

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

Marlene's

SOUND OUTLOOK

DAIRY-FREE
ICE CREAM p.3

FLOTATION
THERAPY p.5

SUMMER SKIN
CARE p.13

PET FOOD
COMPARISONS p.14

GET
YOUR
GRILL ON

Try our
ginger-miso
marinade
on page 22!

Marlene's

MARKET & DELI

shop local, eat organic

inside

- 2 A 🎵 from Marlene
- 3 Papaya Ice Cream
- 4 Essential Oils & Aromatherapy for People, Animals & Homes
- 5 Flotation for Deep Relaxation and Healing
- 6 40% New Chapter in July!
- 7 Nutritional Support for Joint Health
- 8 Marlene's Visits Westwind Gardens
- 9 Summer: It's All About the Ice Cream
- 10-11 Speakers & Classes
- 12 Homeopathic Tips to Keep Gardeners Healthy
- 13 Sun-Sational Protection
- 14 Feeding Your Best Friend
- 15 Pet Showcase
- 16-21 In-Store Sales
- 22 Rich, Flavorful, Restorative Miso
- 23 July Calendar

Well, folks, with El Niño hanging around this summer, it looks like we'll be having a dry and warm season. Have your PABA-free sunscreen handy - we have many good choices. See our tips for keeping safe and healthy this summer throughout this issue.

There's so much to do in the summer! The Mariners are doing well this season. If you can, go to a game—it's fun! Visit some of our national parks or drive up to Mount Rainier and hike one of the many trails. My favorite is the Summerland Trail. It is not difficult and is really pretty. You could take a drive around the Olympic Peninsula. I was born and raised in Port Angeles and we still like to visit there. One thing is certain: you can't find many places better than our own Pacific Northwest.

We also focus on pets in this issue of Sound Outlook. Take good care of yours this summer, especially on the 4th of July, when the sound of fireworks scares them. We have two great homemade pet food recipes and a class on natural pet care, too. Details are on page 10.

Have a great month!

Marlene



Editor, Director of Education | Lori Lively lori@marlenesmarket-deli.com
Advertising/Billing Coordinator | Diane Sellers diane@marlenesmarket-deli.com
Media Coordinator | Joe Moralez joemoralez@marlenesmarket-deli.com
Design | Kobalt Design Group

To inquire about speaking engagements or to submit editorial content for consideration, contact Lori Lively at 253.472.4080.
To inquire about advertising, contact Diane Sellers at 253.839.0933.

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.

marlenesmarket-deli.com

PAPAYA ICE CREAM



By Christie Qualey

I never really respected papaya until I traveled to Central America and Hawaii, where I fell in love with the rich taste and creamy, hydrating texture of this fruit that's actually a member of the grass family. After needing to freeze some extra one day, I made one of my favorite discoveries—papaya is great in smoothies and sorbets! With

slight mucilaginous properties, when frozen papaya gains a rich, velvety consistency--the perfect low-fat ice cream!

The two papayas most commonly imported to the U.S. are the Hawaiian papaya and the Maradol. Hawaiian papayas are small in shape, very sweet in flavor, and generally are the Solo or Sunrise variety. Unfortunately, Hawaiian papaya are likely to contain Genetically Modified Organisms (GMOs).

The Maradol is the extra-large papaya one often sees at Hispanic and Asian markets. Many people are put off by this fruit for its size and musky scent. It can also be difficult to tell when the fruit is ripe—it often needs to be moldy on the outside before the inside becomes orange and sweet. I have to say, I do like this papaya, but I don't like that it is not available in an organic variety.

I used to put my papaya consumption on hold when not in the tropics, but after years of waiting, an organic papaya is now available in the U.S. Introducing the Formosa Papaya!

The Formosa is a superstar papaya with all the taste, sweetness, and aroma of the Hawaiian papaya but the size of the Maradol, and the fruit is ripe and ready to eat even while still tinted green on the outside! There are many great ways to enjoy the Formosa papaya, and of course *do* try it fresh first. But when you're ready to celebrate in the sun, make some papaya ice cream!

Chop and freeze two large, organic Formosa papayas.

Process chunks of frozen papaya through a Champion juicer,* a food processor, or a high-speed blender (you may have to let the papaya thaw a little first). Top with fresh berries, coconut flakes, carob or cacao sauce, hempseeds... basically whatever you like!

Try frozen papaya on its own then add in any other frozen fruit you see fit. I like to do half banana and half papaya sweetly swirled together.

*If you want to make the absolute best soft-serve style fruit ice cream, you'll need a Champion juicer and the "blank" blade insert (available at Marlene's). If for ice cream alone, this machine is worth the expense! But don't worry, a food processor or high-speed blender will still make a very yummy treat!

A writer, photographer and educator, Christie Qualey studied raw food nutrition in Costa Rica and can be reached at christiemaeg@yahoo.com.



Half-papaya, half-banana treat with shredded coconut, hemp seeds, and fresh calendula flower petals. Photo by Christie Qualey.

Essential Oils & Aromatherapy for People, Animals & Homes

By Tim Blakely

Aromatherapy is a multi-faceted discipline but the two most important aspects are essential oils and carrier oils. Essential oils are generally created by steam distillation of the leaves, flowers, roots, wood or seeds of the plant that produces the most beneficial oil. When you break open a mint or eucalyptus leaf and inhale, you are smelling the essential oil.

Carrier oils, on the other hand, are cold-pressed almost exclusively from the seeds of plants. Unlike essential oils, carriers are not volatile and generally have minimal scent (though there are exceptions). Essential oils are very concentrated and can be harsh when applied directly on the skin and for this reason, essential oils are always diluted before applying them. They are most commonly diluted with carrier oils like jojoba, argan, rosehip, and tamanu but they are sometimes diluted with body butters like cocoa butter, or even water. **The key to using essential oils safely is to dilute, dilute, dilute. Carrier oils can be applied directly to the body and don't need any further dilution in order to safely use them.**

Oils for Men

I am often attracted to oils considered traditional feminine scents whereas my wife loves several of the more masculine oils. I use sandalwood for many health purposes but I also just like to simply wear it. For a basic perfume, though, just about everyone loves vanilla so I use it in many formulas for men. Another oil that seems to blend well in male perfumes is atlas cedarwood.

Aromatherapy for Animals

I've used oils on my dogs and goats for years. Goats are easy: put them in the stanchion, give them food, and apply the oils to their hoofs (or wherever). Dogs are a challenge as they want to lick off the oils, so use a muzzle or a "cone of shame" for dogs.

Another option is applying oil to your pet's collar, which is difficult to lick off. Do note that cats lack an enzyme necessary to process certain components of essential oils, so in

general it's best to avoid using essential oils on felines. You can however, use carrier oils like jojoba, argan, etc. I often soothe animals with carrier oils on animals on certain body parts. Remember that, as a carrier oil, tamanu is incredibly cleansing for damaged skin or irritations. Castor oil is another carrier that can be used on animals.

There are so many oils to use for health and beauty purposes. Experiment, find the oils that you like for whatever conditions, make your own products, and have fun. Just remember: safety first--always dilute your essential oils.

Tim Blakely's 30 year background includes authoring Medicinal Herbs in the Garden, Field and Marketplace, worldwide travel researching essential oil plants and herbs, and managing the National Center for the Preservation of Medicinal Herbs. He is co-owner of the California School of Herbal Studies, Land Manager/Herbalist at Herb Pharm and Herbalist/Aromatherapist at Frontier Co-op. Tim is also the founding manager of the National Center for the Preservation of Medicinal Herbs, serves as national educator for Aura Cacia and plays a mean ukulele.



Keep your patio free of unwanted insects and aromas with a blend of lemon eucalyptus, citronella, and vetiver. Vetiver is considered a "heavy" oil, dominated by base notes. Base notes are used to "fix" formulas, allowing them to linger longer. Almost every formula, especially those used outdoors, will have a base note in them.

Patio Spray

30 drops	lemon eucalyptus oil
20 drops	citronella oil
10 drops	vetiver oil
1 ounce	water

Mix the ingredients and always shake right before spraying, as oils and water don't mix well. Avoid spraying near your eyes.

A simple tip you can use to cool down in the summer is to apply peppermint to pulse points. It has a unique action on the body and the effect is instantaneous. It can be blended in water for general body spray or you can apply a couple drops to your socks, put on your shoes and the oil will both cool and invigorate you at the same time. A body spritzer formula would be:

Cool Down Body Spray

25 drops	peppermint
1 ounce	water

Mix together, shake and spray.

Flotation for Deep Relaxation and Healing

By Alex Ziegler

In this 24/7 culture, our brains and bodies are constantly working to stay balanced despite constant over-stimulation. And even if we understand that deep healing occurs when we are truly relaxed, most of us are uncomfortable being still. We want to reconnect with the internal rhythms that help us feel grounded and peaceful, but we don't know how to "do" nothing.

Floating is about everything that you *won't* be doing. You *won't* be fighting gravity--over 900 pounds of Epsom salt in the warm water takes care of that while you lie on your back. You *won't* hear anything--noise from the outside doesn't reach you because your ears stay just below the water, and the tanks are insulated against sound. You *won't* see anything--light doesn't reach you after you turn off the lights and close the door.

For over an hour, the outside world recedes, making room for amazing things to happen. It turns out that when you're not fighting gravity or constantly taking in information your body has a lot of extra resources at its disposal. Your mind is free to mull things over without distraction, your brain pumps out dopamine and endorphins, cortisol levels drop, and your body gets to rest, de-stress, and heal at a very deep level.

Welcome to the world of floating! People float to relieve physical stress, recover from injuries, fight addiction, eliminate chronic pain, reduce inflammation, decompress the spine and much more. Studies indicate that floating increases your dopamine and endorphin levels, boosting your mood and leaving you with a pleasant afterglow that lasts for days.

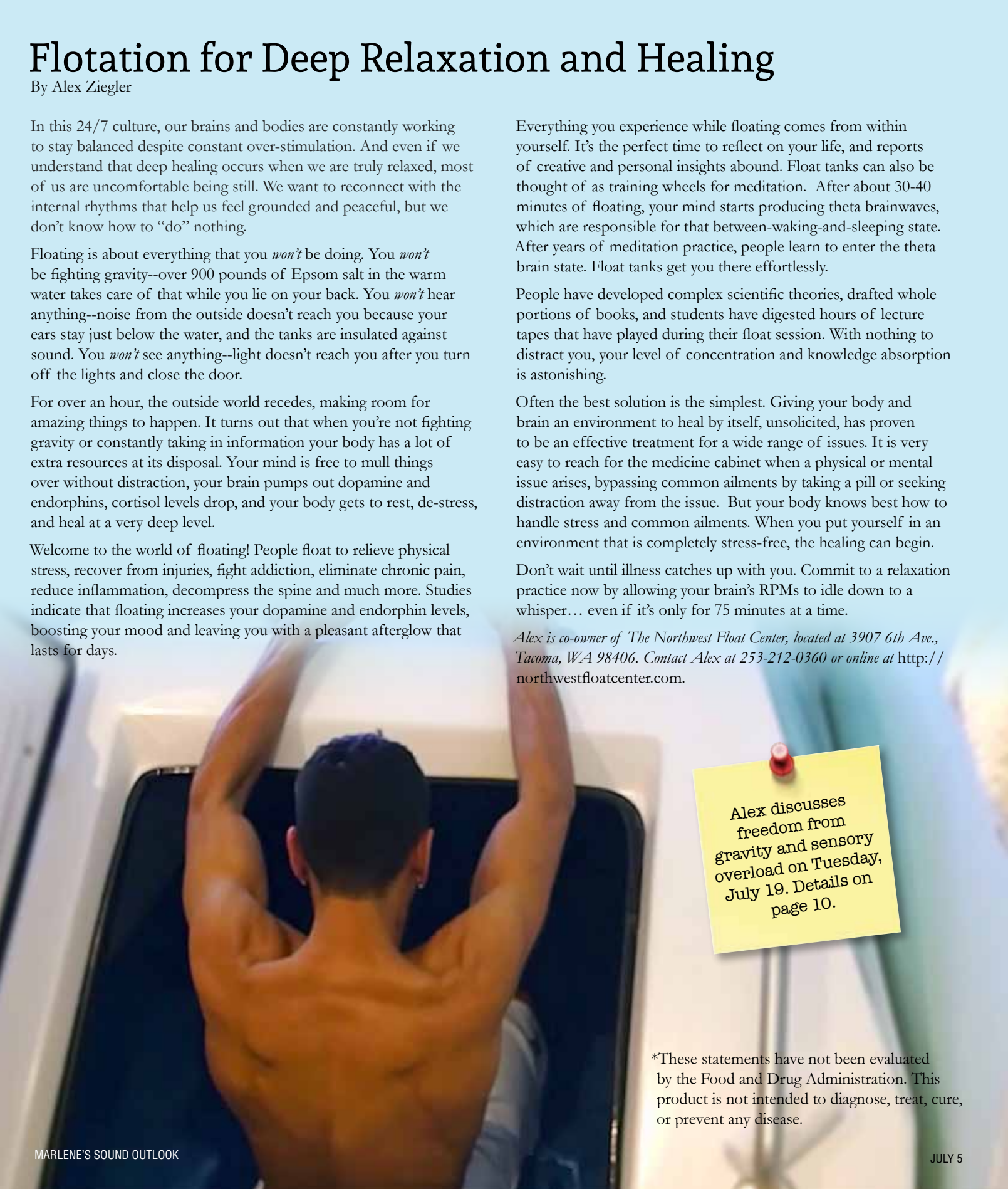
Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life, and reports of creative and personal insights abound. Float tanks can also be thought of as training wheels for meditation. After about 30-40 minutes of floating, your mind starts producing theta brainwaves, which are responsible for that between-waking-and-sleeping state. After years of meditation practice, people learn to enter the theta brain state. Float tanks get you there effortlessly.

People have developed complex scientific theories, drafted whole portions of books, and students have digested hours of lecture tapes that have played during their float session. With nothing to distract you, your level of concentration and knowledge absorption is astonishing.

Often the best solution is the simplest. Giving your body and brain an environment to heal by itself, unsolicited, has proven to be an effective treatment for a wide range of issues. It is very easy to reach for the medicine cabinet when a physical or mental issue arises, bypassing common ailments by taking a pill or seeking distraction away from the issue. But your body knows best how to handle stress and common ailments. When you put yourself in an environment that is completely stress-free, the healing can begin.

Don't wait until illness catches up with you. Commit to a relaxation practice now by allowing your brain's RPMs to idle down to a whisper... even if it's only for 75 minutes at a time.

Alex is co-owner of The Northwest Float Center, located at 3907 6th Ave., Tacoma, WA 98406. Contact Alex at 253-212-0360 or online at <http://northwestfloatcenter.com>.

A photograph of a man from behind, floating in a tank. His arms are raised above his head, and he is looking up. The water is dark, and the tank's interior is visible.

Alex discusses freedom from gravity and sensory overload on Tuesday, July 19. Details on page 10.

*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.

40%* OFF in July

Marlene's
MARKET & DELI
shop local, eat organic

NEWCHAPTER®

Celebrating
40
years

Thank you
for staying well
with us since 1976.



New Chapter's Guiding Principles

In every product we make, and in every action we take, we will always be led by these guiding principles, set by our co-founders, Paul and Barbi Schulick:

To deliver the wisdom of Nature, thus relieving suffering and promoting optimal health.

To advance the organic mission, nourishing body and soul with the healing intelligence of pure whole foods and herbal supplements.

To nurture and sustain Mother Earth, the source of natural healing.

To honor and reward personal growth, for enlightened teamwork depends on the vitality of every member of the New Chapter family.

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





Nutritional Support for Joint Health

By Michael T. Murray, ND

Introduction

The joints of our body allow us to perform physical tasks. The health of our joints reflects the ability of structures like cartilage, tendons, and ligaments to perform their roles in the function of the joint. Preservation of joint structure and function is critical for healthy aging and supporting mobility.

The gel-like nature of cartilage provides protection to the ends of joints by acting as a shock absorber. But in the normal process of aging, many people lose some joint structure.

What causes a decline in joint health?

The primary cause is the degenerative “wear-and-tear” process of aging. The cumulative effects of decades of use lead to degenerative changes by stressing the collagen matrix of the cartilage. Stress on the cartilage results in the release of enzymes that destroy cartilage components. With aging, the ability to restore and manufacture normal cartilage structures naturally decreases. Often this inability to maintain collagen as a person ages is related to nutritional factors.

What dietary factors are important in joint health?

Perhaps the most important dietary recommendation to preserve joint health is maintaining or achieving normal body weight. Being overweight means increased stress on weight-bearing joints.

A diet rich in fruits and vegetables is important to joint health because of their natural plant compounds that can protect against damage to the joints. Foods especially beneficial are flavonoid-rich fruits, such as cherries, blueberries, blackberries, and strawberries. Also important are sulfur-containing foods, such as garlic, onions, Brussels sprouts, and cabbage.

What nutritional supplements should I take for joint health?

To ensure the necessary building blocks of cartilage and other joint structures, it is important to take dietary supplements such as OsteoMove® Joint Care, CurcuminRich® Theracurmin®, and BioSil® On Your Game™ from Natural Factors to nourish the joints.

OsteoMove includes a comprehensive collection of joint-specific nutritional support including optimal levels of glucosamine sulfate, chondroitin sulfate, MSM, and other key nutrients for cartilage and connective tissues. Just two tablets daily provide tremendous nutritional support to healthy joints.

One of the key ingredients of OsteoMove is glucosamine sulfate. This nutrient stimulates the manufacture of joint molecules known as glycosaminoglycans (GAGs), which are the key structural components of cartilage. More than 30 published clinical trials with glucosamine sulfate have demonstrated an overall success rate of 72-95% in supporting joint health.

There is an additional natural compound to consider in promoting joint health – the yellow pigment of turmeric known as curcumin. A special, highly bioavailable form of curcumin known as Theracurmin is the only form that has been shown to be effective in supporting joint health in a double-blind, placebo-controlled study. Participants took either Theracurmin providing 180 mg/day of curcumin or a placebo daily for 8 weeks. Results showed significant benefit in joint health from Theracurmin.

Another important supplement for joint health is BioSil On Your Game. Specifically designed for men, On Your Game provides clinically-proven ch-OSA® to support joint comfort, flexibility, range of motion, and cartilage condition.

Dr. Murray is one of the world's leading authorities on natural medicine. He has published over 30 books featuring natural approaches to health. His research into the health benefits of proper nutrition is the foundation for a best-selling line of dietary supplements from Natural Factors, where he is Director of Product Science and Innovation. He is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington.

MARLENE'S VISITS WESTWIND GARDENS

By Joe McInnis and Kasey Anderson

Marlene's Produce staff road tripped to Forest Grove, Oregon recently to visit Westwind Gardens, the awesome folks who grow our organic vegetable starts and garden flowers.

More than 20 years ago, Liz and Phil Smith started Westwind Gardens with five acres of land, three greenhouses, and five employees. They now employ 30-35 people and have recently added 20 acres of farmland! They deliver from Klamath Falls to north Bellingham. They have the same strong commitment to sustainable organic gardening as you do!



Tracy Turner explains that she keeps a test garden to make sure Westwind Gardens starts are "Northwest compatible".

Marlene's produce team poses by the Westwind Gardens logo, painted by delivery driver and website designer, Liam McLaughlin.



Each start is hand watered by Westwind's highly valued seasonal employees, 80% of whom return every year.



A master of his craft, Phil Smith and his wife Liz have studied horticulture for decades.



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

Dining *with* Deena

The Deceptive Chef



Summer: It's All About the Ice Cream

By Deena, The Deceptive Chef®

Ice cream equals summer, hot weather and outdoor activities. The long-standing tradition of chasing the ice cream truck or going out for a cone and getting your favorite flavor (even though you swore you were trying something new) never leaves us. Those delicious memories are frozen in our minds and we get a chance to relive them every summer.

Being lactose intolerant is no fun when all your friends are having some wonderful frozen treat. Well, now you can have fun, too. Stores like Marlene's offer alternative products to meet many different types of food reactivity. Whether you are going for a truly unique option like apple pie à la mode or a traditional flavor like vanilla, you will not only be satisfied, you will have consumed quality macro nutrients, fat, carbohydrates and protein.

As I like to remind readers, macro nutrients enable us to do the things we love, from physical activities to mental challenges. A mind that is well supplemented will help keep you calm and, in turn, will help

create a balanced and regulated body so you enjoy a healthier existence.

When you are out enjoying a BBQ or playing softball, golfing, paddle boarding or just lazing in the sun with man's best friend, remember the food you enjoy should be as

good for your body as the taste is for your mouth. One thing I have learned as The Deceptive Chef is that you *can* have your cake and eat it, too. The key is carefully selecting a product with the ingredients that give your body the energy it needs to have your fun in the sun.

Marlene's has done a good bit of that thinking for you, so when that weekend BBQ comes around, don't forget to stop in for organic watermelon, dairy and sugar-free ice cream, and non-GMO summer staples like baked beans and gluten-free hot dog buns. Enjoy this fun frozen dessert, which I created for those avoiding dairy and refined sugar.

Follow Deena on Pinterest and Facebook and at www.deceptivedelights.com.



Swirled Caramel Ice Cream

Base

1¼ cups	unsweetened non-dairy milk*
1 cup	pitted dates
1 ½ cups	soaked cashews
2 Tbsp	agave {or maple syrup, coconut nectar, honey}
3 Tbsp	cocoa powder
1 Tbsp	pure vanilla extract
¾ tsp	salt

Caramel Swirl

1 cup	pitted dates, pre-soaked and strained {see notes}
¼ cup	agave {see notes on other sweeteners}
3 Tbsp	unsweetened non-dairy milk
2 Tbsp	soaked cashews
2 tsp	cocoa powder
1 tsp	pure vanilla extract
¼ tsp	salt

Place all base ingredients in a blender and blend into a smooth consistency.

Transfer half to a freezer-safe container and freeze for 15 min while setting aside the other half of the base.

Place all swirl ingredients into the blender, and blend until smooth.

Pour the caramel mixture onto the semi-frozen base and gently fold over.

Pour the rest of the base in and do the same.

Cover and freeze 4-5 hours or overnight.

To serve, allow to soften, then scoop and enjoy!

* Almond, hazelnut, hemp, Brazil nut, and coconut milk all work in this recipe. The only difference is how to process the nuts. Coconut milk will impart a heavy coconut taste, and almonds must be soaked. All other non-dairy milks can be used raw (but never roasted).



speakers & classes



Feeding Fido Naturally with Deena, The Deceptive Chef® Thursday, July 7 6:30 pm, \$10 Federal Way

Like humans, canines are susceptible to food allergens and environmental toxins, not to mention fleas and ticks. Join Marlene's favorite allergy-free chef for this special class on making homemade food for your animal companions. Deena will also discuss natural flea and tick repellents, and even how to treat your pet with some safe, tasty treats. Samples of Porter's Pride dog food for all attendees. Please pre-register.



Cupid's Landing presents The Power of Plant-Based Eating with Dr. Joanne Kong and Paula Furner Saturday, July 9th 10 am – Noon, FREE Tacoma

In this special presentation being offered on college campuses around the country, Dr. Joanne Kong of the University of Richmond, VA and local vegan educator Paula Furner discuss the critical impacts of animal agriculture and meat consumption on human health and the planet and how simple dietary changes can help "green" our bodies and the Earth. Donations will be accepted for Cupid's Landing, a non-profit farm animal rescue project in Western Washington State.



Junior Chef Club (for 6-12 year olds) with Genevive Lane Sunday, July 10 1 - 3:30 pm, \$20 Federal Way

In this fun class, veteran children's chef Genevive Nichols teaches young students to make crispy chicken (or turkey) nuggets with apricot dipping sauce. They'll love mixing ground rice cakes with other ingredients to create the nugget batter almost as much as eating the finished product! Genevive is founder of Eat, Drink & Be Healthy Always. Please pre-register.



Planning to Preserve with Hal Meng Tuesday, July 12 6 - 8 pm, \$20 Tacoma

Did you know there are seven methods for preserving your garden harvest for enjoyment later? Hal Meng, founder of The Center for Food Preservation Arts, received certification in food preservation safety from Seattle Tilth. He is committed to sustainability and self-sufficiency for all people and enjoys reacquainting modern cooks with traditional options for preservation. Join Hal for this fun class and learn to make delicious Rhubarb-Blackberry Lime Jam! Samples for all at end of class! Please pre-register.



Gravity, Aging, and Exercise with Tim Newton, PT, ATC Thursday, July 14 6:30 pm, FREE Federal Way

Aging and gravity are constants in our lives. But while aging is unavoidable, we can to some degree defy and resist gravity. When considering a running program or making adjustments to your regular practice, adapting to age and gravity is essential. Join

Physical Therapist Tim Newton to learn how to prevent potential injuries and promote improved performance when properly managed with certain skills, strengths and abilities.



Mediterranean Medley with Mitra Mohandessi Saturday, July 16 10 am – Noon, \$20 Tacoma

Regions surrounding the Mediterranean Sea incorporate seasonal herbs and vegetables with healthful grains and legumes to create flavorful dishes that can be enjoyed for any occasion. Learn to make Turkish Cevizli Roka Salata, an arugula and goat cheese salad with walnuts and pomegranate dressing; Eggplant Fetteh, a roasted eggplant and garbanzo beans dish with yogurt-tahini sauce on toasted pita;; and Samak bil Tahini, an Egyptian dish of baked white fish with tahini and caramelized onions. Originally from Iran, Mitra will not only share cooking techniques and the health benefits of Mediterranean and Middle Eastern herbs and spices, but will also talk about the history and culture of each recipe's country of origin.



Floating for Inner Calm with Alex Ziegler Tuesday, July 19 6:30 pm, FREE Tacoma

Modern cultural practices have created an epidemic of hyper-stimulation in adults and children, most of whom don't understand the relationship between chronic stress and illness. Restricted Environmental Stimulation Technique (REST)—floating in a salt water chamber—helps manage pain, reduce anxiety, lower blood pressure, and alleviate insomnia. The co-owner of NW Float Center explains how being freed from gravity, external distractions, and sensory overload helps heal and relax the body and mind effortlessly. Discount float coupons for all attendees!

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



The Spiritual Dimension of Eating a Nutrition with the Masters video interview with Dr. Pedram Shojai hosted by Susan Blake BS, NTP, CGP

**Thursday, July 21
6:30 pm, \$5-\$10 suggested gratitude offering
Federal Way**

Susan continues her series of video excerpts with leading thinkers in the realm of body-mind health and has

deepened her own journey of self-discovery by becoming a Spiritual Practitioner. Join Susan when she shares excerpts from one of her favorite teachers, Dr. Pedram Shojai, known as "the Urban Monk." Pedram embraces whole food but not to the point of orthorexia, in which we become obsessed with what we consume. Our discussion will include a discussion of self-inquiry, in which we ask ourselves *Who am I?*



Demystifying the Fat Controversy with Sherry Fry, NTP, CHFS and Steven B. Fry, CHFS
**Saturday, July 23, 10 am – Noon, \$10
Federal Way**

Although research now proves whole-fat foods are essential for brain health and may actually contribute to normalizing weight, many Americans still cling to low-fat foods. Could you be starving your brain of nutrients? Can you identify which foods are high in healthy "good" fats? Learn the importance of fat in your diet to rediscover energy you thought you'd never have again. Co-owners of Common Sense Nutrition, Steve and Sherry will create plenty of delicious good fat recipes samples for you to taste that help you boost brain power, release unwanted pounds, and satisfy your fat tooth, including a natural cream cheese that makes a great base for desserts and is actually good for you! Please pre-register.

MARLENE'S SOUND OUTLOOK



Aromatherapy for Health & Beauty with Tim Blakley
**Tuesday, July 26
6:30 pm, FREE
Tacoma**

Respected internationally for his 40+ years' experience

with herbs and aromatherapy, Tim Blakley joins Marlene's for two special presentations on the sourcing, quality, safety and health benefits of essential and carrier oils. Learn the physical and therapeutic properties of top selling oils like lavender, rosemary and eucalyptus, lesser known oils like bergamot and vetiver, and discover the key role played by carrier oils like argan and rosehip. Blending and formulating will be discussed with an emphasis on the role of "base notes" in formulas and at the end of class all students will blend their own formulas using various carrier and essential oils.



Seasonal Aromatherapy with Tim Blakley
**Thursday, July 28
6:30 pm, FREE
Federal Way**

Aromatherapy needs change throughout the year. During summer we

use oils in outdoor sprays and cool-down blends, oils for smelly feet and shoes, oils for dry skin and hair, even oils for pets. Summer is also the time to start thinking about oils for fall and winter, Tim, Aromatherapist/Educator for Aura Cacia/Frontier Co-op, will discuss seasonal formulas and guide students in making two oil blends based on their personal needs.



The Importance of Calcium-Sodium Balance with Nancy Coones, Iridologist
**Saturday, July 30
2-3:30 pm, FREE
Tacoma**

Minerals enable us to think and act and also play a significant role in building up and detoxifying the body as well

as digestion and nutrient absorption. Through their unique ability to look within the body, iridologists now verify the role calcium and sodium phosphate play in healing. Join a trained iridologist to learn why calcium is important, the best sources of it (which may be surprising), why Vitamins D and K are essential, the role magnesium plays, and the REAL cause of osteoporosis. Nancy will offer private Iridology sessions after class and again on Monday, August 1 and Tuesday, August 2nd. Contact her directly at windows2health@hotmail.com to schedule your appointment.



Homemade Garden Pickles with Meghan Hintz, LMP
**Saturday, July 30
10 am - Noon, \$20
Tacoma**

Learn to make traditional fermented pickles from your

garden harvest--carrots, beans, cucumbers and more! Not only are these pickles delicious and easy to make, they're packed with live probiotics that improve digestion and boost immune function. This class includes the basics of fermentation science and safety, a demonstration, and pickle tasting. You'll leave with instructions and recipes for making these delicious pickles on your own. Please note: this is not a canning class.

ROLFING®

Susan Holland
(808) 366-4370

2603 Bridgeport Way West, Suite C
University Place 98466

5635 Berger Pl SE Olympia 98513

Washington license MA 0000853

Homeopathic Tips to Keep Gardeners Healthy

By Christophe Merville, D. Pharm.

In 2012, more than 40,000 people across the nation were injured while working in their gardens.* Ironically, some of the same plants they're tending may be the ones that contain properties to soothe inflammation, soreness, and muscle pain!

Made from plants, animals, and minerals, homeopathic medicines offer some of the safest options for self-treatable conditions and can be great for ailments and injuries that befall home gardeners. Because the risk of interaction with other drugs, supplements and herbs is minimal, experts say these natural medicines are a good first choice for early symptoms.

Found in the Supplements Department at Marlene's, these non-prescription medicines work naturally with the body instead of masking a problem, which is important if a more serious condition should arise. With that in mind, here are some homeopathic treatments for common gardener ailments:

Allergies

Relieving allergy symptoms provides a good example of the principle behind homeopathic medicines. Chopping a red onion has a "toxic" effect, causing eyes to water and burn until exposed to fresh air. When similar symptoms appear from allergies or a cold, a micro-dose of the red onion helps relieve those same symptoms. The red onion in this homeopathic form takes the Latin name of its source, *Allium cepa*.

Try Ambrosia (Ragweed) for watery nasal discharge with eyes that tear and itch, and Sabadilla (Cevadilla) for hypersensitivity to the smell of flowers or itching in the back of the mouth. A good general allergy medicine is Histaminum, which is derived from histamine.

Sore, Stiff Muscles

For gardeners suffering back and knee injuries, Arnica montana can be an essential gardening tool. Commonly known as the Mountain daisy, Arnica's healing properties were first recognized in the 16th century. Legend has it mountain climbers chewed the plant to relieve sore, aching muscles and bruises from falls. Today, this homeopathic medicine is used by professional athletes and surgeons for muscle

pain and stiffness, as well as swelling from injuries and bruising.

Sunburn, Blisters and Other Skin Conditions

In its homeopathic form, Calendula (garden marigold) is one of the most versatile aids for skin irritations. Try a Calendula cream or ointment for blisters and calluses, cuts and scrapes, rashes, and chapped skin caused by wind, dry or cold air, or sun. Used for centuries as a natural healing and soothing substance, Calendula's wound-healing properties are due to essential oils, saponins, flavonoids and alkaloids. These compounds have skin healing properties.

Bug Bites

To help relieve bee and wasp stings, as well as gnat, black fly, or mosquito bites, take five pellets of Apis mellifica (Honey bee) every 30 minutes for up to six doses. And apply Calendula topically.

Take Breaks and Relax

While many plants help us nurture our health, remember to practice common sense. Prepare properly by stretching and wearing sun block. Don't overdo it. Take breaks. End your day with a soaking bath. And relieve conditions at the first sign of symptoms before they grow out of control, so you can continue your gardening activities.

Christophe Merville, D. Pharm., is the Director of Education and Pharmacy Development at Boiron, world leader in homeopathic medicines. He creates training programs, both online and in print, for pharmacists and retailers on homeopathic medicines used to treat common health conditions.

* U.S. Consumer Product Safety Commission

Safety first! **Elemental Herbs** takes safety seriously with their new natural sunscreen formulas. **SPF 33 Sunscreen Sport** has the safest sun protection ingredient: pure non-nano zinc oxide. Safe for coral reefs, safe for kids and safe for you. Slather it on and don't worry, you won't find white residue left behind. Play in the sun, relax and remember safety comes first!



SUN-SATIONAL PROTECTION

Goddess Garden was created by a mom after her daughter's skin reacted to conventional skincare, including sunscreens. Inspired to make her own products, Nova formed Goddess Garden to help make safer products available to everyone. Today, Goddess Garden offers sunscreen sticks, lotions and non-aerosol continuous sprays, to continue making better choices more convenient. All products are certified organic and free from harsh chemicals and hormone disruptors. All are also reef-safe, biodegradable, cruelty free, vegan, come in recyclable packaging, and contain no nano particles. Goddess Garden is a woman-owned business, certified by the WBENC, and is also a certified B Corp.



All Terrain's award-winning **AquaSport**, **TerraSport** and **KidSport** sunscreen lotions, sprays and face sticks are water and sweat resistant for active people who want natural, effective, oxybenzone and paraben-free sunscreens that are proven effective even after 80 minutes in water. All-Terrain uses transparent, non-nano, uncoated zinc oxide and is reef-safe



Feeding Your Best Friend

By Debra Daniels-Zeller

Pet food options have increased exponentially in the last several years and choices now include frozen raw foods, wild game... even grain-free kibble with enzymes, essential fatty acids and herbs! What's best for your four-legged friends?

Homemade

Many experts advocate home cooked or raw food diets for pets, but do your research before feeding a homemade diet. Dr. Anna Maria Gardner, a holistic veterinarian on the Olympic Peninsula, suggests a balanced, grain-free, raw food diet. For a transitional diet, try steamed grains, cooked vegetables and meat, then continue to transition by eliminating the grains. Gardner says dogs can eat a carefully planned vegetarian diet but "cats are naturally carnivorous and have higher protein requirements." Before starting, Gardner recommends Dr. Pitcarin's *Complete Guide to Natural Health for Dogs and Cats*.

Dr. Richard Panzer, a certified veterinary acupuncturist in Seattle, favors a cooked diet "Dogs have eaten leftovers for thousands of years," Panzer says. Eating cooked foods is based on traditional Chinese medicine, which emphasizes cooked food. Panzer's animals eat a soupy mixture of meat, potatoes, seasonal vegetables, with a little seaweed and yogurt. His lucky cat also gets smelt.

Homemade may be ideal, but in reality, most people will continue to feed their pets packaged foods. So how do you find a good one?

Packaged and Frozen

Look past the pretty pictures and idealized descriptions on labels, and no matter what you select, **check pet food recalls on a regular basis.**

Dr. Panzer said to look for identifiable ingredients, the fewer the better. Dr. Gardner says, "Steer clear of BHA, BHT, ethoxyquin, and artificial flavorings."

Read Labels

Lower quality foods cost less because they are filled with corn, soy, unidentified meat-by-products and preservatives--ingredients that may trigger allergies and even cause nutritional deficiencies over time. You also

end up feeding more of cheaper varieties and picking up more waste. Higher quality foods are more digestible and are made with human grade and organic ingredients.

Many pet food experts today suggest adding healthy table scraps to processed diets. Dogs and cats like fresh fruits such as melon and apples, and raw and cooked vegetables. Experiment... they'll let you know what they like!

Debra Daniels-Zeller is author of The Northwest Vegetarian Cookbook: 200 Recipes That Celebrate the Flavors of Oregon and Washington (Timber Press, 2010). She is a regular contributor to Vegetarian Journal magazine and writes a delightful food blog at <http://foodconnections.blogspot.com>.

Buckwheat-Pumpkin Dog Biscuits

(Makes about 76 biscuits)

Even if you don't make your own dog food, you can make these amazing gluten-free dog treats. This mixture can be sticky so I use latex-free gloves when handling the dough.

4 to 5 cups	buckwheat flour
1 cup	tapioca flour
1 tsp	cinnamon
1/2 tsp	sea salt
1 to 1 1/2 cups	cooked pumpkin
1 cup	peanut butter
1/4 cup	molasses
1 to 1 1/2 cups	water (or use apple cider for part of the liquid)

1. Blend buckwheat flour, tapioca flour, cinnamon and salt, in a large bowl. Mix well.

2. Combine pumpkin, peanut butter, molasses and 1 cup water in a blender. Mix flour and pumpkin-mixture together. Stir until a stiff dough forms. Adjust liquid or flour measurement. The dough should be like a stiff cookie dough, but it will be fairly sticky. Set the dough on wax paper, cover, and refrigerate for at least one hour.

3. Preheat oven to 350F. Roll dough to 1/4-inch and cut into desired shapes. Bake for 25 to 30 minutes. Turn oven off and allow biscuits to get crisp.

Pet lovers! Deena demonstrates recipes for homemade, non-allergenic dog and cat food July 7 in Federal Way. Details on page 10.



Hippocrates said “Let your food be your medicine and medicine be your food.” With that in mind, **Porter's Pride** tries to improve your pet's quality of life by using only premium, locally sourced meats, vegetables and ancient grains in their raw pet foods. Feeding your animal companions Porter's Pride offers freedom from allergies, encourages healthy weight loss, increases energy, and reduces fleas, as well as promoting healthier teeth and gums and a shiny coat.

PAWSITIVELY PURRFECT



Giving pets medicine can be challenging, but tricks, treats and traps are no longer necessary! **Natural Pet Pharmaceuticals** has solved the problem with taste-free, water-based homeopathic pet medicines! Simply pour ½ a teaspoon into your pet's water bowl once daily. Your pet will drink the appropriate amount of medicine for its size. Help your four-legged friend with these **NPP** formulas: **Allergies, Anxiety & Stress, Appetite & Weight, Digestive Upsets or Muscle, Joint & Arthritis.**



Vital Planet believes your pet deserves only the best. Help maintain their immunity with Flora Dog and Flora Cat probiotic pet supplements. Vital Planet's multi-strain formulas contain over 20 billion live cultures designed specifically to enhance your pet's digestive system. **Skin & Coat** helps reduce allergy symptoms and achieve a soft, silky, shiny and healthy coat. **Hip & Joint** supports mobility with glucosamine, MSM and herbs to ease joint stiffness due to normal daily exercise and activity.



Marlene's

Celebrating 40 years



WAY BETTER SNACKS

**Sprouted
Tortilla
Chips**

5 oz.
Assorted varieties
Reg. 3.75



\$2³⁹



R.W. KNUDSEN
**Organic Very
Veggie Juice**

32 oz.
Reg. 4.35

\$2⁹⁹



R.W. KNUDSEN
**Organic Just
Juice**

32 oz.
Assorted varieties
Reg. 8.89

\$6⁴⁹

SPECTRUM NATURALS
**Organic Coconut
Oil Unrefined**



14 oz.
Reg. 10.95

\$7⁴⁹

LATE JULY
**Restaurant Style
Tortilla Chips**



11 oz.
Assorted varieties
Reg. 4.45

\$2⁷⁹



CALIFORNIA
OLIVE RANCH

**Extra
Virgin
Olive
Oil**

33.8 oz.
Reg. 21.79

\$13⁹⁹



WESTBRAE
**Organic
Beans**

15 oz.
Assorted varieties
Reg. 2.89

\$1⁸⁹



RED DUCK
Ketchup

14 oz.
Assorted varieties
Reg. 5.89

\$3⁹⁹



ZEVIA
**Stevia
Sweetened
Soda**

6 ok, 12 oz., Assorted varieties
Reg. 6.99

\$3⁹⁹

BAKERY ON MAIN
**Gluten Free
Instant
Oatmeal**

10.5 oz., Assorted varieties
Reg. 5.45

\$4²⁹



BAKERY ON MAIN
**Gluten Free
Granola**

12 oz.
Assorted varieties
Reg. 6.35

\$4⁹⁹



Marlene's

Celebrating 40 years



EARTH FRIENDLY

ECOS Laundry Liquid

100 oz.
Reg. 14.95

\$9⁹⁹



TERRA CHIPS

Exotic Vegetable Chips

5 - 6 oz.
Assorted varieties
Reg. 4.09

\$2⁶⁹



LUCINI

Pasta Sauce

25.5 oz.
Assorted varieties
Reg. 10.39

\$5⁹⁹

LUCINI

Salad Dressing 7 oz., Reg. 6.65... **\$3⁵⁹**



BOB'S RED MILL

Organic Gluten Free Oats

32 oz.
Reg. 7.49

\$5⁶⁹



JACKSON'S

Tortilla Chips

10 oz.,
Assorted varieties
Reg. 6.59

\$4⁷⁹



Marlene's MARKET & DELI shop local, eat organic

sidewalk sale

Friday, August 12 2016



Authentic • Artisanal

MISO MASTER[®]

ORGANIC

Hand-Crafted

MISO MASTER[®] Organic Miso

the finest miso in the world!

- **Made in the USA** using Domestically Grown Organic Beans & Grains
- **Naturally aged** - no temperature control, accelerants, or preservatives
- **Hand-crafted** using ancient traditional Japanese techniques
- **Non-GMO Verified • Certified Gluten-Free**
- **Certified Organic • Certified Kosher**
- **Unpasteurized, a "Live Food"**
- **Rich in antioxidants, isoflavones, and probiotic bacteria**
- **a Versatile ingredient** in recipes from gourmet to everyday






Mfg by Great Eastern Sun
Asheville, NC • 828-665-7790
www.great-eastern-sun.com

Marlene's

Celebrating 40 years

KISS MY FACE

SPF 30 Mineral Sunscreen

Certified organic,
for adults & children
3.4 oz.
Reg. 15.99

\$11⁶⁵



BADGER

Sun Care for Adults & Children

Assorted sizes &
varieties

40% off

In store prices reflect discount



LIFEWAY Organic Whole Milk Kefir

32 oz.
Assorted varieties
Reg. 5.75

\$4⁷⁵



ALBA BOTANICAL

Hawaiian Shampoo or Conditioner

12 oz.
Reg. 10.75

\$7⁷⁵



AURA CACIA

Selected Oils

5 oz. Essential Oils or
4 oz. Carrier Oil

30% off

In store prices reflect discount



CIAO BELLA

Frozen Sorbetto & Gelato

14 oz.
Assorted varieties
Reg. 6.39

\$4⁹⁹



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.

ODWALLA Juice, Smoothie or Protein Drinks

32 oz.
Reg. 4.69

\$3⁶⁹



ODWALLA BAR

2 oz.
Assorted varieties
Reg. 1.39

99¢



Marlene's

Celebrating 40 years

COCONUT BLISS

Organic Coconut Ice Cream



Pint
Assorted varieties
Reg. 7.49

\$ **6**²⁹

SO DELICIOUS

Coconut Milk Frozen Dessert



4 pk., 2.3 oz.
Assorted varieties
Reg. 5.89

\$ **4**¹⁹

SO DELICIOUS

Coconutmilk Yogurt



5.3 oz.
Assorted varieties
Reg. 2.39

\$ **1**⁹⁹

SO DELICIOUS

Coconutmilk Creamer



16 oz.
Assorted varieties
Reg. 2.89

\$ **2**²⁹

SUNSHINE BURGERS

Organic Veggie Burgers



8 oz.
Assorted varieties
Reg. 6.05

\$ **4**⁷⁹

ALEXIA

Frozen Oven Fries



22 oz.
Assorted varieties
Reg. 4.35

\$ **3**⁴⁵



ORGANIC Nectarines or Peaches

Sweet, yellow & delicious!

\$ **2**⁴⁹ lb.

ecologic dentistry
THE NATURAL CHOICE

- ✓ Safer mercury removal and detox
- ✓ Energy Medicine
- ✓ Ozone, Herbal, & Homeopathics

Pacific Northwest's
Natural and Holistic Dentist



Dr. Carla Yamashiro, DDS, NMD, IBDM

- 253.863.7005
- www.ecologicdentistry.com
- thenaturalchoice@ecologicdentistry.com
- 8412 Myers Rd E, suite 301,
Bonney Lake, WA 98391

Energy Matters
Creating The Highest Energy Field in Seattle

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

#1 ABSORBED
form of curcumin*

CurcuminRich
Theracurmin®

ON SALE NOW



*Scientific scrutiny revealed that Theracurmin was more bioavailable on a milligram-to-milligram basis than other leading† enhanced and regular forms of curcumin.
†As measured by SPINS 2014 data.

Marlene's

Celebrating 40 years



illumin8 Organic Meal

Raw and delicious for the warrior in you!
Mocha, Vanilla Bean, Aztec Chocolate
2.2 lbs., Reg. 64.99

\$55⁹⁹



HIMALAYA LiverCare

90 ct. Reg. 24.95 180 ct. Reg. 41.95

\$18⁹⁹ \$29⁹⁹

HIMALAYA Triphala

60 ct. Reg. 18.95 90 ct. Reg. 24.95

\$14⁹⁹ | \$18⁹⁹

RENEW LIFE

Norwegian Gold Fish Oil

Super critical omega 3
30 soft gels
Reg. 29.95



\$19⁹⁹

RENEW LIFE

Go Pack Ultimate Probiotics

Adult 50+ probiotics
30 billion
30 caps., Reg. 29.95



\$19⁹⁹

SOURCE NATURALS

Top 10 Healers

With turmeric, green tea, resveratrol, & Cq10 for strong antioxidant support.
30 tabs, Reg. 13.99

\$8⁹⁹

SOURCE NATURALS
Top 10 Healers 60 ct. Reg. 26.49..... **15⁹⁹**



SOURCE NATURALS Ubiquinol CoQ10

Enhanced for optimal cellular energy
100mg, 30 soft gels
Reg. 30.49

\$17⁹⁹

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

sidewalk sale

Friday, August 12 2016

All Calendula Products

GEL
Scrapes

CREAM
Chafing & burns

LOTION
Sunburn

OINTMENT
Chapped skin & burns

apis mellifica 30C
Relieves swollen, itching, burning skin caused by bee stings

cantharis 30C
Relieves blisters from burns or friction

ledum palustre 30C
Relieves swelling and itching caused by mosquito/insect bites

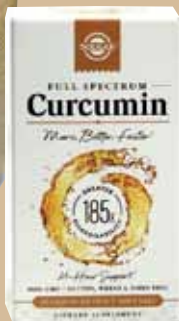
BOIRON®
World Leader in Homeopathic Medicines

www.boiron.com

In-store prices reflect discount

Marlene's

Celebrating 40 years



SOLGAR

Solgar 7

Shows improvement in joint comfort within 7 days.

30 caps

Reg. 24.99.....

SOLGAR

Curcumin

Full spectrum, 24 hour support

30 soft gels

Reg. 29.99.....

\$17⁹⁹

\$19⁹⁹



HEALTHFORCE

Green Protein Alchemy

500 gr

15% off

In-store prices reflect discount

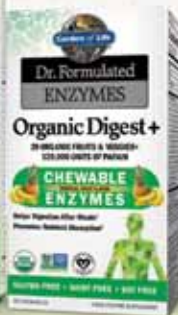
HEALTHFORCE

Elite Greens Protein.....

15% off

In-store prices reflect discount

Empowering Extraordinary Health®



35% OFF



Select Garden of Life® Products

In-store prices reflect discount

Ginger-Miso Marinade

Use this recipe as an overnight marinade or as a sauce to top fresh fish.

Serves 3 to 4, depending on the size of the fish

1 piece	ginger about 1 inch long
1 Tbsp	mirin or cooking sherry
1 Tbsp	sake or rice wine
1 1/2 Tbsp	organic sugar
1 Tbsp	dark soy sauce
2 Tbsp	Miso Master® Organic Traditional Red Miso

Peel and finely julienne (cut into small matchsticks) the piece of fresh ginger.

Add the mirin and sake to a cooking pot. Turn on the heat and let this cook until the liquid has bubbled and is almost gone (this gets rid of most of the alcohol content in the mirin and sake).

Add about 1/2 cup of water, the sugar and the soy sauce, and stir until the sugar is dissolved. Add the julienned ginger and simmer until fragrant. Remove from the heat and stir in the miso until it has dissolved. You may want to add a little more water to create consistency to your liking.

Arrange 3-4 fish steaks in one layer in a large baking dish and cover with the miso marinade. Cover the dish with a lid or aluminum foil and store in the refrigerator overnight.

A little green for garnish is nice too - parsley or even lettuce will do.

Recipe used with permission from *Hiroko's American Kitchen* by Hiroko Shimbo

Rich, Flavorful, Restorative Miso

By Marnie Mikell

Once relegated to soups alone, the cultured soybean paste known as miso is finding its way into a variety of innovative recipes in cookbooks, popular magazines, food blogs, and websites. The mouth-filling “umami” flavor of miso gives worlds of depth to savory dishes, marinades, rubs, sauces, glazes, and so much more. Surprisingly, miso also contributes a unique burst of flavor to desserts and sweet treats, adding a bold, salty component that increases complexity and rounds out the sweeter profiles.

The traditional way of making this centuries-old Japanese staple is a complex art, much like wine or cheese making. Like fine wine and cheese, there's an appreciable difference between a high quality, traditionally crafted, organic miso and a pasteurized, high-tech miso made using accelerants to speed fermentation and preservatives to stabilize it. The best miso is organic and naturally aged in wood, using traditional techniques.

The basic approach uses cooked soybeans, barley or rice koji (grain that has been inoculated with *Aspergillus oryzae* spores), and sea salt. These components are mixed together and then aged in wooden vats. The fermentation time, ranging from months to years, depends upon the specific type of miso being produced. The traditional method requires ambient-temperature aging and results in superior quality miso.

The color, taste, texture, and degree of saltiness of miso depend upon the exact ingredients used and the duration of the fermentation process. Miso ranges in color from light beige to rich dark brown to almost black. The lighter varieties are less salty, sweeter, and mellow in flavor while the darker ones are saltier and have a more robust, hearty, intense flavor. Some miso is pasteurized while others are not. Unpasteurized miso has subtle balanced flavors that only great care, high quality ingredients and natural aging can produce.

The reputation miso has enjoyed among folk healers since early times as one of nature's most healing foods has been confirmed by modern medical science. Numerous studies have demonstrated the extraordinary health benefits of soy foods in general and miso in particular.

Miso is also a superior source of whole protein, for it contains all eight essential amino acids. This is largely due to the fact that the production of miso combines beans and grains. The proteins of these two ingredients complement each other, resulting in a protein level that is higher than the protein of each of the individual foods. Darker misos contain higher levels of protein.

Stable and easy to keep, miso is an ideal addition to a well-stocked pantry, happily awaiting the moment when inspiration strikes!

Marnie Mikell has worked in marketing at Great Eastern Sun for over twenty years. As a natural foods devotee, she is proud that miso is a part of her daily diet.

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME. Payment can be made online by going to www.marlenesmarket-deli.com, clicking “classes”, and following the link provided; by phone; or in person at either Marlene’s location. We do not reserve seats for free classes and suggest arriving 15-30 minutes early to claim your seat. Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at classhost@marlenesmarket-deli.com.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Licensed massage practitioners are available at both Marlene's locations. Appointments are first-come, first-served and are made directly with practitioner. Rates are usually \$1 per minute.</p>				<p>Seated Massage with Sheldon Morton, LMP 11 am - 2 pm every Wednesday in Tacoma</p> <p>Seated Massage with Erica Seter, LMP in Tacoma Tuesdays, 11 am - 2 pm Thursdays, 2:30 - 7 pm Fridays, 3 - 7 pm Saturdays, 1 - 5 pm</p>		1	2
<p>Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!</p> <p>3</p>	<p>Independence Day</p> <p>Both Marlene's locations closed</p> <p>4</p>	5	6	<p>Feeding Fido Naturally with Deena, the Deceptive Chef 6:30 pm, \$10 Federal Way Please pre-register.</p> <p>7</p>	<p>Meaningful Movies Screening: Just Eat It! 7 pm, Gig Harbor*</p> <p>8</p>	<p>The Power of Plant-Based Eating with Dr. Joanne Kong and Paula Furner 10 am – Noon, FREE Tacoma</p> <p>9</p>	
<p>Junior Chef Club for 6-12 year olds with Genevive Nichols 1 - 3:30 pm, \$20 Federal Way</p> <p>10</p>	<p>Uniform Monday! 10% off to all firefighters, military, and police!</p> <p>11</p>	<p>Planning to Preserve with Hal Meng 6-8 pm, \$20 Tacoma Please pre-register.</p> <p>12</p>	13	<p>Gravity, Aging, and Exercise with Tim Newton, PT, ATC 6:30 pm, FREE Federal Way</p> <p>14</p>	<p>FREE DEMONSTRATION Elizabeth Essentials 12 - 3 pm Tacoma</p> <p>Meaningful Movies Screening Bring It To The Table Tacoma, 7 pm</p> <p>15</p>	<p>Mediterranean Medley with Mitra Mohandessi 10 am - Noon, \$20 Tacoma Please pre-register.</p> <p>16</p>	
17	18	<p>Floating for Inner Calm with Alex Ziegler 6:30 pm, FREE Tacoma</p> <p>19</p>	<p>FREE DEMONSTRATION Elizabeth Essentials 12 - 3 pm Tacoma</p> <p>20</p>	<p>The Spiritual Dimension of Eating A Nutrition with the Masters video interview with Dr. Pedram Shojai hosted by Susan Blake BS, NTP, CGP 6:30 pm, \$5-\$10 suggested donation Federal Way</p> <p>21</p>	22	<p>Demystifying the Fat Controversy with Sherry Fry, NTP, CHFS and Steven B. Fry, CHFS 10 am – Noon, \$10 Federal Way Please pre-register.</p> <p>23</p>	
24		<p>Aromatherapy for Health & Beauty with Tim Blakley 6:30 pm, FREE Tacoma</p> <p>26</p>		<p>Seasonal Aromatherapy with Tim Blakley 6:30 pm, FREE Federal Way</p> <p>28</p>	29	<p>Fermented Pickles with Meghan Hintz, LMP 10 am - Noon, \$20 Tacoma AND The Importance of Calcium: Sodium Balance with Nancy Coones, Iridologist 2 - 3:30 pm, FREE Tacoma</p> <p>30</p>	
31	25	26	27	28	29	30	

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

Implants- \$2,999 Special Offer

Includes CT Scan, Titanium Implant, Abutment & Crown.
May not be combined with other offers.
Limited time offer. **Expires September 30, 2016**

NO INSURANCE? NO PROBLEM!

Premium Dental Health Plan

20 - 50% Discounts

No Deductible - No Maximum Low Annual Fee



Duane Jones D.D.S.

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

CALL TODAY- 253.941.8000

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 & Craniofacial pain treatment
- ✧ Treatment for Sleep Apnea - an alternative to CPAP

Marlene's™

MARKET & DELI

shop local, eat organic

HOURS

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

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

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

editor@marlenesmarket-deli.com



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 _____

JULY 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!

AROMATHERAPY SPECIAL EVENT

JULY 26 & 28!

Meet Tim Blakley,
herbalist/aromatherapist and
national educator for Aura
Cacia, when he joins us from
Hawaii to talk about the history,
science and use of essential oils!
See Tim's article on page 4.

*Tim in a lavender field in
Semferapol, Ukraine.*



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

sidewalk
sale 
Friday, August 12 2016

Mark your calendar to attend this fun annual
event - 9 am until it's gone!