

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

Marlene's Sound Outlook

January 2016

Celebrating 40 New Years!

Marlene's
MARKET & DELI
NATURAL FOODS

TACOMA

2951 S. 38th Street
Tacoma, WA 98409
253.472.4080

FEDERAL WAY

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

Marlene's
MARKET & DELI
NATURAL FOODS

marlenesmarket-deli.com

A from Marlene...

Hi Everybody!


Another new year is upon us already. I hope 2016 is a peaceful and prosperous one for you and your family, for our country, and for our world. It will be interesting, that's for sure!

I want to thank you all for your patronage. We celebrate 40 years in business this year (mark your calendar for our biggest party ever on Saturday, April 9) and your support has made it all possible. I hope you'll continue to let us help you keep yourself and your family healthy, this and every month!

Marlene



In This Issue

- 2 A  from Marlene
- 3 Survey: Your feedback is important to us!
- 4 The Pudding Cup Comes of Age
- 5 Cancer and Oxygen
- 6-7 Eleven Most Common Nutrient Deficiencies, Part 1
- 8 Digestion 411!
- 9 Recipe of the Month: Miso Mushroom Soup



- 10-11 January Classes
- 12 Releasing Trauma with Time and Touch
- 13 Patience is a Virtue
- 14-15 Homeopathy—An Introduction
- 16 Eliminate Parasites and Jump-Start Weight Loss
- 17 Beet Kvass with Rosemary
- 18 Of Bunions and Back Pain

- 19 Masters of Nutrition
- 20-21 Resolution READY
- 22-27 In-Store Sales
- 28 Local Practitioner Ads
- 29 Easy Black-Eyed Peas
- 30 40th Anniversary 40% Off Sale
- 31 January Calendar



Marlene's Sound Outlook January 2016

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

The views expressed by our writers, instructors and advertisers do not necessarily reflect those of Marlene's Market & Deli and have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease. Information contained in this publication should not be used to replace qualified medical care. Consult your complementary health care practitioner if you have questions.

To inquire about advertising, contact Diane Sellers at 253.839.0933.

To inquire about speaking engagements or to submit editorial content for consideration, contact Lori Lively at 253.472.4080.



marlenesmarket-deli.com

FEDERAL WAY	TACOMA
2565 S. Gateway Center Place	2951 S. 38th Street
Federal Way, WA 98003	Tacoma, WA 98409
253.839.0933	253.472.4080

Editor
Lori Lively
lori@marlenesmarket-deli.com

Advertising & Billing
Diane Sellers
diane@marlenesmarket-deli.com

Design
Kobalt
Design Group



Your feedback is important to us!

1. Why do you shop at Marlene's Market & Deli?
(* pick your top three)

- ☐ Top notch customer service
- ☐ Best selection of natural and organic products
- ☐ Knowledgeable staff
- ☐ 100% organic produce
- ☐ Commitment to quality
- ☐ Homemade deli foods
- ☐ Locally owned for 40 years
- ☐ Classes and community events
- ☐ Quick and tasty meals
- ☐ Monthly sales and specials
- ☐ Closest market to my home / work
- ☐ Other _____

2. What 3-5 adjectives come to mind when thinking of Marlene's (ex: honest, pure, helpful, local, fun)?

Adjective (required) _____

Adjective (required) _____

Adjective (required) _____

Adjective (other) _____

Adjective (other) _____

3. What surprises you most about Marlene's?

4. Which sections do you visit most often? (* pick your top three)

- ☐ Grocery / Perishable
- ☐ Produce
- ☐ Deli / Salad Bar
- ☐ Juice / Espresso Bar / Bakery
- ☐ Bulk
- ☐ Supplements
- ☐ Body Care
- ☐ Mercantile / Gifts
- ☐ Beer / Wine

5. What's most important to you when shopping for a specific product?
Rate 1 to 5 with the level of importance 1 being the highest.

- _____ High Quality (best taste, most integrity, etc)
- _____ Nutritional Benefits (immune and digestive support, preventative care, sports nutrition, etc)
- _____ Product Purity (non-GMO, pesticide-free, no growth hormones, etc)
- _____ Environmental Impact (recyclable packaging, sustainably-produced products, etc)
- _____ Ethical Products (fair trade, give-back programs, etc)
- _____ Allergy-Free Options (no gluten, nuts, soy, etc)
- _____ Dietary Options (vegetarian, vegan, paleo, etc)
- _____ Price (most product for the money)

6. Would you like to be entered to win a Marlene's Gift Basket (valued at \$100)? Please provide your name and email so we can contact you if you win. Thanks for sharing your thoughts!

Name: _____

Email: _____

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

Dining *with* Deena

the "deceptive chef"



In Person!
The Deceptive Chef
teaches at Marlene's--
Federal Way on
Saturday, January 9!
Details on page 10.

The Pudding Cup Comes of Age

By Deena, The Deceptive Chef

Welcome to my new monthly column! To teach my allergy-free cooking classes through Marlene's--let alone being a monthly presence in Sound Outlook--is fulfilling that dream. I can't wait to share how easy and inspirational being gluten, dairy, sugar, and yeast free can be!

As I look back, I realize my memories about food are also about family. The kitchen is where we always gathered and cooked together, allowing us to flow into the best and easiest of conversations. One of my fondest memories is being six years old, wearing my favorite outfit, while making *cross* with my grandmother, just chatting away about nothing. Cross were simple meat-stuffed dough pies that were so delicious. Today I wouldn't be able to eat that dish as it was prepared back then (nor should I have eaten it then), but I wouldn't trade those memories for anything.

When I was growing up in the 80s, it was not uncommon for me to come home to an empty house because both my parents were working. Some of my fondest memories of that time include what I could make myself to eat. My favorite after-school snack routine was having a Jello® pudding cup while boiling a Stouffer's Green Pepper Steak until it was warm enough to eat (but not too hot). I grew up enjoying all the prepared, frozen, boxed and canned meals that were offered in the middle aisles of the grocery store. These foods were composed mostly of gluten,

dairy, sugar and yeast, with large amounts of unhealthy fats and salt.

It wasn't until I was ready to leave high school that all the food choices I made came back to haunt me. Many years of hospital stays, tests, and stumped looks on doctors' faces were no help. The only thing I found that made me feel better was not eating. I knew there had to be a better option.

Finally, on my 30th birthday, I gave myself the best gift I could have: The Carroll Test. This questionnaire is a measure of food intolerance, not an allergy test. Once I determined that the main items things I cannot digest are dairy and fruit together with sugar, I started a wonderful journey back to health. Through many ups and downs in the last 15 years of trying products, testing recipes and examining ingredients, I continue to learn about myself. For instance, I now know I also have symptoms of Celiac disease and am very intolerant of yeast.

My clients loved my vegetable-based dishes so much they started calling me The Deceptive Chef. They couldn't believe my recipes didn't have any gluten, dairy, sugar or yeast. Especially when it came to my Deceptive Delights dessert cups—a healthy version of my adolescent favorite.

In my class this month-- "Shop"-- I will help you find gluten, dairy, sugar and yeast-free items *that taste good*. In -- "Combine"-- I'll show you the best ways to consume those

ingredients for optimum nutritional value and overall well-being. In my last class-- "Dine"-- we'll cover what to look out for when enjoying a restaurant meal.

Deena Scholl is owner-operator of The Deceptive Chef. Her gluten, sugar, dairy and yeast free desserts are found in the refrigerated Grab n' Go and freezer sections at Marlene's. Follow her on Pinterest and Facebook and at www.deceptivedelights.com.

Visit songofhealth.com to read testimonials and view a list of naturopathic physicians using the Carroll method.



Cancer and Oxygen

by Mauris Emeka

Do a Google search for “cancer and oxygen.” You will find dozens of websites with articles and research findings showing that **the underlying process of cancer can only proceed when there is an absence of oxygen.** In 1931 the German scientist, Dr. Otto Warburg, was awarded the Nobel Prize for showing that healthy cells produce energy through *respiration* of oxygen. Conversely, Dr. Warburg discovered that cancer cells produce their energy through *fermentation*, which requires no oxygen. In short, oxygen gives life to healthy cells while suppressing cancer cells.

Lifestyles that promote the abundance of oxygen circulating in and through our cells will reduce the occurrence of cancer, and it can help overcome cancer that has already been diagnosed. The following are some things we all can do to make oxygen more ever-present in our body:

- **Deep breathing: it's best to breathe deeply (and do it often) using the full capacity of our lungs and expanding both our chest and lower abdomen.** On the other hand, shallow breathing, which is all too common, causes oxygen deficiency.
- **Drink eight to ten glasses of pure water a day.** The best water is alkaline, has a high pH, and preferably, has been ionized so that it has very fine molecule clusters. Ionized alkaline water has extremely low Oxidation Reduction
- **Potential, which enables a lot more oxygen to penetrate the cells with ease.** Since our body is approximately 70 % water, this can be especially beneficial. For more, read the excellent book *Healing Waters* by Dr. Ben Johnson, MD.
- **Sleep with a window slightly open in order to get fresh air.** During the day, open some windows when possible to facilitate fresh air circulation. Fresh air is almost always richer in oxygen than air inside the house.
- **Make a point to eat 50 % or more fresh uncooked plant-based foods.** They introduce considerably more oxygen into the body than cooked and processed foods which have no oxygen. Uncooked fresh deep green leafy vegetables are especially high in chlorophyll, which greatly facilitates oxygen circulation.
- **Eat smaller meals.** Overeating and stuffing the body with food makes for tiredness and, consequently, sluggish oxygen circulation.
- **Fill a bath tub about half full with warm water, add four to six pints of 3 % pharmaceutical grade hydrogen peroxide and soak in it for 30 minutes.** This is a little-known but effective way to safely bring more oxygen into the body.
- **Follow the Budwig Diet, especially if challenged with cancer.** This simple dietary combination consists of cottage cheese and flaxseed oil. It was discovered by Dr. Johanna Budwig and calls for three to six tablespoons of unrefined virgin flaxseed oil to one-half cup of low fat cottage cheese, mixed thoroughly. Daily consumption of this mixture has been proven by Dr. Budwig and others to be effective against cancer because it increases oxygenation. In addition, a scientist named Dr. Szent-Gyorgy won

the Nobel Prize in 1937 for discovering that essential fatty acids such as those in flaxseed oil, combined with sulphur-rich proteins like those in cottage cheese increases oxygenation in the body. In short, there is solid scientific basis for the Budwig flaxseed oil/ cottage cheese combination.

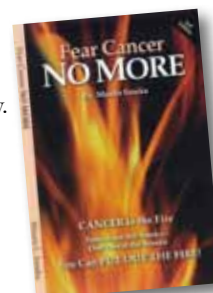
Please note that in addition to oxygen, many of the points just mentioned refer to things that also make our body fluids less acidic and more alkaline, and thus healthier.

It's important to keep in mind that in addition to not liking oxygen, cancer cells also do not like an alkaline environment. Remember this: **cancer, like most other diseases, can only do its dirty work in an oxygen-poor, acidic environment.**

It's time we stopped thinking of cancer as simply a tumor in or on the body. The tumor is not “the cancer.” It is, however, a **symptom** of an underlying **process** that has gone wrong. The focus needs to be more on the cause – eliminating the unhealthy process – rather than on the effect, which is the tumor symptom. In essence, we must put out the fire instead of focusing on the smoke that the fire produced. Without question, enhancing oxygen circulation makes it hard for cancer cells to thrive. Simply put, oxygen is an enemy to cancer cells and a friend to healthy cells.



In Person!
Mauris Emeka
speaks at Marlene's-
Tacoma on Tuesday,
January 26!
Details on page 11.



Mauris Emeka (porter41@silverlink.net) is the author of *Fear Cancer No More* and *Cancer's Best Medicine*. Go to www.cancernomore.com for more information.

Eleven Most Common Nutrient Deficiencies, Part One

By Joseph Mercola, MD

If you eat a balanced, whole-food diet like the one described in my nutrition plan, you're probably getting adequate amounts of the vitamins and minerals your body needs to function. If not (and this applies to the majority of the U.S. population), there's a good chance you may be lacking important nutrients.

Even if you do eat well, how and where your food was grown can also influence your nutritional intake. Soil quality, storage time, and processing can significantly influence the levels of certain nutrients in your food.

#1: Vitamin D

Vitamin D deficiency is prevalent in people of all ages, especially in those who choose to use topical sun screens (which blocks vitamin D production) or limit their outdoor activities.

Researchers estimate that 50 percent of the general population is at risk for vitamin D deficiency and insufficiency, and this percentage rises in higher-risk populations such as the elderly and those with darker skin. Signs indicating you may have a vitamin D deficiency include being over the age of 50, having darker skin, obesity, achy bones, feeling blue, head sweating, and poor immune function. Your best bet is to get your vitamin D level tested twice a year. Based on the evaluation of healthy populations that get plenty of natural sun exposure, the optimal range for general health appears to be somewhere between 50 and 70 ng/ml.

As for *how* to optimize your vitamin D levels, I firmly believe that sensible sun exposure is the best way, although vitamin D-rich foods and D3 supplements may also be necessary if you cannot get adequate sun exposure year-round.

How to Optimize Your Vitamin D

To optimize your levels, you need to expose large portions of your skin, such as your back, chest, legs, and arms, to sensible sun exposure. And, contrary to popular belief, the best time to be in the sun for vitamin D production is actually as near to solar noon as possible.

During this time you need the shortest exposure time to produce vitamin D because UVB rays are most intense at this time. Plus, when the sun goes down toward the horizon, the UVB is filtered out much more than the dangerous UVA.

Just be cautious about the length of your exposure. You only need enough exposure to have your skin turn the lightest shade darker. Once you reach this point your body will not make any additional vitamin D due to its self-regulating mechanism. Any additional exposure will only cause harm and damage to your skin.

Avoiding processed foods is another important consideration, as they tend to be loaded with the herbicide glyphosate (used on most conventional and genetically engineered food crops), **and glyphosate has been shown to interfere with enzymes responsible for activating vitamin D in your liver and kidneys.**

Your age and certain health conditions (digestive issues and others) can also impact your body's ability to absorb the nutrients in your food.

Unfortunately, in many cases nutrient deficiencies can be difficult to assess, and you may not develop symptoms until the deficiency has become quite pronounced. Below are 11 of the most common nutrient deficiencies¹ and how to address them. Eating real food is usually your best bet, but sometimes supplementation may be advisable, especially if you're showing signs of deficiency.

#2: Omega-3 Fats

Low concentrations of the omega-3 fats EPA and DHA are associated with an increased risk of death from all causes, and omega-3 deficiency has been revealed as the sixth biggest killer of Americans.

Most Americans eat too many inflammatory omega-6 fats (think processed vegetable oils) and too few anti-inflammatory omega-3s, which sets the stage for a number of health problems, including cardiovascular disease, cancer, depression, Alzheimer's, rheumatoid arthritis, and diabetes, just to name a few.

Telltale signs that your omega-3 to omega-6 ratio may be out of balance include dry, flaky skin, alligator skin, or "chicken skin" on backs of arms; dandruff or dry hair; soft brittle nails; fatigue; menstrual cramps, and poor attention span.

The ideal ratio of omega-3 to omega-6 fats is about 1:1, but the typical Western diet is between 1:20 and 1:50, so in addition to upping your omega-3 intake, you also need to reduce the amount of omega-6 in your diet, which means cutting down on processed and fried foods.

Sardines are one of the most concentrated sources of omega-3 fats, with one serving containing more than 50% of your recommended daily value. They also contain other nutrients that many are deficient in, such as vitamin B12, calcium, and choline.

If you decide to take omega-3s in supplement form, I believe krill oil is superior to fish oil. The omega-3 in krill is attached to phospholipids that increase its absorption, which means you need less of it. Krill oil also contains almost 50 times more astaxanthin, a potent antioxidant, than fish oil, which prevents the highly perishable omega-3 fats from oxidizing before you are able to integrate them into your cellular tissue.

#3: Vitamin K2

Vitamin K2 may be just as important as vitamin D for optimal health. It's essential for bone strength, the health of arteries and blood vessels, and plays a role in other biological processes as well, including tissue renewal and cell growth, healthy pregnancy, and cancer prevention.

In the 2014 paper, "Vitamin K: An old vitamin in a new perspective," vitamin D expert Dr. Michael Holick and co-authors

review the history of vitamin K and its many benefits, including its significance for bone and cardiovascular health.

Vitamin K2 is an important adjunct to vitamin D, without which vitamin D cannot work properly. K2's biological action is also impaired by a lack of vitamin D, so you really need to consider these two nutrients *together*.

Vitamins D and K2 also work synergistically with magnesium and calcium, so this quartet should ideally be taken in combination.

Whereas vitamin K1 — which is the primary form of vitamin K responsible for blood clotting — can be found in green leafy vegetables, vitamin K2 is only present in *fermented* foods. It's produced by certain bacteria during the fermentation process.

Examples of foods that are naturally high in vitamin K2 include natto (a fermented soy product) and fermented vegetables like sauerkraut. One of the best sources I've found is to ferment your own vegetables using a special starter culture designed with bacterial strains that produce vitamin K2.

Raw dairy products such as certain cheeses, raw butter, and kefir also contain high

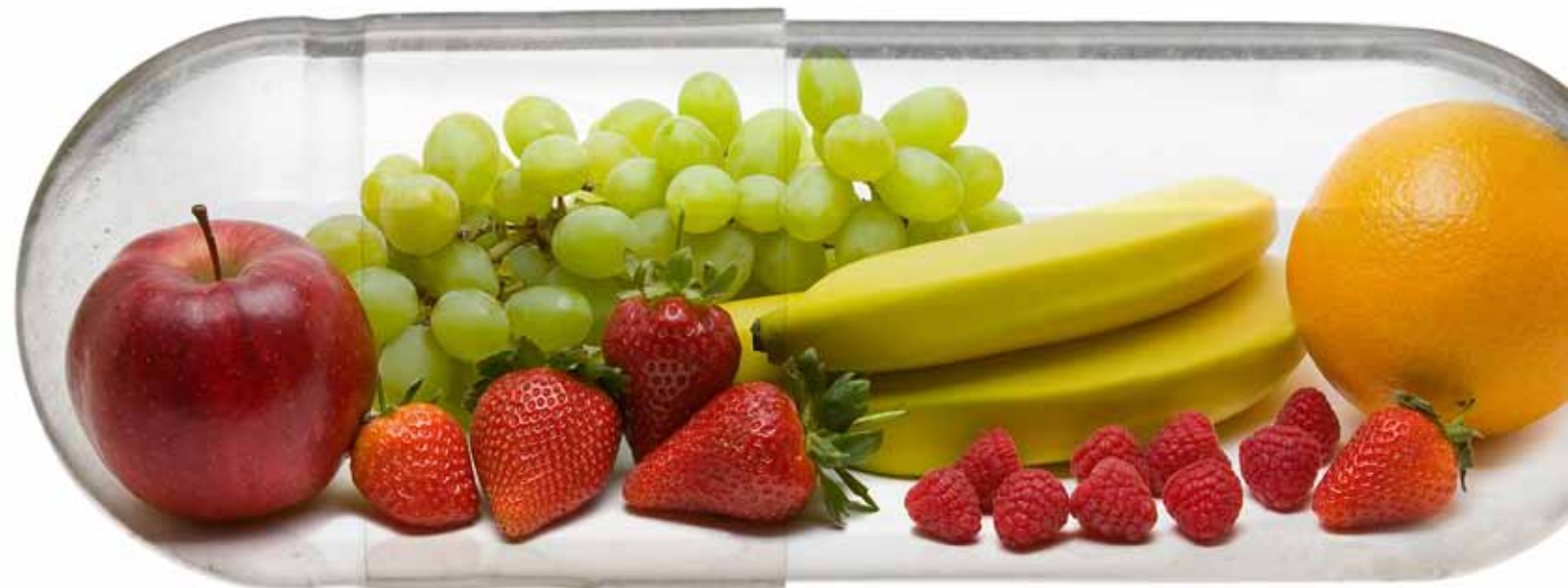
amounts. However, only grass-fed animals (not grain fed) will develop naturally high K2 levels.

Menaquinone-7 (MK-7) is the kind of vitamin K2 you want to look for in supplements, as this form is extracted from real food.

The other type of K2, known as MK-4, is only available in synthetic form, which has the additional drawback of having a very short biological half-life, necessitating taking it several times a day. Research has shown MK-7, specifically, helps prevent inflammation by inhibiting pro-inflammatory markers produced by white blood cells called monocytes.



Dr. Joseph Mercola is creator of the number one rated natural health website in the world, mercola.com. Next month Dr. Mercola will examine deficiencies of Magnesium, Vitamin B12, Vitamin E, and Vitamin A.



References: Authority Nutrition October 2015, Huffington Post April 30, 2011, World's Healthiest Foods, Sardines, Dermo-Endocrinology 2014: 6(1), NattoPharma 2013, GreenMedInfo December 5, 2012

DIGESTION 411

By Steven B. Fry, CHFS

For New Year's resolutions, eating better for greater health and fitness is on the list for most of us, which means digestion is of paramount importance. If we do not digest properly, a whole host of problems ensue—foods don't break down in their proper chambers in the proper timing and manner and the body cannot absorb the nutrients efficiently. Minerals and essential fatty acids may also not be breaking down or absorbing properly. With chronic indigestion, our health suffers, and our wellbeing is stolen.

The digestive function is also hindered with the use of antacids or Proton Pump Inhibitors (PPIs). And finally, when our body is in stress mode, either because of food intake or because of circumstances (or even stressful thoughts), digestion is temporarily turned off in order to focus the body's energies towards the more immediate need.

Imagine enjoying a wonderful campfire. Suddenly an emergency comes along and the fire must be put out with water so that nothing is completely burned. In a sense, the same thing happens in the digestive tract and the results are often disastrous! When we drink too much water with a meal, experience stress while we are still digesting, or eat unhealthy oils, refined sugars, refined salt, and other processed foods, we don't break down and digest our food properly. When unacceptable food elements are not broken down properly, they enter the bloodstream. The body then stuffs them in fat cells to save our lives. Weight gain often occurs at this point.

Digestion is also the first line of defense against germs. Each person is born with a digestive power that is mightier and more efficient than anything man has ever invented. Sadly, in modern times we assault these powerful internal mechanisms with synthetic drugs and other substances that compromise our body's ability to operate optimally.

All this can lead to an unhealthy small and large intestine, where nutrients are absorbed and where 80% of the immune system is. It's also where most serotonin, which controls so much of what makes us feel good, have energy, and be stable, is made. All this and more is hindered when digestion isn't functioning as it should. Learn more in our class on January 23.

High protein dishes like this greatly assist us in regaining balance after the holidays.

STOVE TOP MEAT LOAF

by Sherry Fry, CHFS, NTP

1 lb	hamburger (grass fed or organically fed, when possible)
1	egg (organically-fed and cage free)
1/2	yellow onion, chopped
1-2	Wasa® rye crackers--broken into bite size pieces (lite rye, plain)
1 tsp	berbere seasoning
1 tsp	Himalayan pink salt
1/2 tsp	cumin
1/4 cup	salsa (a good organic brand)
1-2 tsp	Dijon mustard

- Put all ingredients into the saucepan you will cook it in (preferably a two-quart pan with lid).
- Mix well, until all items are well-blended (I find it is easiest to do with my hands).
- Once all ingredients are well-blended, press into pan so it covers the bottom. Mixture will be anywhere from 1 to 2" thick, depending on the size pan you use.
- Put lid on, set burner to medium low and set timer for 30 minutes.
- Check doneness and continue to cook until meat is cooked through.
- Serve with baked potato and greens beans, lots of butter and sour cream.

Recipe of the Month: Miso Mushroom Soup

By Mary Walukiewicz

I'll be honest. The first time someone tried to get me to eat miso I was skeptical. When I was told it is a fermented soybean paste, well.....it didn't sound like a ringing endorsement. Japanese cuisine tends to be my least craved type of food, but I have friends who love it (and my own dear brother is always falling in love with the latest sushi house). I *had* to find some traditional Japanese foods I liked because, as convincing as I am, I can't get everyone to go for pizza every time! That's when they had me try the miso soup and you know what? It was good!

I make this recipe when the weather turns cold. It's a great way to get some of the health benefits of miso while pleasing those with a less-than-adventurous palate. Like all soups, you can customize this recipe to make it your own by adding and subtracting to taste, omitting things you don't like and adding what makes you happy.

Be forewarned that miso is salty, so taste as you go--once you add too much salt flavor, it's difficult to correct. Remember, too, that the living cultures in miso are damaged by high heat, so if your soup boils, turn it down and add the miso when it begins to cool.



Miso Mushroom Soup

2 tsp	oil (olive or sesame)
1 cup	diced yellow onion (1/2")
2 tsp	minced garlic
1 tsp	minced, peeled ginger
3	carrots, peeled and diced small (1/2")
2 stalks	celery, sliced
1/2 head	green cabbage
8 oz	sliced mushrooms (I like crimini)
2 qts	chicken broth (or vegetable)
2-3 Tbs	miso (yellow or red)
1/4 cup	water
1/2 bunch	green onions, sliced

- In a large stockpot, over medium heat, sauté onion, mushrooms, garlic and ginger in the oil until onions are softened.
- Add carrots, celery and cabbage and stir for about 5 minutes or until the cabbage begins to wilt.
- Add chicken broth (or vegetable broth).
- In a small bowl whisk together miso and water and add to soup.
- Turn heat down to low (don't let boil) and let soup simmer for 30-40 minutes.
- Garnish with the green onions before serving.

Mary Walukiewicz is Food Service Director at Marlene's.



connections speakers & classes



Get Back on Track for the New Year with Hansie Wong, MD, IHC
Tuesday, January 5
6:30 pm, FREE
Tacoma

Having trouble sticking to your New Year's resolution?

Are your goals too broad or vague? This workshop will teach you how to set realistic New Year resolutions and intentions and help you identify which areas need work and attention in your life. You will learn how to prioritize and break down your goal into attainable action steps and create an action plan to keep yourself on track. Hansie Wong is an Integrative Health Coach with a background in Integrative Medicine focusing on nutrition and lifestyle management. See her article on page 13.



Bunions, Foot Pain and Orthotics with Tim Newton, MPT, ATC
Thursday, January 7
6:30 pm, FREE
Federal Way

Foot and back pain are among the most common complaints suffered in this country. We are not born with either -- we develop them due to our movement habits. Join a local physical therapist to explore the how bunions are caused, how bunions and backs are related to one another, and the simple steps you can take to minimize risk and pain. See Tim's article on page 18.



Eating Well on a Gluten, Dairy, and Sugar-Free Diet with Deena, The Deceptive Chef
Saturday, January 9
10 am – Noon, \$10
Federal Way

In Part One of this popular three-part series, the Deceptive Chef teaches you to navigate the overwhelming number of new gluten, sugar, dairy-and yeast free products on the market to find the ones that taste the best, are easiest to prepare, and contain the most nutritional value. After a brief introduction, students will follow Deena on a customized store tour, then reconvene upstairs to taste sample gluten, dairy, and sugar free recipes! Read more on page 4.



Detoxification and Renewal with Colleen Hart, ND
Tuesday, January 12
6:30 pm, FREE
Tacoma

Many people are intimidated by the idea of a "cleansing" program and this class proves it can be individualized, achievable, and fun! Dr. Hart, a practicing naturopathic physician since 1991, is passionate about integrating body, mind, and spirit in health care. Join her for a practical perspective on detoxification and help with determining whether you are a candidate for home implementation or if medical assistance would be beneficial.



Healing Emotional Trauma with Susan Matanibukaca, MP
Thursday, January 14
6:30 pm, FREE
Federal Way

Using the wisdom she acquired through the study of international cultures and healing rituals, Susan, a licensed massage therapist, will discuss the six week healing program she developed. Join Susan to learn what everyday items are essential for effective self-care for the body, inside and out. Learn more on page 12.



Eat More Plants in 2016! with Nina Osberg, M.Ed., PCRM
Saturday, January 16
10 am – Noon, \$20
Federal Way

Whether you want to have more energy, lose weight, reverse or prevent disease, lower your cholesterol or simply minimize your carbon footprint and live in a more compassionate world, a plant-based diet may be what you are looking for. Nina Osberg is a certified Food for Life instructor through the Physicians Committee for Responsible Medicine (PCRM). Nina will prepare Garbanzo Salad Romaine Wraps and a Caribbean Chili and show you just how easy, fun and delicious a plant-based diet can be. Nina is one of the contributors to Lani Muelrath's new book, *The Plant-Based Journey*.



**Seek and Destroy:
Parasite Elimination
Protocols
with Breaanne Rice, NTP
Tuesday, January 19
6:30 pm, FREE
Tacoma**

Intestinal parasites can be very hard to diagnose and may be contributing to underlying chronic inflammatory and gastrointestinal conditions. If you have food allergies, bloating, chronic hives, or auto-immune conditions, you may be hosting unwanted bacteria or organisms in your GI tract. Join a Nutritional Therapist to learn how to identify and rid yourself of these debilitating organisms.



**Ayurveda, Lymph
Drainage and Gut Health
A Masters of Nutrition
presentation with
Dr. John Douillard, DC
hosted by Susan Blake,
BS, NTP, GCP
Thursday, January 21
6:30 pm, \$5-\$10
suggested gratitude
offering
Federal Way**

After a brief introduction to the ancient Indian healing system known as Ayurveda, nutritionist Susan Blake will introduce the audience—virtually—to highly-regarded Ayurvedic practitioner, John Douillard, DC. In the video excerpts that follow, Douillard discusses the importance of lymph drainage and how to support it, as well as interesting perspectives on longevity, meditation and love and how each affects health. The last segment of class is set aside for group discussion on challenges and tips for implementing Dr. Douillard's suggestions. Read more on page 19.



**Digestion 411
with Steve Fry, CHFS and
Sherry Fry, CHFS, NTP
Saturday, January 23
10 am to Noon, \$10
Federal Way**

Make 2016 the year you leave discomfort behind as you optimize your digestive processes so your gastrointestinal system works as it was designed to. Steve and Sherry, the Common Sense Nutritional Therapy duo, will discuss which foods offer digestive healing and support accelerated recovery from hurried, stressed, allergy-reactive eating. Join them to sample several recipes that assist the body in working well in this popular class that's part lecture, part workshop, part food sampling and all. See article on page 8 for more information.



**Cancer and Oxygen
with Mauris Emeka
Tuesday, January 26
6:30 pm, FREE
Tacoma**

Oxygen critical to the life process of all living creatures, but cancer cells cannot thrive or do their dirty work in the presence of lots of oxygen. Join the author of *Fear Cancer No More* to learn several things you can start doing right now to introduce more oxygen into your body, as well as which foods may help cancer cells proliferate, and which foods suppress them. Read Mauris' article on page 5.



**Nutrition in Minutes for the
Overworked or
Overweight
with Kim "in the Kitchen"
Thornton
Thursday, January 28
6 pm, \$15
Federal Way**

Attention 40 to 70 year olds and the "sandwich generation!" Are you overwhelmed by familial or work responsibilities? Are you frequently fatigued or discouraged about meeting your health goals? Join innovative health and weight loss coach, Kim Thornton, for proven insights to quickly and easily improve your health, energy levels, and weight. Take a breather and let Kim treat you to her delicious gourmet dip and seasoning blends as she demonstrates powerful principles paired with tasty recipes.. As always, class includes a take-home recipe handout and additional resources to boost your goal of looking and feeling great. All food samples are gluten, corn, soy, wheat, and dairy-free AND celiac, diabetic, hypertensive, paleo, and primal-friendly! Pre-registration required.



**Beans, Bacon, Butter &
Bison: Not Your Mama's
Chili and Cornbread
with Julie Martin of Oly-
Cultures
Saturday, January 30
10 am – Noon, \$25
Tacoma**

With nine spices, three meats, five kinds of peppers, beer and butter, this amazing chili recipe is perfect for a Superbowl gathering or get-together, especially when complemented with cornbread containing creamed corn, peppers, two cheeses and a secret ingredient: milk kefir. After the demonstration, all students will sit down to a hearty meal of spicy chili and moist, warm cornbread with sides of green onion, sour cream, and other toppings. In addition to creating Oly-Cultures do-it-yourself kombucha, mozzarella and kefir kits, Julie Martin is a world-class chef specializing in recipes using local and seasonal ingredients. She wishes to warn students that "this is not your mama's chili!" One Oly-Culture's Milk Kefir kit (a \$26 value) is included in class price. Please pre-register, space is limited.

**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.

Releasing Trauma with Time and Touch

By Susan Matanibukaca, LMT

Could your body be holding on to past stresses and traumas? Did you know you can release them and have less anxiety, less physical pain, and a healthier outlook on a daily basis? Many of us go through the human experience of life in a body we are not fully aware of. I, too, was once this way--walking around but not recognizing all the wonder I was living in.

Recent and past traumas and stresses can be caused by co-dependence, aggression, abuse, surgeries, disease, auto accidents, sports, or just a highly active lifestyle. These traumas are held within the body, not just in our memory. When such thoughts cross our mind, muscles may tense, scar tissue might constrict, and even our organs might feel physical pain (or ghost pain, if that organ has been removed). Fear, pain, and anxiety become a cycle in our lives.

In 2010, I developed My Time to Heal, a six-week healing program for getting to the root of an issue by using physical touch to reconnect mind and body. I have since worked with athletes, individuals with high profile careers, children who have been abused, and recovering addicts and others walking their life path. This program is equally effective for all age groups.

Clients are guided in each aspect of the six-step clinical healing sessions as well as being trained on home strategies for continued care. Week One begins with getting to the root of the issue and developing a relationship with the therapist. Week Two involves breath work, scent, cranial sacral manipulation, or other modalities as indicated.

In Week Three we step up the music with muscle testing, stretching, testing range of motion (ROM) exercises. Week Four goes even deeper, as the direction of muscle fibers is considered, fascial scar tissue constrictions are examined, and deep tissue massage is performed. Week Five is a check-in week, working with memory replacement meditation, seeing how the body is feeling, and discussing how the at-home techniques are working. Week Six is an all-over body massage using various techniques to round out the previous weeks.

At Time to Heal we know the earlier we start programs like these, the sooner success time. Working with children to facilitate their healing from traumas (physical and mental) is a passion of ours and we have developed a working foundation to assist as many children as we can as we continue to grow our business as well as our nonprofit holdings.

Please join me at Marlene's Federal Way location on January 14, 2016 to learn more about our programs and how you can become a part of it.

Susan Matanibukaca is owner/operator of Time To Heal Massage and Bodyworks and founder of Time to Heal. She accepts donations earmarked for children of Western Washington who are healing from stressful situations. Contact Susan at timetoheal.sc@massageplanet.com or by calling 253-217-0416.

In Person!
Meet Susan at Marlene's-
Federal Way on Thursday,
January 14.
Details on page 10.

Patience is a Virtue

By Hansie Wong, MD

You're sitting in traffic because of an unexpected accident and you have an important meeting to get to. You start sweating, your hands tighten around the steering wheel, and your heart beats faster. Suddenly, you start yelling at the car in front of you. You know it's not their fault but you can't help it... you're late!

Does this sound familiar? It may be hard to practice patience in this fast-paced, high-pressure life but developing this quality is necessary for happiness and well-being. Impatience can lead to anger and rage, compromised of relationships, elevated blood pressure and stress-related illnesses (pretty much any disease you can think of).

Patience creates a sense of peace and calmness, allows you to act more mindfully and wisely, and keeps you working towards a goal. It also improves your relationship with others and makes you a better person to work with and be around. Most importantly, it's better for your health!

How can you practice patience?

The first step is to be aware of your impatience in the first place. Notice how your body reacts. Some signs and symptoms include:

- Shallow restricted breathing
- Heart beating faster and stronger
- Hands and/or jaw clenching
- Muscles tightening
- Restless feet or finger tapping
- Yelling/snapping at others
- Rushing
- Irritability/anger
- Anxiety/nervousness

Once you are aware, you can then consciously manage your symptoms and emotions. Choose to be patient by using the following tips:

1. Count to 10 (or more!)
2. Close your eyes and take at least three deep breaths. (Please only close your eyes if it is safe to do so.)
3. Relax your muscles, starting from the top of your head and face, progressing down to your neck/shoulders/arms/hands to your back and legs all the way down to your toes.

4. Evaluate the situation. Remind yourself that your impatience isn't going to get anyone to move any faster. On the contrary, it only causes more stress for yourself and others and will interfere with people's ability to perform optimally. Identify and reflect on the possible root cause of your impatience. Is it hunger or fatigue? Or a feeling of self-inadequacy?
5. Find something positive about the situation. Be grateful for the opportunity to practice patience!
6. Smile. ☺

So, next time you're feeling frantic and irritated, just stop. Breathe. And be patient. All of a sudden, you'll feel so much better.

Hansie Wong is an Integrative Health Coach who specializes in stress and lifestyle management. She received her medical degree from Georgetown University in Washington DC and is board certified in Family Medicine and Integrative Holistic Medicine. Find out more at: www.integrativehealthandwellness.net.

In Person!
Meet Hansie on
Tuesday, January 5 at
Marlene's-Tacoma!
Details on page 10.

“Patience is the companion of wisdom.”—Saint Augustine



Homeopathy – An Introduction

By Sue Boyle, RN, HMC

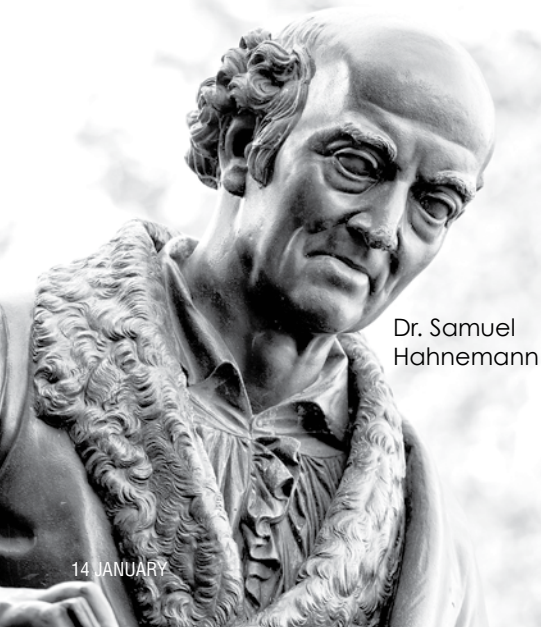
Introduction

In its current form, homeopathy has been used worldwide for more than 200 years. Its origins, however, date all the way back to Hippocrates (460-377 BC). Ancient Greeks noted there were two systems of healing: by Similars and by Contraries. Similars means that any substance which can produce certain symptoms in a healthy person, can also cure similar symptoms in a person who is sick. Contraries means to oppose or eliminate symptoms.

The ancient Greeks took the concept of Similars no further than this, and the medicine of the eighteenth century embraced Contraries as the only way to heal. Similars were used by herbalists and the village healers, and medical practitioners took the opposite approach.

Dr. Samuel Hahnemann

It wasn't until a German physician by the name of Samuel Hahnemann began his investigations into the Law of Similars that homeopathy came into being. Hahnemann had become very disillusioned with the practice of medicine, which was particularly harsh during his time. Bloodletting was common, large, crude doses of what we now know to be poisonous substances were administered with regularity, patients suffered, and side effects were significant. Hahnemann closed his practice and began translations of medical texts instead.



Dr. Samuel Hahnemann

A Treatise on Materia Medica, by Dr. William Cullen, included an essay on Peruvian bark, in which he stated that the bark cured malaria because of its bitterness. Hahnemann had written a textbook on the pharmacy of the time, and knew there were many bitter substances being used as medicines. He tested small doses on himself and found that the reason the bark worked for malaria was that it mimicked the symptoms of malaria exactly. This became the first principle of homeopathy: "Let Like Be Cured With Like."

The Birth of Homeopathy

Homeopathy is a term Hahnemann coined from Greek words *homoios* (similar) and *pathos* (suffering or disease). He wanted to differentiate this system from the medicine of the time, which is why the new name was necessary. He began conducting research on different substances to determine which symptoms they produced. This research is called proving. As homeopaths, we prove which symptoms a substance produces.

Hahnemann then set up a different medical practice, based on the research he had done. Each of the patients received the remedy that matched their symptoms. Homeopaths call this remedy the *similimum*—a remedy which produces symptoms that most closely match the existing symptoms of the patient.

Following in the footsteps of Paracelsus, Hahnemann used only one remedy at a time. He also followed Paracelsus's practice of using very small doses. Over time, Hahnemann found that he was able to achieve the healing effect he wanted for his patients.

The Gentle Cure

Continuous experimentation eliminated the unpleasant side effects of his remedies. When he first started using *similimums*, they were gross tinctures (for example, the Peruvian bark would soak in alcohol for three days, and then the liquid would be decanted.) These distillations worked, but often caused hardship for the patient in the form of side effects. Hahnemann worked determinedly to alleviate this hardship.

Dilutions seemed to hold the key, but they did little or nothing in terms of symptom relief,



due to their short-acting nature. However, Hahnemann found that by diluting and shaking the bottle between each dilution, the remedy caused no side effects and even worked much better than the tinctures. Thus, he found the gentler cure for which he'd been searching.

The dilution process is different in the U.S. and Europe. In the U.S., one drop of tincture is placed in either 99 drops of water, or a water and alcohol mixture. In Europe, the percentage is one drop of tincture and nine drops of a diluent. The U.S. remedies are marked with a "C" (the Roman numeral for one hundred) and the European remedies are marked with an "X" (the Roman numeral for ten). Both potencies are effective.

Homeopathy Principles and Concepts

There are five principles and concepts on which homeopathy is based. Understanding each of them individually is important to understanding homeopathy as an alternative medical practice.

Let Like Be Cured By Like

The first principle, "Let Like Be Cured By Like," states that any substance that makes you ill can also cure you. Anything that can produce symptoms of disease in a healthy person can cure a sick person with similar symptoms.

Single Remedy

The second principle, "Single Remedy," states that one remedy at a time is the most effective and precise way to treat someone. Giving more than one remedy at a time makes it difficult, if not impossible, to determine which remedy has

acted. Many people discover combination “remedies” and think they’re homeopathic. But because these remedies violate the Single Remedy principle, they are not, in fact, homeopathic.

An Example

For example, some homeopathic cold remedies contain Aconite, Bryonia, Eucalyptus, Eupatorium perfoliatum, Gelsemium, Ipecacuanha, and Phosphorus in different potencies. Each of these remedies addresses some cold or flu symptoms, but the difficulty is in determining which remedy was the one that worked. The symptoms were not picked as person-specific but as disease-specific. Therefore, the treatment may work, but it is not homeopathic, but rather, allopathic. Allopathic refers to a method of treating disease with remedies that produce effects different from those caused by the disease itself.

Minimum Dose

The third principle, “Minimum Dose,” is hard to comprehend for almost everyone. Hahnemann experimented with many different dosages and found that the *smallest* possible dose was actually the *most* effective. In the U.S. especially, this is counter-intuitive. We’re not a less-is-more type culture.

An Example

Here’s an example from my own practice which might shed some light on this seeming incongruity: While sick with the flu, another homeopath and I went through the most likely remedies. I decided on Boiron’s Oscillococcinum. I took one pellet (about the size of a poppy seed.) After taking the needed number of doses, my health significantly improved and in three days I was back on my feet. A nurse friend of mine later informed me that the flu I had was H1N1 and that I should have been sick for two weeks! That’s the power of homeopathy and the minimum dose.

Vital Force

The fourth principle, the “Vital Force (VF),” comes from Hippocrates, the founder of medicine. He taught that there is a Vital Force within each person that possesses the intelligence and power to govern the many processes involved in both health and disease. By Hahnemann’s time this philosophy had been discarded, and the prevailing view was that the body was a chemical-mechanical machine.

Hahnemann felt that Hippocrates was correct and included the principle of the Vital Force into homeopathy. The VF does more than animate a person—it attempts to achieve

balance within by producing symptoms. Allopathy calls this balance “homeostasis,” or the state of equilibrium of the internal environment of the body that is maintained by dynamic processes.

Total Person

The fifth principle is the “Total Person,” or the “Totality of Symptoms.” A treatment is homeopathic only if the entire person is considered. In allopathic medicine, a diagnosis is made using labs, x-rays, and other tools. The patient is given a medicine for that specific diagnosis—not the person, but the diagnosis.

However, a homeopathic interview includes not just the symptoms that prompted the appointment, but also the entire set of symptoms experienced currently. Even if the symptoms have little to do with the symptoms that first brought the client to the office, they all contribute to the totality. First Aid treatment doesn’t focus on the total (necessarily.) Three or four symptoms are usually enough to pick an acute remedy. But for chronic problems, only the total picture will find the needed remedy.

Sue Boyle is a Registered Nurse and Homeopathic Master Clinician living and working in the Seattle area. She works with mothers and their children who want to use homeopathy to improve their health, take no drugs, and have more freedom on all levels. Learn more at www.sueboylehomeopath.com.

There is a force within each person that possesses the intelligence and power to govern the many processes involved in both health and disease.

Eliminate Parasites and Jump-start Weight Loss

Are you planning a liver-cleansing detoxification diet or weight loss program this year? Choosing certified organic ingredients should be a top priority. With certified organic fibers, super foods and herbs, you are not adding chemicals to a body that's trying to eliminate them! Are you wary of possible discomforts during a cleansing diet, like cramping? If so, be sure your herbal support blend is non-irritating and does not contain harsh stimulants or genetically modified organisms (GMOs).

Parasites

Internal parasites compromise the health of many people who don't realize they are hosting unwanted visitors. One can support healthy microbial balance by eliminating parasitic activity and preventing the possibility of further proliferation. A good parasite cleanse will contain organic fibers, super foods, and specific herbs to help with gentle peristaltic action and a clean sweep of parasites.

What to Look for in a Cleansing Support Formula

Whether this is your first cleansing regimen or you're a seasoned pro, it is always best to rely on organic, tried-and-true herbs and fibers for best results. Classic ingredients, valued for centuries in many cultures for their natural medicinal properties, should contain organic plant-based ingredients. Plants work mechanically in the body (versus chemically), to support healthy, regular elimination, and to support the purging of suspected parasitic activity in your gut:

- **Wormwood**, the second most bitter herb known to man, contains sesquiterpene lactones, which works by weakening parasitic membranes to destroy parasites. Wormwood also supports healthy bile products for overall liver and gall bladder health, which is important for healthy elimination.
- **Milk Thistle** (*Silybum marianum*) has been used for 2,000 years as an herbal remedy for healthy liver and digestive function.
- A highly favored healing spice in both traditional Chinese medicine and

Ayurveda, **turmeric** has been used to aid digestion and liver function for centuries.

- **Marshmallow root** is often used to reduce inflammation. When mixed with water, marshmallow root forms a slick gel that reduces irritation by coating the throat and stomach. This is an ideal plant for gentle bowel elimination and to support a health inflammatory response.
- **Arabic gum**, derived from the African acacia tree, has been used for centuries as a plant fiber to keep bowels moving regularly.

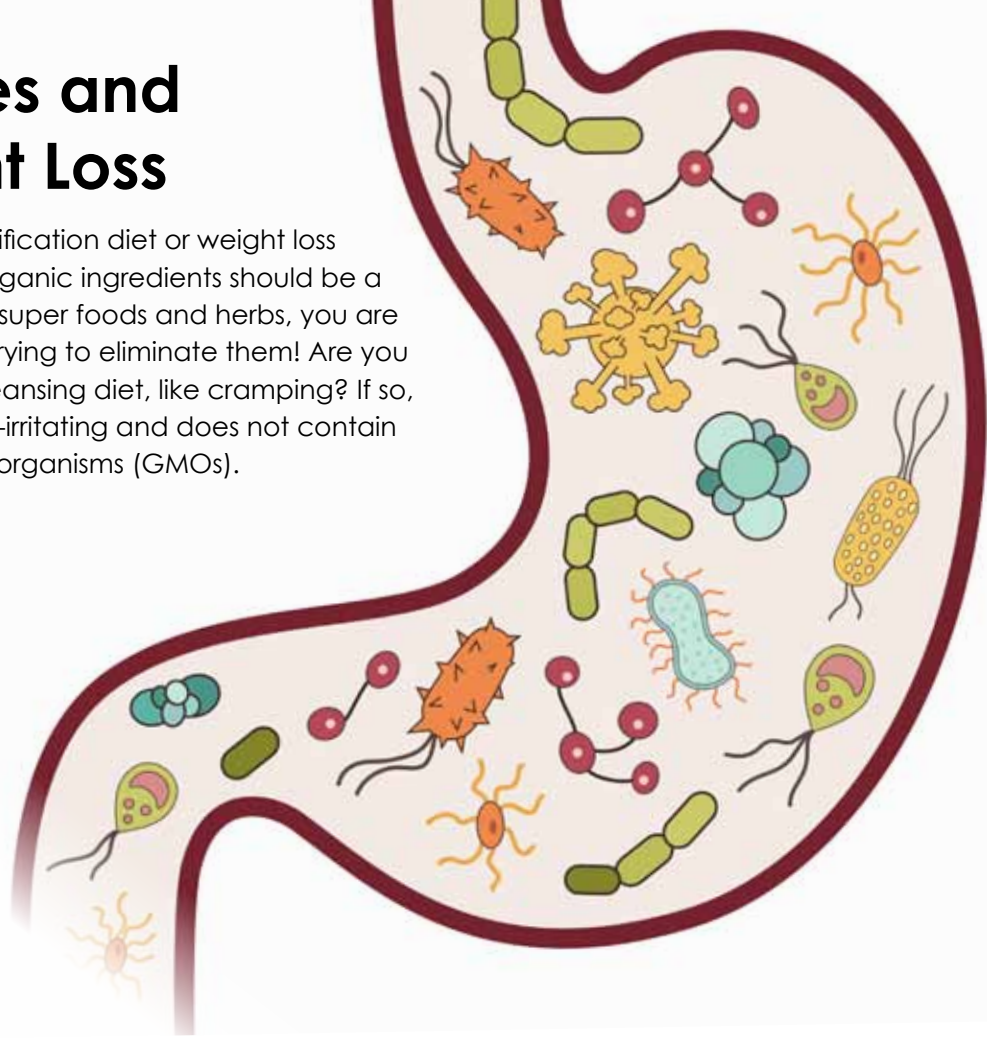
Supporting healthy bile production, healthy cell regeneration in the liver, and providing a hostile environment for parasites will give you the best support for reaching health and weight loss goals. Make sure your support formula does not include gluten, yeast, soy, corn, GMOs, or sugar.

Daily Support for Healthy Intestinal Function

Whether you are doing an occasional cleanse colon or looking for daily support for healthy elimination, plan to use only plant-based organic plant fibers. Organic plant fibers also create a feeling of fullness (satiety), supports blood glucose levels, and jump-starts or support a weight-loss program.

Your organic plant based fiber product should include digestive support from herbs like **turmeric**, **fennel seed**, and **milk thistle**. **Essential fatty acids** found in **flax** and **chia** products support heart-healthy diets.

In Person!
Attend our class on
parasite elimination on
Tuesday, January 19.
Details on page 11.



Beet kvass, a fermented beet drink, is traditionally used to support digestive health, cleanse the liver and alkalize the blood—perfect for the New Year!

2-4 med beets
1/4 cup whey, used to jump start the fermenting process
1 Tbs sea salt or pink Himalayan salt
filtered water
sprig of rosemary
optional: 2 quart glass jar

Clean beets, leaving the peel on is optional.

Cube the beets into quarters.

Place quartered beets into glass jar.

Add the whey and salt and fill jar with filtered water, leaving about three inches at the top.

Cover with breathable cloth/towel/coffee filter and secure with rubber-band or the jar's band.

Leave on counter top, at room temperature for 2 days to ferment.

After two days place in fridge.

Drink four ounces in the morning and again in the evening.

Whey

Use Oly-Cultures' Milk Kefir Starter Kit to make your own milk kefir at home. Place butter muslin or multiple layers of cheese cloth over a colander and pour in the milk kefir. Bring together all four corners of the cloth and tie in a knot.

Hang the cloth with milk kefir up, allowing the whey to drip (which will start at once) into the bowl below it.

Tips

When you are nearly finished with your first batch of kvass, you can fill the jar that includes the remaining beets with more filtered water. Leaving a little of the liquid from the first batch will inoculate your succeeding batches or use whey. Replace cover, set out at room temperature for two days. This second fermentation will not be as strong as the first.

- Try adding fresh herbs to your ferment, such as rosemary.
- Try fruit kvass.

Submitted by Julie Martin of Oly-Cultures. Learn more about Oly-Cultures' do-it-yourself kombucha, mozzarella, and kefir kits at www.olycultures.net.

Beet Kvass with Rosemary

In Person!
Register for Julie's Not-Your-Mama's-Chili class
on Saturday, January
30 in Tacoma.
See page 11 for details.





Of Bunions AND Back Pain

By Tim Newton, MPT, ATC

In Person!
Meet Tim on Thursday,
January 7 at Marlene's-
Federal Way!
Details on page 10.

We are not born with bunions. But we are born into a world with gravity. How we respond to and compensate for gravity determines, to a large extent, how we move. Each of us has a lifetime of learned movement patterns. It is these movement habits that, largely, contribute to back pain and whether or not we will develop bunions. But although each of us employs unique coping strategies, our environment significantly impacts and stresses these coping mechanisms.

We are essentially a structure of angled bones and joints, somewhat like stacked children's building blocks. As we react to gravity, the blocks of our body tilt and twist, sliding off one another. Now imagine that the blocks are loosely held together by rubber bands and string (your ligaments and tendons). As the column falls, the top blocks pull, tug and distort the pieces below them until the bottom block resting on the ground is flipped and twisted aside. The bottom block is your big toe, trying to hold the rest of the stack in place. **A bunion is a response to gravity and the resulting accommodation our structure makes to stay upright with each step we take. We are not born with bunions, we walk and respond to gravity and its stresses.**

The shoes we wear, our foot type, and genetics certainly play a role in bunions, but they are players cast against the main culprit--our movement choices and habits.

How do bunions and backs relate?

Although it is difficult to pin down, it is estimated that bunions occur in approximately 7% in youths, escalating to almost 40% by a person's sixth decade. Females are 2.3 times more likely to suffer from bunions than males. Curiously, back pain similarly increases over our life time with an overall prevalence of up to 80%, with a peaking from ages 30 to 60.

It is the accumulated movement choices we make that eventually exact a toll on our feet and backs. How we control the natural torque and collapse that occurs at our foot during gait significantly impacts the foundation our backs sit upon, causing stress further up the body. Back to the block analogy: stack them on an uneven surface for a prolonged period and there is more likelihood they will fall. Similarly, repeatedly thrusting them up and down (as in running or jumping activities) will probably cause the column to distort and collapse with considerably more stress at our foot. Considering the amount we weigh (which is often more than our ideal) multiplied by up

to 2-3 times as we walk or step down a stair; a massive amount of force is being exerted upon our foot.

In addition, the control structures and guides that stabilize our foot--our arch, calf muscles, thighs and hips and the rotation occurring there via the gluteal muscles--are all controlled from the nerves of the back. It is a closed system -distort one and the other changes. Imagine an out-of-shape, overweight individual walking in a spiked heel shoe versus a professional ballet dancer *en pointe*. In both cases the foot is definitely distorted. However, the dancer's core, hips and back are trained to tolerate the stress resulting from their distorted foot, whereas the unfit individual will likely experience structural distortion both at their hips and back as well as at their foot.

Various foot types, foot wear, muscle tone, back types, and back postures all influence what happens at the foot. Certain types lead to increased stress and bunions. But just as a person can learn to walk on stilts, a person can train their body to tolerate and optimize their foot type. Granted, our feet may be designed to perform in a different environment, but how we choose to move can dramatically change what happens to our feet and our backs as we age.

The Mayo Clinic defines a bunion as **"a bony bump that forms on the joint at the base of your big toe. A bunion forms when your big toe pushes against your next toe, forcing the joint of your big toe to get bigger and stick out. The skin over the bunion might be red and sore."**

Nutrition with the Masters

By Susan Blake, NTP, GCP, WAFP Chapter leader

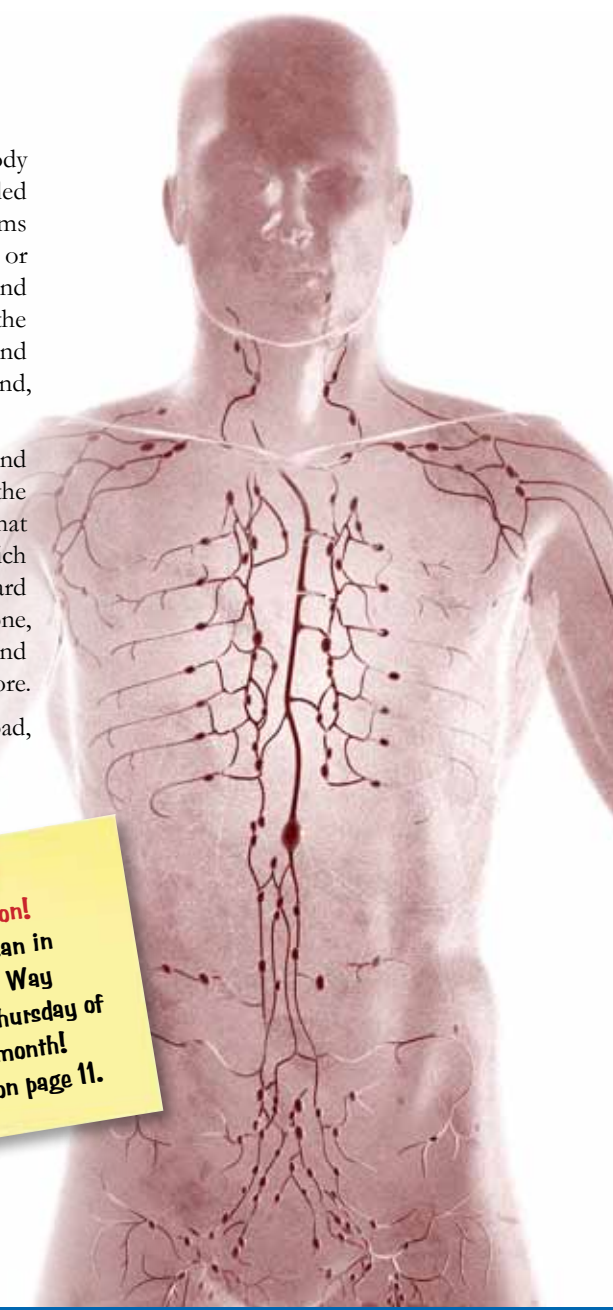
This month our theme is detoxification. Detoxification is a natural process your body undergoes every day using many systems and organs. When the body becomes overloaded with toxins, not only does cellular function suffer, but the natural eliminatory systems become bogged down too. Under these circumstances, taking a protocol to chelate or pull toxins stored in tissue is harmful because the body can't properly eliminate them and will simply store the toxins in fatty tissue. In addition, most protocols simply focus on the supporting the liver. Even though it is a major organ of detoxification, it does not stand alone. Detoxification occurs in the liver as well as the kidneys, intestines, lungs, skin and, surprisingly, the lymph.

In my class this month, we'll watch as Dr. John Douillard, a Doctor of Chiropractic and Ayurvedic healer, explains what the lymph system is and how it works. For instance, the Ayurvedic word 'rasa' means lymph *and* emotion *and* taste. So the taste and emotions that occur while you eat emotionally charge the energy or subtle fluid (also called rasa) which becomes the energy of your gut, absorbed into your lymphatic system. Dr. Douillard explains how the lymph fluid literally *becomes* the rest of your body – blood, muscle, fat, bone, and reproductive tissue, and how *ojas* results after 30 days. The term *ojas* means vitality and refers to your immune system, your virility, the glow of your skin, your happiness and more.

The lymph system also acts as a drain for eliminating cellular waste. With toxic overload, the drains can become clogged. Douillard says that when the drains (lymph system) are clogged, people try to fix the faucets (lower cholesterol in the blood, lower blood pressure or detoxify the blood). But it isn't the faucets that need fixing—it's the drain. Dr. Douillard will discuss the role of exercise, sipping hot water, and consuming certain herbs to help support the lymph system. According to Dr. Douillard, antioxidants live in the lymph system, so red-colored fruit and vegetables contain great antioxidants for moving the lymph.

Listeners will also hear a discussion on what Dr. Douillard calls the two keys to longevity: eating less to support digestion, and meditating, which he says is just as important as eating right and exercising. I hope you'll join us this month and every month for Masters of Nutrition!

Susan Blake, BS is a Nutritional Therapy Practitioner, a Certified Gut & Psychology Syndrome practitioner, and the local chapter leader of the Weston A. Price Foundation. She can be reached at hairandbodyshop@comcast.net.



In Person!
Join Susan in
Federal Way
the third Thursday of
every month!
Details on page 11.



INSTITUTE FOR THE
PSYCHOLOGY of EATING
The World's Leading School in Nutritional Psychology

Last year I participated in The Future of Healing online conference hosted by the Institute for the Psychology of Eating. I was familiar with some of the health and nutrition experts, but many were new to me and left me fascinated and inspired. I was so impressed that I purchased the whole set of interviews—over 70 of them—so I could share them with Marlene's customers! Please join me the third Thursday of each month to explore a topic related to mind-body health. The classes will include discussion, excerpts of the video, and a question-answer period at the end.



Dr. John Douillard, DC, CAP, is a globally recognized leader in the fields of natural health, Ayurveda, and sports medicine. He is the creator of LifeSpa.com, the leading Ayurvedic health and wellness resource on the web. Dr. Douillard is the former Director of Player Development for the New Jersey

Nets NBA team, author of 6 books, a repeat guest on the Dr. Oz show, and featured in Woman's World Magazine, Huffington Post, Yoga Journal and dozens of other publications. He directs LifeSpa, the 2014 Holistic Wellness Center of the year in Boulder, CO.

Reso



Going low-cal, low-carb this year? **House Foods Zero Calorie Shirataki Noodles** have the noodle-y goodness you crave without the carbs! Use in soups, add to veggies for a quick lo-mein, or in a pasta salad.



Kick start your new year with **Vibrant Health's Vibrant Cleanse**, a convenient, cost-effective spin on the traditional inner cleanse.

olutions ready!

Relax, renew and nourish with **Uncle Harry's Detox Bath Kits**. A simple yet powerfully detoxifying mix of bentonite clay, sea salt and seaweed.



Breathe freer with **Himalayan Chandra's Neti Pots** or clear your sinuses with the convenience of their **Neti-Mist Sinus Spray**. Soothes dry nasal passages and gently washes away dust, pollen and irritants.



Organic India's Organic Psyllium Husk is the best way to support elimination and promote regularity. And because it's organic, it's the safest psyllium around!



Nature's Secret's unique, two-part **7 Day Ultimate Cleanse** uses herbs and fiber to support the body's own cleansing mechanisms, enhancing digestion and detoxifying the colon.

Old-world tradition, 2016 convenience. **Real Bone Broth** is prepared with organic, pastured beef or chicken. Freshly prepared and immediately frozen. Paleo-, Weston A. Price guidelines-, and GAPS-friendly.



Memory Minder Journals are ideal for keeping track of your fitness goals and enhancing your health awareness. Look for **HealthMinder, MaintenanceMinder, BodyMinder and DietMinder**.



Oly-Cultures' Milk Kefir kits help you make delicious beverages at home that deliver tons of beneficial bacteria to the gut. Make a batch and reap the benefits of this probiotic-rich beverage. Lactose intolerant? Try Oly-Cultures' **Water Kefir kit**. Made locally in Olympia!



Marlene's

Celebrating 40 years



LeanCare

120 caps
Reg. 24.95

\$17⁹⁵



Garcinia

60 caps
Reg. 17.95

\$13⁴⁹



FEEL FULL FOR HOURS!

PGX® Satisfast® Vegan Protein

WINNER!

25% OFF
ALL PGX SATISFAST PROTEIN



pgx.com

In-store prices reflect discount



COUNTRY LIFE

Building Healthy Bones Special

Assorted varieties and sizes



35% off

In-store prices reflect discount

HYLAND'S

Cold' n Mucus 4 Kids

4 oz.
Reg. 11.09

\$6⁹⁹



SMARTY PANTS

Adult Complete + Fiber

180 ct.
Reg. 47.95

\$29⁹⁹



MANITOBA HARVEST

Hemp Products

Assorted varieties & sizes



30% off

In-store prices reflect discount

BOIRON

Acteane

Hot Flash Relief
120 tabs
Reg. 24.29

\$16⁹⁹



Don't Let Winter Slow You Down!

Oscillococcinum

6 dose, Reg. 15.69

\$7⁹⁹



Marlene's

Celebrating 40 years



- USDA Certified Organic comprehensive cleansing formula.
- This formula is for both parasitic concerns as well as overall support for elimination
- Safe for daily use
- Gentle, no cramping formula
- Free of gluten, yeast, soy, corn, binders, filler, preservatives, or added sugars
- Classic and clinically studied herbs for digestive health
- Easy to mix; tasty pineapple flavor

Reg. 24.95

\$18⁹⁹



PURE PLANET

Organic Fiber

Reg. 41.95

\$29⁹⁹

SOURCE NATURALS
Garcinia 1000



1000 mg
90 tabs
Reg. 31.99

\$19⁹⁹



SOURCE NATURALS
**Cilantro
Metal Detox**

14 oz.
Reg. 12.99

\$7⁹⁹

HEALTHFORCE
**ZeoForce
Powder**

14 oz., Reg. 39.95



\$27⁹⁹

HEALTHFORCE
Liver Rescue 4+
120 vcaps, Reg. 37.45.....

25.99



Our cashew milk base provides a light, neutral and nutritious base for two popular fruit flavors plus an efficacious dose of the probiotic Bacillus.

- Great taste
- Provides digestive support
- Immune Boost & protein utilization benefits

FORAGER PROJECT

**Organic
Cashew
Smoothie**

16 oz., Assorted varieties
Reg. 6.59

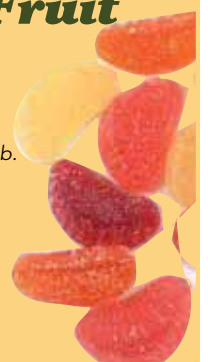
\$5⁵⁹

SUNRIDGE FARMS

**Sunny Fruit
Slices**

Assorted varieties
Reg. 5.99 lb. - 13.45 lb.

75¢
off
per
lb.



Marlene's

Celebrating 40 years

TWO MOM'S IN THE RAW

Organic Granola Bars

6 oz.
Assorted varieties
Reg. 6.75

\$4¹⁹



HONEST TEA
Organic Tea



16 oz.
Assorted varieties
Reg. 1.99

\$1³⁹

SANTA CRUZ

Organic Apple Sauce Cups

6 pk., 4 oz.
Assorted varieties
Reg. 5.49



\$3⁵⁹

EARTH FRIENDLY
ECOS Liquid Laundry



100 oz.
Reg. 14.95

\$9⁹⁹

R.W. KNUDSEN

Just Juice



32 oz.
Assorted varieties
Reg. 8.89

\$6⁶⁹

R.W. KNUDSEN

Simply Nutritious Juice



32 oz.
Assorted varieties
Reg. 4.25

\$2⁴⁹

WISDOM NATURAL

Organic Stevia Tablets

100 ct.
Reg. 8.95

\$6⁰⁹



NEWMAN'S OWN ORGANIC

Pretzels



7 - 8 oz.
Assorted varieties
Reg. 3.89

\$2⁵⁹

CRUNCHMASTER

Gluten Free Crackers



4.5 oz.
Assorted varieties
Reg. 4.09

\$2⁴⁹

TRADITIONAL MEDICINALS

Herbal Tea



16 ct.
Reg. 5.49

\$3⁸⁹

BARBARA'S BAKERY

Cheese Puffs



5.5 - 7 oz.
Assorted varieties
Reg. 3.49

\$1⁹⁹

LA CROIX

Sparkling Water



8 pk., 12 oz.
Assorted varieties
Reg. 4.75

\$3¹⁹

Marlene's

Celebrating 40 years

**PIRATE BRANDS
Corn Puff
Snack**



4 oz.
Assorted varieties
Reg. 3.59

\$2¹⁹

**PURELY ELIZABETH
Gluten Free
Granola**



12 oz.
Assorted varieties
Reg. 7.89

\$4⁸⁹

**SO DELICIOUS
Coconut
Greek Yogurt**



6 oz.
Assorted varieties
Reg. 2.25

\$1⁸⁹

**LIFEWAY
Organic
Kefir**



32 oz.
Assorted varieties
Reg. 5.05

\$4¹⁹

**KEVITA
Cleansing Probiotic
Tonic**



15.2 oz.
Assorted varieties
Reg. 3.35

\$2⁴⁹

**SO DELICIOUS
Coconut
Milk**



64 oz.
Assorted varieties
Reg. 4.45

\$3¹⁹

**DERMA E
Purifying
Skin Care**



Assorted varieties
& sizes

**25%
off**

In store prices reflect discount

**DESERT ESSENCE
100% Australian Tea
Tree Oil**



2 oz.
Reg. 19.99

\$15⁹⁹

**SEAWEED BATH
Detox Bath,
Soap or Cream**

Assorted sizes
Reg. 6.99 - 13.69
Sale price 5.99 - 11.69



**15%
off**

In store prices reflect discount

Aromatherapy on the go!



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

\$11⁴⁹

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

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

**ANDALOU
Skin
Care**

Assorted varieties
& sizes

**25%
off**

In store prices reflect discount



Marlene's

Celebrating 40 years

ODWALLA
Fruit & Nut Bar

2 oz.
Reg. 1.39

99¢



ODWALLA
Juice or Smoothie

15.2 oz.
Assorted varieties
Reg. 3.29



\$2⁴⁹

THE PERFECT PAIR

A new approach to weight loss support[†]

FITBIOTIC™

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

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

RAW FIT®

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

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

35% OFF

In-store prices reflect discount



Empowering Extraordinary Health®



[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

GLUTEN FREE DAY

Saturday, February 6

11 - 3 pm

Tacoma | Federal Way

BEER TASTING IN
BOTH STORES!

Must be 21
with current ID
for tastings.

ORGANIC

Rio Star Grapefruit & Navel Oranges

Sweet & Delicious!



\$1⁴⁰
lb.

HERBS ETC.

Liver Tonic

60 ct. soft tabs
Reg. 26.99



\$18⁹⁹

Promote your small business- -advertise in Sound Outlook!

Marlene's
MARKET & DELI
NATURAL FOODS



**Contact Lori at
253.472.4080
for details.**



Dr. Carla Yamashiro, DDS, NMD, IBDM
The Ecologic Dentist

ecologic dentistry
THE NATURAL CHOICE

Ecologic Dentistry is "The Natural Choice" when it comes to dentistry for your entire family. This is where ancient wisdom meets advanced technologies to provide minimally invasive treatments that are least toxic, cause less pain and trauma, and supports your body's natural healing process.

- ✓ Safer mercury removal & bpa-free restorations
- ✓ Herbal & Homeopathic Remedies for Anxiety, Detox, & more!
- ✓ Energy Medicine
- ✓ Ozone Treatment
- ✓ Single Visit Ceramic Crowns
- ✓ No Insurance? Join Our Membership Plan

☎ (253) 863-7005 ☎ 8412 Myers Rd. E, Ste 301 Bonney Lake, WA 98391 ☎ www.ecologicdentistry.com

Implants- \$2,499 Special Offer

Includes CT Scans, Titanium Implant,
Abutment & Crown. May not be
combined with other offers.
Limited time offer.
Expires October 31, 2015

NO INSURANCE? NO PROBLEM!

Premium Dental Health Plan
20 - 50% Discounts
*No Deductible - No Maximum
Low Annual Fee*



CALL TODAY- 253.941.8000

*Center for Advanced
Dental Medicine*

Better Health Through Whole Body Dentistry

Duane Jones D.D.S.

33507 9th Ave. S. Bldg E, Federal Way, WA

www.centerforadvanceddental.net

A Holistic Approach to Your Dental Health

- ❖ Conscious Sedation ❖ Ozone
- ❖ Mercury Free Dentistry
- ❖ Biological Root Canals
- ❖ Dental Implants ❖ Digital Xrays
- ❖ Laser Fillings - no drills, no shots
- ❖ TMJ, Headaches &
Chraniofacial pain treatment
- ❖ Treatment for Sleep Apnea-
an alternative to CPAP

*A truly amazing place for all
your healthcare needs!*

**NATURAL
HEALTH CENTER**

33650 6th Ave. So., #100 • Federal Way, WA 253.942.3316 • NATURALHEALTHCENTERWA.COM

Natural Health Center Acupuncture

Michael Flynn L.Ac. EAMP
Natalie King L.Ac. EAMP
Molly Defazio L.Ac. EAMP
253.942.3304

Patient First Chiropractic

Adrienne Owens DC
253.942.3300

Federal Way Muscular Therapy

Mauri Fromm LMP and Associates
253.942.3303

Healthy-Aging Skin, Inc.

Deborah Radcliff, ME
253.942.3313

Lila Walther, M.A., LMHC

Psychotherapist
253.661.2757 - 253.942.3312

Spencer Natural Medicine

Dr. Nathan Spencer, ND
206.954.2533

Wellspring Physical Therapy

Merianne Jordan, DPT
253.942.3308

Accept Most Insurances

Easy Baked Black-Eyed Peas, Sweet Potatoes and Corn

(Serves 6)

This delicious dish is baked with mostly pre-cooked and quick cooking ingredients, so make sure the sweet potatoes are finely diced. Serve with wild greens and cornbread.

- | | |
|---------|--|
| 1/2 cup | orange juice |
| 1/4 cup | water |
| 1/4 cup | chopped sundried tomatoes |
| 1/4 cup | unsulphured molasses |
| 2 tsp | Dijon mustard |
| 1/2 tsp | sea salt |
| 1 | jalapeno, seeded and minced |
| 1 | sweet potato or yam, peeled and diced small |
| 1 cup | corn |
| 3 cups | cooked black-eyed peas or 2 cans black eyed peas, rinsed |
| 1 | onion, peeled, ends removed and sliced thin |
| 1 cup | crushed red or blue tortilla chips |
- Preheat oven to 350°. Place orange juice, water, tomatoes, molasses, mustard, salt and jalapeno in a blender and purée until smooth and creamy.
 - Combine sweet potatoes, black-eyed peas, corn and onion in a casserole dish.
 - Press down with the back of a spoon.
 - Pour sauce over the mixture.
 - Cover and bake for 35 to 45 minutes or until casserole is bubbling and sweet potatoes are soft.
 - Serve topped with crushed tortilla chips.



*Ring in your
new year
Southern-style!*

Recipe submitted by Debra Daniels-Zeller. Debra is author of The Northwest Vegetarian Cookbook.

40% OFF* Renew Life products in January!

At Renew Life™, we believe a healthy gut is a happy gut. Our mission is to empower you to elevate your quality of life through better digestive health. For nearly two decades, we have pioneered superior-quality digestive wellness supplements to help people achieve optimal health from the inside out.**



Marlene's
MARKET DELI
NATURAL FOODS

celebrating

40
years

Thank you
for staying well
with us since 1976.








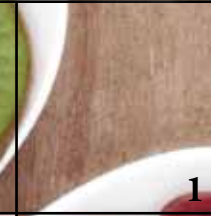



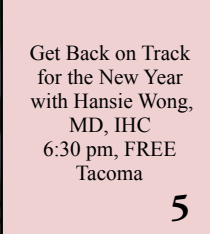

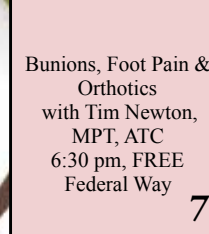

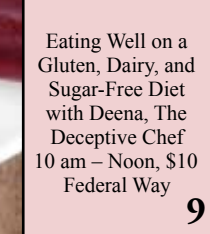

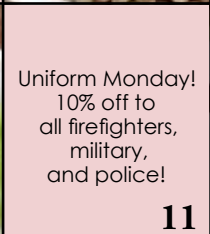
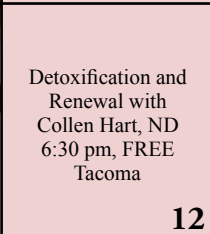
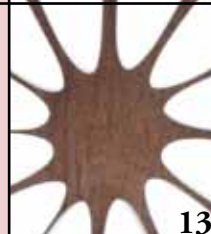
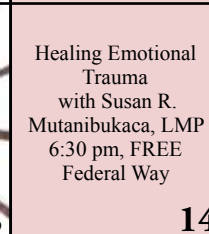

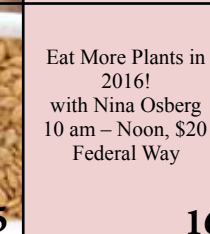


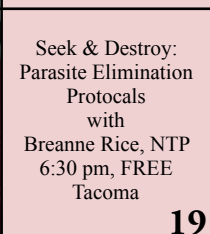

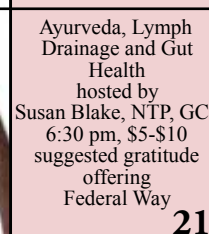

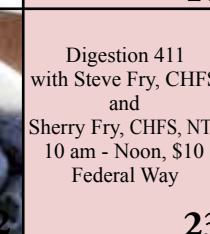
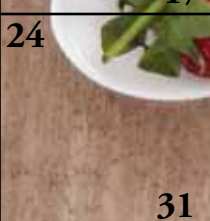

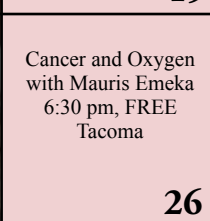

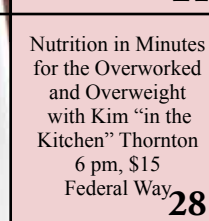

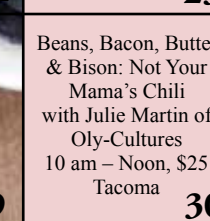
*40% off regular MSRP. In store prices reflect discount.

**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.

JANUARY

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
 3	 4	 5	 6	 7	 8	 9
 10	 11	 12	 13	 14	 15	 16
 17	 18	 19	 20	 21	 22	 23
 24	 25	 26	 27	 28	 29	 30
 31	 32	 33	 34	 35	 36	 37

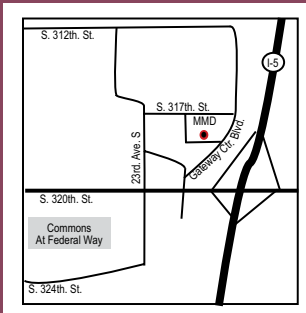
Don't miss these events coming in February!

Thursday, February 4
MariAleath Nichols -
Digestive Wellness

Saturday, February 6
Gluten Free Day

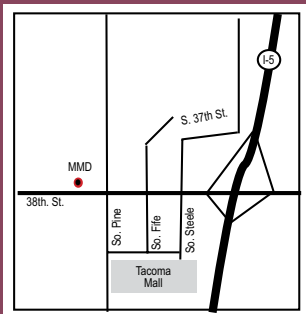


We welcome your suggestions and feedback.
Write to Editor c/o Marlene's Market & Deli
2951 S. 38th Street, Tacoma, WA 98409
or email us at
editor@marlenesmarket-deli.com.



2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

Monday-Saturday: 8:30 am - 8 pm
Sunday: 10 am - 7 pm



2951 S. 38th Street
Tacoma 98409
253.472.4080

Monday-Saturday: 8:30 am - 8 pm
Sunday: 10 am - 7 pm



This newsletter is printed on paper made from 100% sustainable fiber with vegetable based inks. Please recycle this newsletter by giving it to a friend!

- ☐ Please send me Sound Outlook by POST (regular mail) ONLY
- ☐ Please send me Sound Outlook by EMAIL ONLY
- ☐ Please send me Sound Outlook BY POST AND EMAIL

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

JANUARY 2016

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!

