alternative ingredients to make allergen-friendly versions of your favorite classic recipes. You’ll learn to create deceptively delightful cookies that offer a taste so good they call to you and nutrition so dense your body will be glad to answer!

Learn how to make allergen free versions of classic recipes on Thursday, February 23 in Tacoma - details on page 11.

Deena, The Deceptive Chef, is a Culinary Concierge specializing in allergen-free eating. She can be reached at deceptivechef.com, facebook.com/deenadeceptivechef, or pinterest.com/deceptivechef

My classes as The Deceptive Chef offer tips and tricks for learning the best products for the best outcome. This month we’ll make heart healthy cookies with an approach that cuts through many, if not all, of your baking questions.



The *Amazing Benefits* of Essential Oils

by Elizabeth Bloom, DHM, DI, Hom.

The use of essential oils is an integral part of the natural wellness lifestyle of people worldwide. Users benefit from the aromatic pleasure they provide, which in itself is healing.

Essential oils are beneficial to health in other, more subtle ways, too. The molecules within the plant's essence are approximately 75-100 times more concentrated as an essential oil than in the dried plant. When an olfactory receptor cell is stimulated, impulses travel along the olfactory nerve to the limbic portion of the brain (sometimes referred to as the reptilian or old brain) where memory, hunger, sexual response and emotion are evoked. Before consciously knowing we are in contact with an aroma, our subconscious mind has already received and reacted to it!

Varieties of Essential Oils

Essential oils come from a huge variety of trees, flowers, fruits, and other plants—some common, some unfamiliar. Regional variations of latitude, longitude, soil and weather create the chemical constituents that make up the essential oil and its relative healing properties.

Uses for Essential Oils

Aromatherapy is one of the most popular ways to use essential oils. Specific oils support the neutralization of negative emotions while heightening positive ones, and offer sinus, headache, and arthritis relief for many people. Specific oils are even used as aphrodisiacs! With such wide-ranging applications and a growing awareness of their power, it's no surprise Americans have embraced what has been used for centuries in other cultures around the world.

Love the Month

February is the traditional month to show love. What better way to increase sensual and intimate feelings towards the one you love than with some essential oil potions? Properties in essential oils can improve circulation, promote hormonal balance (or increase hormone production), affect the

nervous system and influence state of mind and emotions. They help induce warmth, intimacy, enforce spirituality and feeling of euphoria – perfect for enhancing loving thoughts and feelings.

Because decreased sexual interest is due in part to the hypo-production of certain hormones by the pituitary gland, the sense of smell – olfaction – plays a major role in increasing sensual experience.

Essential oils like Patchouli, Myrrh, Rose, Neroli and Ginger are considered aphrodisiac, and can release inhibitions and lead to increased intimacy.

This master gland, the pituitary, helps regulate the production of all the other hormones in the body, as well. Essential oils like Clary Sage, Ylang-Ylang, Patchouli, Rose and Jasmine have the ability to stimulate the pituitary gland. I wish you all a month devoted to exploration into and discovery of the beautiful world of essential oils.

Meet Elizabeth
and learn to use
essential oils on
Thursday, February
16 in Federal Way –
details on page 10.

Why Use Organic or Wild Crafted Oils?

Essential oils may be classified broadly into three kinds: organic, wild crafted and non-organic. Organic and wild-crafted essential oils are derived from plants grown without pesticides or artificial additives. Many practitioners believe that organic and wild crafted oils are markedly superior in a number of ways: quality, scent, and benefits. Organic and wild-crafted oils may be more expensive than non-organic alternatives, since only a small amount of essential oil can be produced from a relatively large quantity of plant matter. However, the benefits of organic and wild-crafted essential oils are worth the price. There is now, more than ever, a demand in the world market for essential oils. Many non-organic oils are diluted with an odorless and tasteless substance/chemical that makes it 'go farther'. Not even trained noses can detect these substances, unless each batch is identified through gas chromatography – an expensive process most companies cannot afford. It is imperative each raw batch is accompanied with a certificate of analysis. Knowing and trusting your supplier is the key.

Elizabeth Bloom, D.H.M., D.I. Hom, is President and Founder of Elizabeth Essentials in Gig Harbor, Washington. Find Elizabeth Essentials oil blends at Marlene's Market & Deli. Learn more at elizabethessentials.com.

Healthy Heart, Happy Heart

Indulge your senses with healthful wellness gifts or stock up on essential heart health s
February 14 to try some new wines and shop our hand picked selection of thou

Give your heart break! **Dr. Mercola Fermented Beets & Red Spinach** promotes greater blood flow throughout the entire body by delivering a powerful dose of nitric oxide. The extra boost of oxygen and nutrients can help you take your physical and mental performance to the next level.



Aromatherapy novices and experts alike can appreciate **Ultra-Sonic Diffusers** from **everyone**. Their whisper quiet, no-heat operation makes it safe and convenient to give any room a natural boost! The compact design even fits in the cup holder in your car. Comes with a USB power cord and wall adapter.



HB Pressure Tonic from **Herbs Etc.** promotes healthy systolic and diastolic pressure. It supports healthy blood pressure especially when facing stressful situations or when ingesting excessive sodium. It dilates blood vessels, especially coronary blood vessels, reduces peripheral resistance, and supports healthy cholesterol.



Discover the beauty of **MyChelle** skin care with their **Discovery Kit**. A collection of staff favorites, top-sellers, and award-winners that will help cleanse, smooth, nourish, and protect your skin for a radiant complexion! Kit contains: **Refining Sugar Cleanser**, **Perfect C Serum**, and **Sun Shield SPF 28 Unscented**.



Award winning candy maker, **Queen Bee Gardens** crafts their **Dark Chocolate Sea Salt** and **Sea Salt Caramel** truffles at the foot of the Rocky Mountains. Dark chocolate and antioxidant rich honey come together for an unbeatable melt-in-your-mouth flavor experience.



Think of your favorite peanut butter cup. Next, magnify that feeling by a gazillion –that's **Justin's**. Nuts? Yes. Crazy? No. Imagine what happens when you take the best tasting peanut butter in the world and delicately place it into the highest quality organic chocolate available. Yup. Peanut Butter Cup Perfection!



Country Life Vegan Coenzyme Q10 200mg is the highest CoQ10 dosage that Country Life has to offer. A natural antioxidant found in many foods and present in every cell in the body, CoQ10 supports energy production and a healthy heart.



Grab a pint of **Coconut Bliss**, a good friend, and then dig in! These divinely creamy dairy free coconut milk ice creams are what actual dreams are made of. Made with Fair-Trade certified cocoa, coffee, and chocolate. Always organic. Always Non-GMO Project verified.



Supplements. Stop by on
thoughtful gift ideas!



Respectfully known as the “Mushroom of Immortality”, Reishi has been shown to support cardiovascular health, energy, and stress resilience.

Host Defense Reishi uses activated, freeze-dried, Certified Organic mycelium, with a full spectrum of constituents, essential for supporting natural immunity.



Theo is dedicated to making our world a better place. In our opinion, they’re doing a marvelous job. Celebrate the love with **My Cherry Baby** or **Salted Licorice** bars. Share (or don’t) a bar with someone you care about today!



Dark Chocolate & Red Berries Love Crunch by Nature’s Path conjures up delicious romance with chocolate covered strawberries and raspberries. Made with real organic Italian chocolate, organic freeze dried berries and organic flax seeds. It’s the ultimate feel good way to put some love in your day. Every bag purchased fights hunger through the Nature’s Path Bite4Bite program.

True to their roots, **Kate’s Real Food Energy Bars** provide wholesome on-the-go foods from responsible, organic farms. Get the energy you need to push to the top of the mountain with these real-food, high-energy bars. Pack a few, they’re each an adventure! Try the **Tram Bar, Tiki Bar, and Grizzly Bar**.



Rx for R&R

By Kendra Varadi – KV Apothecary

Greetings! I think February brings a lot of unwarranted pressure for women (and men too), so it’s important to love and take care of yourself. An evening spent with these three recipes will leave you feeling relaxed, beautiful, and completely revived. Don’t forget a couple of optional ingredients in all these recipes – your favorite Joni Mitchell record and a bottle of red wine!



Lavender Rose Bath Salts

Here’s one of my favorite, easiest bath salt recipes. I recently included it in a little ladies’ craft night.

1/2 cup	sea salt	2 tbs	powdered goats milk
1/2 cup	pink Himalayan salt	1/8 cup	rose petals, dried
1 cup	Epsom salt	1/8 cup	lavender buds, dried

Blend everything together and add to hot bath water. This recipe should be enough for one or two baths.



Herbal Facial Steam

Practice deep breathing while you open your pores and promote cleansing. Pairs perfectly with a nap!

1/4 cup	calendula flowers, dried
1/4 cup	raspberry leaf, dried
1/8 cup	yarrow flowers, dried

Bring a big pot of water to a boil. Toss in herbs, cover and steep for five minutes. Then, sitting comfortably, place the pot about a foot beneath your face, cover head and pot with towel, and slowly release the steam. Sit covered, in steam for 15-20 minutes.

Simple Honey Mask

Rejuvenate your skin, relieve sinus pressure, and achieve deep relaxation with this simple honey mask technique.

Apply honey directly to face and neck. Lie down for 20 minutes while massaging and tapping your face.

In 2014, KV Apothecary emerged from a kitchen in Tacoma with a product line that included lip balms and bath bags. Today, the business resides in the same space, but has expanded its offerings to include products that are intended for soothing specific ailments. Every thoughtful step in the creation process takes place with care – oils are slowly infused with herbs, blended with a variety of natural components, carefully hand poured, then labeled and packaged for distribution. KV Apothecary products are available at Marlene’s Market & Deli.

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Make Up
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**ACURE
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**ALAFFIA
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Shampoo or
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Pure essential oils in convenient inhalers. Our healing scents are easy to use and come in specially-capped inhalers to keep your fingers clean of oils.

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Organic Fruit
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† 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.

GLUTEN FREE DAY

Saturday, February 11
11 am to 3 pm
Federal Way
& Tacoma



HEALTHFORCE MacaForce

150g
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*Great tasting digestive
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*Gossett P. et al. Presentation at EULAR 2013, Annals of Rheumatic Diseases - the EULAR journal 2014, 73, Suppl. 2. Change measured from baseline reading, first 12 weeks. For all results p<0.05 versus placebo. Results may vary.
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† 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.

From SAD to Sunny: Easy Steps for Countering Seasonal Affective Disorder

By Resolute Michaels, NTP

The days are short, the sun hangs low in the sky, and clouds obscure what little sunlight there is. When you feel those clouds will smother you, your thinking is chronically muddled, low energy is a constant companion, and all you want to do is eat cookies and hibernate until spring, you probably have some degree of Seasonal Affective Disorder (SAD).

Short of hopping a plane to Mexico or Hawaii, what can we do to counteract this very real disorder that used to be called “the winter blahs?”



Even if the weather isn't ideal, taking a walk with a transparent umbrella can help you get enough nourishing natural light!

The Three Step Solution

There's a three-step protocol anyone can implement on their own to counteract SAD: Light, Movement, and Supplemental Nutrients. This combination can boost the serotonin and dopamine activity in your brain, increase your cerebral blood flow, and reduce your stress hormones! As a result you will feel more energetic, think more clearly, enjoy better moods, feel more relaxed and cope better with stress.

Light

Do you experience a mood boost on the rare sunny winter day? That's what natural light can do for you! It's necessary and nourishing. Less known is that a 20-minute walk on a cloudy day can provide an adequate amount of light, *as long as you raise your face to the sky*. But it's raining, you say? Look for a clear plastic umbrella that will let the light through, but not the water!

If you are unable to get outdoors into natural light, using a light box for 15 – 30 minutes each morning is a good substitute. You can set it up where you have your morning coffee or where you prepare for the day. Marlene's sells a variety of full-spectrum bulbs for different lamp fixtures.

Movement

Did you notice that simple 20-minute walk outdoors counts as double duty for the first two steps, Light and Movement? It's an unbeatable combination! If you're someone who heads to work in the dark *and* returns home in the dark, it may be hard to fit in a daylight walk. If so, don't let the perfect get in the way of the good: simply head to the gym. You can't even get to the gym, you say? Consider putting on some upbeat music and dancing while you prepare dinner and when cleaning up afterward!

Nutrients

While it's best to obtain nutrients from food, our soil is depleted and the food grown therein lacks the nutrient density it had fifty years ago. And, while you may be taking a daily multivitamin to compensate, you may still be missing certain nutrients in quantities that can boost your mood. Adding the following supplements may be just what you need, in combination with the first two steps, to get you through the winter: B Complex (containing 50 mg of B1, B2, B6, 400 micrograms of Folate), Vitamin D (400-800 IUs), and Selenium (200 micrograms).

The B vitamins relieve fatigue, improve memory, help convert tryptophan into serotonin, and are needed by the body to produce SAM-e, which helps relieve depression. Vitamin D also stimulates the production of serotonin, while Selenium enhances dopamine activity.

In Conclusion

While there may be other factors at play that affect your moods, these three simple actions can go a long way to allowing you to enjoy your life no matter the season!

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

Learn to overcome
SAD with Resolute
on February 9
in Federal Way -
details on page 10..

FEBRUARY

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
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 5	6	Learn to Love Yourself with Jessica Scales, LMFT 6:30 pm, FREE Tacoma 7	8	From SAD to Sunny – Alleviating Seasonal Affective Disorder with Resolute Michaels, NTP 6:30 pm, FREE Federal Way 9	Meaningful Movies: 13th 7 pm, Gig Harbor 10	Gluten Free Event 11 am – 3 pm Both Stores! Love your Belly – Celebrate a Gluten Free Valentine's Day with Chiara 10 am – Noon, FREE Federal Way 11
12	Uniform Monday! 10% off to all firefighters, military and police! 13	Valentine's Day Chocolate and Wine Tasting 3 pm – 5 pm Both stores! 14	15	Essential Oil Love Potions with Elizabeth Bloom, DHM 6:30 pm, FREE Federal Way 16	Meaningful Movies: Cracking the Code 7 pm, Tacoma 17	Gluten-Free Whole Foods Cooking Class with Rebecca Wolfe, Personal Chef 10 am – Noon, \$20 Tacoma 18
19	20	Reflexology for Heart Health Support with Linda Frank, RE, NBCR 6:30 pm, FREE Tacoma 21	22	Deceptively Delicious, Delightfully Healthy Biscotti with Deena, The Deceptive Chef 6 pm, \$20 Tacoma 23	24	Favorite Dishes from Indian Kitchens with Mitra Mohandessi 10 am – Noon, \$30 Tacoma 25
26	27	Feeding your Heart for Health with Stephanie Johnson 6:30 pm, FREE Tacoma 28			*Marlene's is a co-sponser of Meaningful Movies in Tacoma and Gig Harbor. For more information, go to meaningfulmovies.org .	



**Chocolate and Wine Tasting
with Valentine's Day Gift Ideas**
Tuesday, February 14
3 pm – 5 pm
Both stores!





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FEBRUARY 2017

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GLUTEN FREE DAY

**Saturday, February 11
11 am to 3 pm
in both stores**

