



SOUND OUTLOOK

January 2017

RENEW

Cellular recycling
Clearing your space
Detox smoothie

BUILD

Inner vibrancy
Winter immunity

NOURISH

Hassle-free breakfast
DIY electrolytes



groceries

supplements

deli

body care

catering

NATURAL

ORGANIC

GLUTEN-FREE

NON-GMO

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A 🎵 from Marlene...

So here we are, starting another year! The time goes so fast it seems. I believe that the older you get the faster time flies.

For those of you who have followed my cancer journey – I am still in remission and after the latest tests, all is well. Thanks for “asking”. I’m happy to share my doctors’ names at the Salish Cancer Center in Fife. Just ask.

Think about detoxifying to start the year and getting more exercise. You know – resolutions! Check our articles this month and join some of our classes. You’ll be glad!

So Happy New Year to you all.

Love,

Marlene



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No Excuses Breakfast: Sweet Potato Hash with Eggs

by Mary Walukiewicz - Food Service Director

I'm a big fan of starting off my morning with a hot breakfast. Cereals and quick protein bars do well in a pinch, but I love a hot and hearty meal. This isn't my first recipe promoting a hot breakfast and they all seem to have the same theme: Prepare a few days' worth at one time and you'll have no excuse for skipping a proper breakfast in the morning.

I wake up early – *really early* – and I can have this meal on my table in about 7 minutes and eat it in 3! Yes, I know I should slow down when I eat, but that's a whole other issue.

I make the hash on a Sunday morning and eat a little bit that day, then I keep the rest in a container in my refrigerator. That will last me until Wednesday or Thursday (depending on how hungry I am).

2 large sweet potatoes
8 oz favorite sausage (chicken and apple is really good)
2 Tbl coconut oil
1 cup yellow onion, diced
½ cup green bell peppers, diced

½ cup red bell peppers, diced
1 Tbl fresh rosemary
½ tsp sea salt
½ tsp black pepper
eggs (as many as you desire)

Scrub sweet potatoes and bake in a 350° F oven until tender (about 45-60 minutes). It depends on how large they are. When potatoes are cool enough to handle, dice into ½ inch pieces.

In a large sauté pan over medium heat, sauté sausage until cooked and browned. You can use an already cooked sausage, just be sure to brown it. Remove sausage from pan and set aside. Using the same pan, melt coconut oil and sauté onions, peppers, rosemary, salt and pepper until onions are tender. Add sweet potatoes and sausage back to the pan and mix. At this point, you can reserve whatever

amount you would like for the day and refrigerate the rest for future meals.

Transfer hash to a plate, add an egg or two to your pan and cook to your liking. Serve over the hash. I like my eggs over easy as the yolk makes a wonderful “sauce” to go with the sweet potatoes.

For following breakfasts, heat a small amount of an oil of your choosing in a pan, add a scoop of your hash, warm up (about 5 minutes). Prepare eggs, add and enjoy!



Marlene's Pear-fect Detox Juice Special!

Have you already started your New Year's detox program? Here is an easy way to get a delicious burst of oxygen-rich, blood cleansing nutrients. Make this recipe at home or stop by Marlene's and let our juice team make one for you!

Spinach keeps you energized with a generous serving of iron! Well known for its immune system boosting vitamin C, flavonoids, and powerful anti-oxidant protection.

Kale is one of the essential building blocks of any healthy diet. Offering blood-purifying, oxygen-rich chlorophyll, you can count on kale to help rid your body of environmental toxins and heavy metals.

Pear adds body and creamy sweetness to your juice. Soothe and cleanse your digestive system with these high-fiber, vitamin-rich, and anti-oxidant infused wonders.

Marlene's Pear-fect Detox

Add to your juicer:

1 handful	kale
1 handful	spinach
½	cucumber
1	pear
½ inch piece	fresh ginger

Enhance this recipe with Marlene's Greens, matcha powder, or garlic (available on Marlene's juice menu as add-ons)!



Cucumber has long been known for its power to detoxify. High in fiber and low in calories, cucumbers keep you feeling satisfied. They deliver anti-inflammatory vitamins and minerals, including energy boosting vitamin B!

Ginger is often considered a necessity in any daily detox formula for its ability to enhance circulation and digestion with its zingy flavor!



Boost your smoothie with Evergreen Wheatgrass, the smoothest tasting and most nutrient packed wheatgrass yet! These young wheatgrass shoots soak up sunshine for 90 days, versus the typical 10 days of UV light for indoor growers. Provided in flash-frozen, on-the-go packets to preserve freshness and maximize nutrients. Gluten free with BPA free packaging!

Cultivate Inner Vibrancy

by Daphne Michaels

Have you ever felt like you were drowning in deep waters of sadness, fear, or anger? Perhaps it was due to the stress of the holiday, the letdown of energy after the New Year, or simply the weather. Winter months often bring about difficult emotions.

Not knowing how to approach or cope with these negative states of being can result in feeling like you are over your head in a pool of despair. How we navigate these waters determines if we will live in a pool of despair or a river of delight. We must learn what to do with difficult emotions, especially during the winter months when they tend to accumulate. Understanding our inner world will help us remain in a river of delight.

Our inner world has three layers: the authentic self, the ego, and our presence. While the ego's role is to protect us from the harshness of life, in reality it is an outdated and reflexive part of us that still operates with the wisdom of a toddler. The ego was

developed when we were young, and its coping mechanisms reflect this immaturity. Rather than coping with life in a positive manner, the ego makes difficult emotions worse by focusing on sadness, anger, and fear.

When we recognize the ego for what it is, we are free to live from our wiser self, the authentic self, which I refer to as our "great latent self." Your great latent self is your authentic nature. It is the version of yourself that surpasses your highest hopes.

Your great latent self can be awakened by holding the intention to swim in a river of delight rather than flailing in a pool of despair. This intention can naturally transform into strength and wisdom. Digest difficult emotions as though you are digesting a meal of life. In doing so, you are harnessing strength and wisdom from your life journey. Inner pain no longer represents a negative but rather a positive.

True beauty and vibrancy come from making internal choices based on dignity and self-respect. How we manage our own deep waters determines how vibrant a person we are. Our inner richness is the source of our vibrancy; it's the beauty that makes us shine from the inside out.

One of my favorite quotes is from Rumi, the thirteenth-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic:

Break all the glasses and fall toward the glassblower.

To me, that line is about breaking free of the ego and surrendering to the great latent self. It is about transforming inner pain created by the ego into strength and wisdom. It is about harvesting our inner vibrancy, especially during the winter months.

Join Daphne Michaels in person and find the River of Delight within yourself on Thursday, January 26 in Federal Way - details on page 11.

Season's Cleanings!

January is the perfect time to hit the reset button. After the holiday season has compromised our health and homes, a quick cleanse can make you feel like a million bucks. Remove toxins, restore balance, and get back in business!



Remove harmful chemicals from your home this year. **Seventh Generation** has been producing powerful plant-based cleaning and household solutions for 27 years. Look for their toxin-free laundry detergent, dish soap, hand soap, as well as diapers and wipes.

Roasted Seaweed Snacks from **Gimme Organic** are quite possibly nature's perfect snack. 100% organic seaweed is roasted to fresh, crisp perfection, then seasoned with a pinch of sea salt. Gimme Organic says it best, "We're so proud of our ingredients, we actually want you to read the fine print."



Start the new year with **3-Day Cleanse** from **Renew Life!** Reset, refresh, and restore the digestive tract with this advanced herbal cleanse and detox formula. Assists your natural metabolism to eliminate waste and toxins. Perfect for occasional bloating and constipation.

Amazing Grass Green Superfood Detox & Digest combines farm fresh alkalizing greens with over 24 cleansing ingredients to help with daily elimination of toxins and provide soothing digestive support. This formula contains one billion CFUs of probiotics to help you feel amazing every day. Mix with water, juice, or into your favorite smoothie and enjoy!



Skin redness, inflammation, or irritation? **The Seaweed Bath Co.** has a full line of skin and body care products that are specifically designed with your skin in mind! Sustainably harvested organic bladderwrack seaweed extract soothes even the most sensitive skin.



Teaonic herbal tea supplements are inspired by ancient remedies and brewed with nature's healing goodness. Add these teas to your daily regimen to help balance, tone, and invigorate the body from the inside out! Look for: **I Love My... Brain, Gut, Liver, and Skinny Body** tonics!

Blk. alkaline mineral water contains natural plant-based electrolytes, amino acids, trace minerals, and antioxidants! The distinct black color is a result of the fusion of fulvic trace minerals and fresh alkaline water. Keep some handy in your gym bag to replenish and re-hydrate after your workout.



Nix toxins with **Nature's Secret Ultimate Cleanse.**

This two-week program supports your health and sense of wellness while you cleanse. Multi-Herb Digestion & Detox Support keeps you feeling great while Multi-Fiber Colon Cleanse provides fiber, herbs, and probiotics to assist with elimination.

Could you benefit from a little extra fiber, omega 3, and detoxifying herbs? **Nutraceuticals** is a unique formulation of ground flax, psyllium husks, dandelion and burdock root powders, and fenugreek. Use daily to cleanse and tonify the liver and intestines! Filler-free and all ingredients are organically sourced.



How to Cleanse Your Life

Hansie Wong, MD

Happy New Year! There's no better time than now to reflect upon your life and create new resolves. It's also a great time to think about what you can eliminate and what you want to make more room for in your life. Below, we'll explore how you can cleanse four aspects of your life.

Bring the reflections you've written down from this article and join Hansie Wong in person on Saturday, January 14 in Federal Way for an in depth discussion on goal building - details on page 10.

Home and Material Possessions

How do you feel when you walk into your home? Do you cringe when you see piles of old magazines or newspaper lying around? Do you get overwhelmed when you open your closet and it's filled with clothes that are outdated or don't fit you anymore? Do you have an open living space or is it filled with clutter?

How do you *want* to feel when you're at home? What makes you smile? Are there fresh plants around to help liven up the atmosphere? What adds value to your life to make things easier?

Write down 3 actions that you can take to lessen the things that make you cringe, change it into something that makes you smile, or increase what adds value to your life. Some things might include: making a donation to Goodwill, having a garage sale, buying some fresh flowers, or putting up new artwork.

Diet and Activity

When reflecting on nutrition, you need to be aware of how your body responds to the food you put into it. What foods make you feel bloated or sluggish or give you a headache? What foods give you energy and make you feel more alive and refreshed?

In regards to activity, think about what actions or inactions drain you. Does sitting in your car for an hour commute to or from work tire you out? What about sitting in front of a computer for 8 hours at a desk job? What activities do you enjoy?

Make a list of at least 3 ways you can lessen the foods or activities that drain you or add in food or activities that liven you up. Some suggestions are: eat an apple a day, make a smoothie for breakfast, get up and stretch every hour if you have a desk job, bike commute to work, take a walk during your lunch break, or join a sports club.

Relationships

Relationships may have the most impact on our emotional health so it's important to identify which ones agitate or irritate you and which ones energize you. Who sucks your energy? Who supports you?

Think about how you can minimize negativity around you. Or, how can you better deal with difficult interactions? In what ways can you surround yourself with positive people? Or, how can you foster the relationships that support you? Some ideas would be to get involved in a community of like-minded people (be it church or a running group) or spend more time with the people you love and who love you, too!

Time

In this day and age, there's never enough time! But maybe we just need to change the way we use it. First, we need to be aware of how we spend our time. What are your big "time suckers"? Facebook? Youtube? Surfing the web? Commuting? What do you spend the most time doing?

What would you rather be doing? What makes you feel productive? What brings you joy?

Write down at least 3 things you can do today to limit your "time suckers" and invest in those things that make you more productive. Consider limiting Facebook or internet time to once a day or to 30 minutes before you go to bed. Maybe schedule in one massage a week or month. If you have trouble with time management, think about using a planner to pre-plan your day or week so that you use your time more efficiently.

New Year Cleanse

The New Year brings in a new opportunity to start afresh! But in order to bring in the new, you must cleanse the old! I hope you take the time to reflect and put down on paper some answers to the questions proposed. Doing this "life cleanse" will create more room for joy and happiness to enter!

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.

Sole – Hydrate, Alkalize and Metabolize

by Natural Health International

What is Sole?

When Original Himalayan Crystal Salt is dissolved in water, the solution created is called sole (pronounced soh-LAY). The minerals found in sole exist in ionic form. This simply means these minerals have either a positive or negative ion charge. Unlike salts that only contain sodium and chloride, the additional minerals in Original Himalayan Crystal Salt allow the water to fundamentally change geometric structure. It appears that more complex geometric structures allow for improved absorption of minerals into the cell.

Why drink sole?

Improve the body's conductivity and stimulate circulation

Improve cell hydration

Balance pH

Support detoxification

Support metabolism

Improving hydration and cellular communication is not only critical for your general health, but also as a foundation for health to optimize the results of vitamins, minerals and supplements you might take.

Research shows that due to contamination and lack of minerals in most city water systems, tap water is of poor quality and structure. This results in hydration rates as low as 24%! Even many purified bottled waters contain little in the way of minerals that enhance structure and maximize hydration. Add to that the fact that soda, and the addition of coffee, salt, alcohol and other staple beverages act as diuretics and further dehydrate the body, placing additional demand on its hydration reserves. No wonder so many people are dehydrated, constipated, tired, have skin disorders, poor detoxification and a whole host of other complaints despite the liters of liquids (even water) they report drinking every day.

Simply adding sole to your water adds 84 trace minerals and electrolytes, enhances water structure, and doubles cell hydration. What's more, the addition of sole therapy has demonstrated dramatic improvements in cell to cell communication to such a degree that many health professionals have been able to, in some cases, halve protocol doses.

How to make sole in 4 easy steps:

1. Fill a wide-mouth glass jar half way up with Original Himalayan Crystal Salt Stones.
2. Add water to the jar with the stones in it.
3. Let it sit for 24 hours allowing the water to become fully saturated with Original Himalayan Crystal Salt.
4. The water in your jar has now transformed into sole.
5. Add 1 tsp of Sole to 8 oz of water and drink in the morning before eating.

Note:

- Keep the jar covered to avoid evaporation and dust. Don't use metallic lids.
- No special storage needed. Keep on kitchen counter for convenience and as a perpetual reminder!
- Original Himalayan Crystal Stones should always be visible in jar. Add new stones before they have fully dissolved.
- Add new water as needed, let sit for 24 hours each time to ensure complete saturation before next use.



AUTOPHAGY: A Deeper Look at Detox

by Jeanne Logman, NT - Market Manager, Tacoma

With the conclusion of the winter holidays, many of us are experiencing the consequences of stress and overindulgence. This post-holiday crash itself has become an American tradition.


Fatigue, weight gain, low energy and inability to focus are common complaints this time of year. It's no surprise that so many people put diet and exercise at the top of their list of resolutions. And isn't everybody looking for ways to accomplish those resolutions smoothly and efficiently?

For those of you who may find all of this familiar, I'd like to introduce you to the idea of autophagy (pronounced aw-TOF-uh-jee). The term 'autophagy' literally means 'self-eating'. It's an extremely important metabolic function, and it's how the body cleans, detoxifies and rebuilds itself. It used to be thought that cells that were damaged or dying were simply carried out of the body as waste products. But now, scientists have observed and mapped the process by which certain cell membranes break down dead, dying and diseased cells. They have found that when these cell membranes are functioning effectively, they recycle the usable parts of the waste cells and consume the rest for energy. Healthy systems recycle. The body can consume its own wastes for energy, *including consuming cancer cells.*

So the implications in the areas of science and medicine are far reaching. In fact, the 2016 Nobel Prize in medicine and physiology went to researcher Yoshinori Ohsumi for his work in this field of study.

If this process is inhibited, we experience a slowing of cellular metabolism. This results in less breakdown of abnormal and low functioning cells. Waste materials and toxins stay in the body. The organs that filter and process cellular waste become overburdened. Long term consequences can result in increased inflammation, premature cell aging and laying the groundwork for degenerative diseases. Not to mention that lengthy list of unpleasant symptoms we resolve to get a handle on every New Year.

MARLENE'S SOUND OUTLOOK



There is some very good news. At any given time, we all have the ability to boost the body's autophagic functions. There are four proven ways to aid this process:

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

The estimate is 60-70% of daily calories from these healthy fats.

2) Consume a moderate amount of protein. This is probably far less protein than most people believe they need—between 40 and 70 grams of protein daily. Autophagy is actually inhibited by consuming too much protein because your cells are already recycling protein from wastes and can harvest *up to 200 grams* during this process.

- Consume lots of fibrous vegetables. A good visual is vegetables should cover two thirds of your plate.
- Eat small amounts of starchy vegetables and whole grains. A good visual is to treat them as if they are a garnish to the meal.
- Eliminate refined carbohydrates, processed foods and sugar.

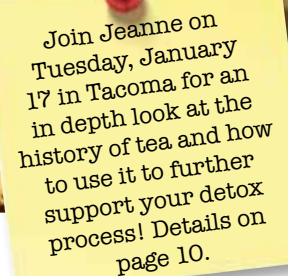
3) Exercise for a minimum of 20 minutes daily and a maximum of 1 hour daily. Exercises that include intense bursts of activity have been shown to maximize autophagy and can actually boost cell longevity by an average of 13%.

Instead of exercising at a consistently moderate pace, try peppering your workout with high intensity exercises.

4) Incorporate intermittent fasting. This is where many people get nervous, but fasting in this context can mean as few hours as 16 in a row. If a person consumes their daily meals between the hours of 11 am and 7 pm for example, that would be enough to greatly aid autophagy.

Next month in Part 2, we will explore these methods with practical applications to everyday life. These basic guidelines, will give you the tools to increase vitality by supporting your body's natural processes.

I hope you choose to join me on this journey!



Join Jeanne on Tuesday, January 17 in Tacoma for an in depth look at the history of tea and how to use it to further support your detox process! Details on page 10.



speakers & classes

at Marlene's Tacoma & Federal Way



Do-It-Yourself Kombucha

with Julie Martin
Saturday, January 7
10 am – Noon, \$25
Tacoma

Join the founder of Oly-Cultures and learn to brew the ever-popular, probiotic kombucha! Explore which teas and sugars work best then learn the steps to create your first batch. Julie will discuss bottling, creating the desired effervescence, offer tips for custom brews, and share several tasty samples with students. Please pre-register.



11 Steps to a New You!
with Ashley Looker,
Certified Holistic
Health Counselor
Tuesday, January 10
6:30 pm, FREE
Tacoma

Why do 95% of health related resolutions fail, many within the first month? Resist the temptation and futility of yet another “diet” and join Ashley to uncover the most common barriers, blocks and excuses that keep us stuck. Learn how to create a personalized health plan that will sustain you through the whole year. Ashley will have a drawing to win free coaching!



Clutter-Clearing to Transform Your Life
with Denise Frakes
Thursday, January 12
6:30 pm, FREE
Federal Way

Get a fresh start to your new year by letting go and creating flow. Learn what the magic of de-cluttering can do for you! Transformational Life Coach, Denise Frakes have combined their skills to co-create this inspirational class for a healthier, happier and more prosperous new year.



Achieving Your Best Self in 2017!
with Hansie Wong, MD
Saturday, January 14
10 am – 12 pm, FREE
Federal Way

Do you have trouble sticking to your New Year's resolutions? Do your goals lack direction or focus? Let Hansie guide you toward realistic resolutions and help you outline your intentions for the year! Learn how to prioritize your goals, create a plan of action, and how to break your goals down into smaller, more attainable steps. Make 2017 your year!



Renew and Detoxify with Herbal Tea Blends
with Jeanne Logman
Tuesday, January 17
6:30 pm, \$5
Tacoma

Herbal decoctions are considered some of the world's oldest medicines. Join Marlene's staff nutritional therapist to discuss the history of tea and how to best support the body's process of detoxification and renewal. Therapeutic blends and brews will be on hand for sampling and participants will receive samples for home-brewing. Please pre-register.



Is Detox Right for Me?
with Colleen Hart, ND
Wednesday, January 18
6:30 pm, FREE
Federal Way

Many people are intimidated by the idea of a “cleansing” program and this class proves it can be individualized, achievable, and fun! Join Dr. Hart of Federal Way Naturopathy 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.

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



Creating Goals That Matter

**with Jessica Scales,
LMFT**

**Thursday, January 19
6:30 pm, FREE
Federal Way**

Stop making goals to achieve something that you think will make you happy and start learning to live a happier life. Join Jessica in learning how identifying your values in life and then creating goals around those values can actually lead to you reaching your goals and living a great life!



Introduction to Gentle Yoga

**with Dee Escobedo
Saturday, January 21
10:30 am – 12 pm, FREE
Federal Way**

Learn introductory level movements to unite the body and mind and encourage concentration. Dee will guide the class through warm ups with deep breathing, flow, and stretching. Try poses that build breath-control, strength, and balance. The final portion of the class will include a guided and quiet meditation. Please bring your body, comfortable clothing and a mat for your personal use.



Shanti Yoga for Healing and Relaxation

**with Christina Felty
Tuesday, January 24
6:30 pm, FREE
Tacoma**

Reach a state of deep relaxation and healing by joining the powers of sound

and yoga! Expert yoga teacher Christina will teach students to assume the Savasana pose, then coax healing sounds from specialized bowls, chimes, and a gong. Leave feeling balanced and rejuvenated by clearing negativity and releasing energy that no longer serves you. Please wear comfortable clothing and bring a mat for personal use.



Cultivate Your Inner Vibrancy

**with Daphne Michaels
Thursday, January 26
6:30 pm, FREE
Federal Way**

Begin 2017 on a high note and keep building! Perhaps holiday stress or gray skies have left you feeling let down? Author and licensed psychotherapist Daphne Michaels will guide you to discover the true source of your inner beauty, awaken your great latent self, and harvest your inner vibrancy.



Vegan Mexican Feast

**with Nina Osberg,
PCRM Food for Life
Instructor**

**Saturday, January 28
10 am – Noon, \$20
Tacoma**

Kickstart your new year by learning to make a delicious Mexican themed meal to inspire a more compassionate way of living! Watch and learn while Nina prepares plant-based dishes for more energy, better health and a smaller carbon foot-print. Samples and recipes included!




Basics of Nutrition

**with Stephanie Johnson,
BS, NTP**

**Tuesday, January 31
6:30pm, FREE
Tacoma**


You know you need to eat better, but where do you start? Join Stephanie to learn about the six classes of nutrients and how each plays a role within our bodies. Applying the basic principles of nutrition with an active lifestyle can help you achieve better health, vitality and wellness!



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For additional energy services:
info@energymattersseattle.com
www.energymattersseattle.com

Aloe Vera Detox

by Karen Masterson

The ancients called aloe vera “the plant of immortality”. Dating back to 4000 BC, the entire plant – whole leaf, with the unfiltered yellow sap and inner gel – was revered as an herbal medicine chest. It was used as an elixir in food or water for anything that ailed the family (1).

Today we have many of the same health issues that were linked to poor health centuries ago, including constipation, lung and liver congestion, troubled skin, blood sugar imbalance, allergies, heart burn, poor digestion and gas, along with weak immunity. Health experts agree that using a quality aloe vera product supports all the pathways for body wellness, including detoxification (2)(3).

What does quality aloe vera support?

- Skin health
- Allergy relief
- Collagen levels
- Digestion and detox
- Immunity and autoimmunity
- Energy and pH balancing
- Weight maintenance

Detoxification is a critical step in body health (4). When the body receives the proper nutrients from foods, water, sleep and exercise, a natural process of cleansing waste and eliminating toxins takes place both on a cellular and deep tissue level.

Channels of detox include the skin, lymph, lungs, liver, kidneys and bowels. Unfortunately, many people do not give the body what it requires to detoxify or may have an under-functioning digestive tract that leads to a buildup of toxic waste in the cells and tissues. Environmental toxins like mercury, lead, arsenic and other pollutants can add to the toxic burden and need to be cleansed out of the cells in order to feel good again.

Factors Influencing Waste and Toxicity in the Body

- Poor Digestion - Bowel disease (both IBS and advanced bowel disease, including reflux) is linked to low and improper gastric juices in the gastrointestinal (GI) tract. This leads to incomplete digestion of foods and varying degrees of inflammatory reactions in the gut, creating waste. It is best to experiment eating less of the complex carbohydrates of whole grains, milk and soft cheeses (even yogurts), refined sugar and certain thickeners. Choose foods (as tolerated) from fish, lean meats, beans, yams, red potato, vegetables and seasonal fruits (peeled) to lower symptoms (5).
- Food Abuse - Glycation describes an inflammatory sludge that develops in the body tissues from eating excessive carbohydrates and sugars. They disrupt the ability of enzymes to bind properly with certain protein compounds that lead to waste and premature aging. Cardiologists have found this factor to add to the potential for cardiovascular disease (CVD) issues.

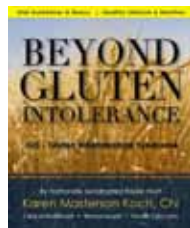
- Constipation or Slow Bowels - Associated with a sluggish liver, constipation can cause more bloating, gas, pain and bad breath, allowing for the putrefaction of food by-products. Hundreds of bad bacteria, yeast, parasites and secondary chemical compounds are allowed to multiply. Each of these work against the immune system, causing more waste, allergy responses and yeast, further blocking absorption of nutrients into the blood stream. Daily regularity is important for optimum health.

Complete detox relies on healthy liver function. Its many jobs include filtering the blood of waste and old cells, plus processing fat soluble vitamins A, E, D, K and Omegas 3, 6, 9 and proteins required for healthy skin and body. Also, production of bile for fat digestion, alkalinizing the GI tract (post-digestion) and making Phase II Enzymes that guard against cancer and premature aging are all very important liver functions that discourage disease.

Symptoms of Toxicity

- Fatigue and brain fog
- Joint pain and headaches
- Bad breath and troubled skin
- Weight gain and failing health

Aloe Vera can greatly aid digestion, detoxification and renewal (7)(8), but make sure you are using a quality product. Aloe vera is gentle and great for both kids and adults. Detox symptoms are temporary as waste leaves the body. Symptoms can be flu-like, so drink lots of good water and consume food fibers. There is a big difference in aloe vera products, and the Whole Leaf Aloe Vera Juice Concentrated ActivAloe containing the yellow sap is best. Especially when combined with making healthier food choices, the aloe actives work together to optimized digestion, daily regularity, liver cleansing and renewal for body wellness. Enjoy!



Certified Nutritionist and Aloe Life President Karen Masterson Koch is a health researcher, educator, and author with over 25 years of experience counseling individuals back to health from every type of health challenge imaginable. References available in online article. Her book Beyond Gluten Intolerance has opened the door for many to health discoveries including weight loss, reversing failing health which often includes digestive challenges, mood disorders, allergies, and skin conditions.

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Ask the Nutritionist

Dear Nutritionist,

I've had concerns about aluminum. The problem is, I need a good deodorant/antiperspirant. I mean, it has to work 24 hours a day. Any suggestions would be appreciated!

Dear Reader,

Aluminum is more common than plastic in the modern world. It occurs naturally as part of the earth's crust and tends to leach into the water cycle and food chain. If all that weren't enough, many people also apply it directly to their body in the form of body care products, especially antiperspirant.

After 30 years of testing clients' hair tissue mineral levels, both toxic and nutritional, one common denominator in the toxic zone emerges loud and clear. Antiperspirants containing aluminum are the biggest contributor to aluminum toxicity. Surprisingly, over 60% of what we put on our skin is absorbed into the bloodstream. Our pores make up the equivalent of one big mouth! Hence, I advise clients regarding beauty products and skin care ingredients: *if you wouldn't put it in your mouth, don't put it on your skin.*

I can usually spot an antiperspirant user simply by the aluminum level on their Hair Mineral Test results. While antiperspirant is the most common culprit for high hair tissue levels, we can't rule out other possible contributors. Typically, when we find elevated aluminum levels and my clients discontinue use of their antiperspirant, the tissue levels drop at least 50% by the next retest within a few months, but it's wise to make sure it's not also coming from additional sources of exposure.

Most major commercial brand antiperspirants contain aluminum; deodorants do not. Many "natural" products proudly proclaim "aluminum-free," but are usually deodorants, not antiperspirants. If you can find an effective deodorant, this would be preferable since it is better to let the pores breathe rather than block them from perspiring, especially with a toxic substance. If a person has really bad, strong body odor, this usually is an indication of inner toxicity, and internal



cleansing or detox will alleviate some of that external smell.

Some of my clients also like the hypoallergenic mineral salt brand *Crystal*, in block, roll-on, or spray varieties. *Schmidt's* brand deodorants are arrowroot-based and highly effective. Instead of elemental minerals, they use natural starches and healthy oils to provide long lasting effectiveness against odor and wetness. It's impressive that this company has effectively been able to blend powders and oils for application to the skin which will only add to its effectiveness.

I am especially fond of essential oils in deodorants for several reasons. Many oils, such as tea tree and eucalyptus, have anti-bacterial properties that address the cause of odor. There are a variety of scents to choose from and instead of toxic side effects (from aluminum or artificial

ingredients), the oils have a host of side benefits which fall under the umbrella of aromatherapy.

Applying 100 % pure essential oils, such as lavender, citrus, and rose, is another natural deodorant option. There are endless aroma choices and bonus aromatherapy benefits. Lavender is calming, citrus is energizing, and peppermint provides nearly instant relief of pain and headaches! A simple DIY deodorant recipe would be equal parts baking soda and organic corn starch or arrowroot powder, mixed with enough coconut oil to create a paste. Then, add a few drops of essential oil until a light scent is achieved.

Karl Mincin is a consulting clinical nutritionist in practice locally for 30 years. He offers phone and telenutrition services. Find him at www.Nutrition-Testing.com, www.Facebook.com/KarlMincin or 360.336.2616.

Is Detox Right for Me?

by Colleen Hart, ND

One of the Webster Dictionary definitions of detoxify is: **“To remove a poisonous or harmful substance from something.”** Hmm. Why are people so drawn to the idea of cleansing? It is definitely a buzz word in the world of natural medicine. In my naturopathic practice, I work with detoxification programs all the time and for many different reasons. At Federal Way Naturopathy, we conduct a group detoxification once a year with a group of doctors and patients, as well as lots of education.

Why should I detox?

To give your body a break from too much food, medication, alcohol, stress, poor diet, etc.

To give your digestive tract and liver a chance to take a break

Because we all live in a world full of toxic exposures

To restore lost energy, to revitalize and renew your tissues

To take a break from “the ordinary”

When do I do it?

When you have time to eat a diet that is out of the ordinary for you

When you have time to pay attention to your diet and your body's responses

When you need to reset your metabolism and/or your diet

After the holidays

At the beginning of each season

What are the benefits?

Quell inflammation

Bowel reset

Dump toxins

A break from sugar and alcohol and caffeine, the “legal drugs”



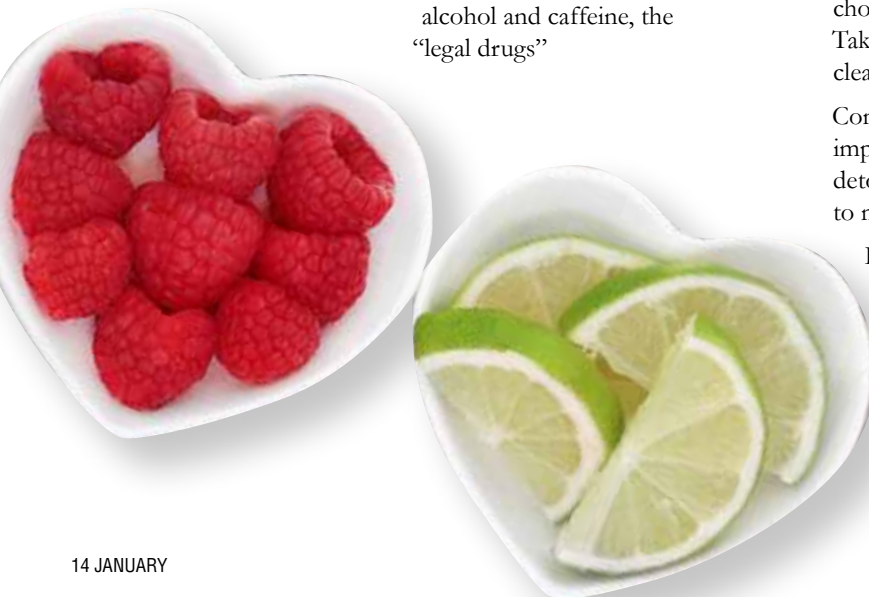
To safely conduct a detox it is important to survey your general health. You need enough vitality and energy to engage the process. If you have been under a large amount of stress or recently depleted with a surgery, injury, pregnancy or a serious illness, the time may not be right. However, if you have been chronically overeating or eating poorly, the time may be just right. Focusing your attention on a simple and anti-inflammatory diet while assisting the liver to cleanse can be a worthy process. Simultaneously nourishing the body with nutrient rich foods and supplements will promote restoration of basic vitality.

Many programs for detoxification are available and it is important to choose one that fits best within your lifestyle and your support system. Taking time to relax and de-stress is helpful. Making sure the bowels clear completely each day is prerequisite.

Completing a detox with a careful reintroduction of foods is important to the process. When you decide how long to conduct a detox, supply yourself with equal time for the reintroduction process to make the best use of your break from your “normal” diet.

During my lecture in Federal Way, I will go into more detail on all of these topics. Come with your questions and ideas and we will pursue detoxification in more depth.

Colleen Hart is a 1991 graduate of Bastyr University. She's been in private practice since 1992 in Seattle, Burien, and Federal Way. Her undergraduate degree is from Evergreen State College in Human Health and Behavior. Learn more at www.fwnmedical.com.



Natural Immune Boosters to Fight the Flu

Michael T. Murray, ND

Despite the fact that every fall there is a big push for everyone to get a flu shot, the reality is that not everyone feels comfortable with this recommendation. Not getting a flu shot does not mean that you do not have any protection from the flu. When working properly, the immune system has a remarkable arsenal of weapons that have an enormous capacity to fight off the flu and common cold.

Whether you get a flu shot or not, it is important to boost your immune system during the winter months. The principles involved are quite simple.

Key Steps to Boosting Your Immune System

- A healthy lifestyle is essential for immunity. Be sure to eat a healthy diet, get exercise, avoid toxins, maintain your appropriate body weight, and get enough sleep.
- Stress lowers immunity. Take steps to manage stress, including getting adequate sleep.
- Avoid refined sugars and saturated fats, but make sure you get plenty of quality protein and essential fatty acids.
- Take a high-quality vitamin and mineral supplement. Vitamins C and E, B vitamins, zinc, and selenium are especially important.
- Boost your vitamin D levels. Take 2,000-5,000 IU daily.
- Take a clinically proven immune supporting product.

Vitamin D is Critical to Immune Health

Everyone knows how important vitamin D is for healthy bones, but its role in human health goes well beyond that. As it relates to preventing colds and the flu, here is what is known:

- Individuals who have vitamin D blood levels lower than 38 ng/ml had twice as many upper respiratory tract infections as those with higher levels.
- Children that took 1,200 IU of vitamin D daily reduced their risk of developing the flu by 58 percent.
- Women taking 2,000 IU of vitamin D had an average of 30% fewer cold and flu episodes compared to women taking 200 IU of vitamin D.

Natural Products to Boost Immune Function

Modern research has shown a number of natural products to exert beneficial effects against the flu and common cold. For example, recent research on a beta-glucan from baker's yeast (Wellmune®) was shown to be effective in several double-blind studies in preventing colds and the flu. Subjects were treated daily with either 500 mg of Wellmune or a placebo for 90 days. In one of these study results, the Wellmune group reported:

- No missed work or school due to colds, compared with 1.38 days of work/school missed for the placebo group.
- No incidence of fever, compared with 3.50 incidence in the placebo group.
- An increase in quality of life, including physical energy and emotional well-being, as measured by a clinically validated health survey questionnaire.

Perhaps the most popular natural product for colds and flu is the herb echinacea. While echinacea has been shown to exert significant effects on immune function in over 300 scientific investigations, not all of the clinical studies have been positive. Echinacea must be grown properly, harvested at the exact time, and extracted properly for maximal levels of all active compounds. Clinical studies with a patented, unique echinacea product that is standardized for effective levels of polysaccharides, cichoric acid, and alkylamides have shown it useful in preventing and shortening the severity and duration of the flu and common cold when used as instructed on the product label.

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recipe on
page 4!**



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JANUARY

Calendar of Events

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NEW YEAR'S DAY Both Marlene's locations closed</p> <p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>Do-It-Yourself Kombucha with Julie Martin Saturday, January 7 10 am – Noon, \$25 Tacoma</p> <p>7</p>
<p>Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!</p> <p>8</p>	<p>Uniform Monday! 10% off to all firefighters, military and police!</p> <p>9</p>	<p>11 Steps to a New You! with Ashley Looker 6:30 pm, FREE Tacoma</p> <p>10</p>	<p>11</p>	<p>Clutter-Clearing to Transform Your Life with Denise Frakes 6:30 pm, FREE Federal Way</p> <p>12</p>	<p>Meaningful Movies: Vanishing of the Bees 7 pm, Gig Harbor*</p> <p>13</p>	<p>Achieving Your Best Self in 2017! with Hansie Wong, MD 10 am – 12 pm, FREE Federal Way</p> <p>14</p>
<p>15</p>	<p>16</p>	<p>Renew and Detoxify with Herbal Tea Blends with Jeanne Logman 6:30 pm, \$5 Tacoma</p> <p>17</p>	<p>Is Detox Right for Me? with Colleen Hart, ND 6:30 pm, FREE Federal way</p> <p>18</p>	<p>Creating Goals That Matter with Jessica Scales 6:30 pm, FREE Federal Way</p> <p>19</p>	<p>20</p>	<p>Introduction to Gentle Yoga with Dee Escobedo 10:30 am – 12 pm, FREE Federal Way</p> <p>21</p>
<p>22</p>	<p>23</p>	<p>Shanti Yoga for Healing and Relaxation with Christina Felty 6:30 pm, FREE Tacoma</p> <p>24</p>	<p>25</p>	<p>Cultivate Your Inner Vibrancy with Daphne Michaels 6:30 pm, FREE Federal Way</p> <p>26</p>	<p>27</p>	<p>Vegan Mexican Feast with Nina Osberg 10 am – Noon, \$20 Tacoma</p> <p>28</p>
<p>29</p>	<p>30</p>	<p>Basics of Nutrition with Stephanie Johnson, BS, NTP 6:30pm, FREE Tacoma</p> <p>31</p>			<p>*Marlene's is a co-sponser of Meaningful Movies in Tacoma and Gig Harbor. For more information, go to meaningfulmovies.org.</p>	



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