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June 2016

# SOUND OUTLOOK

## HEMP, HONEYBEES, & MEN'S HEALTH

it's *June* at  
Marlene's

## SUMMER KID'S CLASSES

See page 11  
for details



Marlene's

— MARKET & DELI —

shop local, eat organic



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## A 🎵 from Marlene...

Have you noticed that every month is a good month? There's always something to look forward to. Last month it was Mother's Day and May Day and I must say I have never in my life seen the rhododendrons, azaleas and dogwoods bloom so profusely as they did this spring! Must've been the good winter and nice spring we had.

Now in June it seems the trees are more full of leaves and growth than I can remember. We should all have fine gardens this summer. That is, if the rabbits will leave them alone--plant some extra for the bunnies!

The bees and butterflies will also be happy in June if you plant their favorite organic flowers. Pick up some starts at either store location, then get your hands in the dirt and enjoy being outside in nature.

Another thing to look forward to in June is Father's Day. Show your father or grandfather some special attention this month.

Happy June!

*Marlene*



On the cover: Food art made by arranging roasted beets, broccoli, carrots, corn, sea salt, and garlic.



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[marlenesmarket-deli.com](http://marlenesmarket-deli.com)

# Summer-Berry Smoothie Bowl

## with Apricot Hemp Sprouted Granola

Hurdle your smoothie slump this summer with my fanciful Smoothie Bowl, which is basically a super thick smoothie eaten with a spoon and topped with any number of scrumptious toppings!



### Apricot Hemp Granola

- 2 cups organic sprouted buckwheat seeds
- 1/2 cup organic sprouted sunflower seeds
- 1/2 cup organic sprouted pumpkin seeds
- 1/4 cup hemp seeds
- 1/4 cup currants
- 1 cup packed pitted dates
- 1 cup fresh apricots, chopped (3-5 small fruits)
- 1 orange (juice and zest)
- 1 small nub ginger
- 1 tsp vanilla powder

Place sprouted seeds, hemp seeds, currants and half of the apricots into large bowl and set aside.

For the sweet sticky granola “glue,” place dates, juice, zest of orange, remaining apricots, ginger, and vanilla into high-speed blender or food processor and blend until smooth (you may need to add a little water if it’s too thick).

Coat the granola evenly with this gooey goodness (the “glue” is totally edible in this state and is hard to keep your fingers out of, but if you’ve made it this far, let’s see it out to its full granola glory).

Place even layers on dehydrator sheets and set temperature at 110-115°, dehydrating for around 5-6 hours. You can also turn the temperature up to around 145° for the first hour without nutrient loss, as the heat works mainly to evaporate all the moisture. In fact, I recommend this process of dehydrating, as it inhibits the formation of bacteria (but hey, even toasted in the oven this mixture is hands down more nutritious than any boxed granola you’ll ever find!).

Place mixture on a pan lined with parchment paper and place in the oven on lowest setting until crispy (around 1-2 hours).

### Smoothie Bowl time!!

This one is super easy!

- 2 fresh organic spotty bananas
- 2 frozen organic spotty bananas
- 1 cup your favorite organic summer berries (strawberry, blueberry, raspberry, blackberry, etc.)
- 1/4 cup hemp seeds
- 1 vanilla pod
- splash water

Place all ingredients into high speed blender and mix until creamy texture is reached.

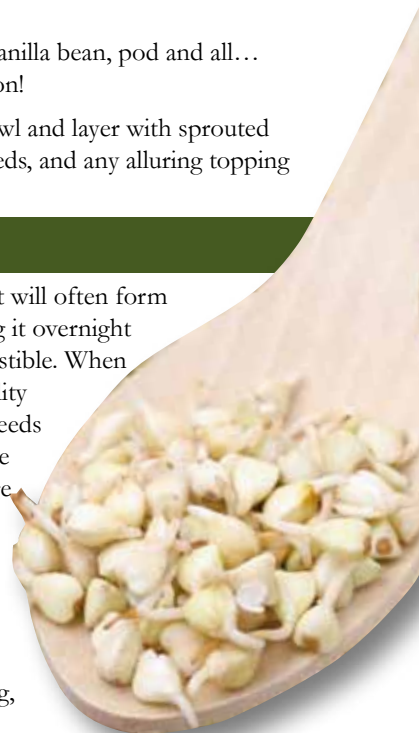
You can actually blend the whole vanilla bean, pod and all... reserving all that flavor and nutrition!

Place into your favorite glass or bowl and layer with sprouted granola, chopped berries, hemp seeds, and any alluring topping your heart desires!

### Seed Sprouting

The easiest seed to sprout, buckwheat will often form a little tail in 24 hours! Simply soaking it overnight will also render buckwheat more digestible. When fully sprouted, nutrition and digestibility go way up! Sunflower and pumpkin seeds are similarly easy to sprout. First, rinse the seeds well and then place in a large container filled with water to cover. Let soak overnight and then rinse again thoroughly.

Simply place the seeds in a large colander and allow them to do their thing. When the seeds begin sprouting, rinse them whenever you think of it (hopefully a couple times a day). In 1-2 days the seeds will have sprouted and be ready to transform into scrumptious granola! Rinse well after fully sprouted and place in fridge until ready to use.



*A writer, photographer and educator, Christie Qualey studied raw food nutrition in Costa Rica and can be reached at [christiemaeg@yahoo.com](mailto:christiemaeg@yahoo.com).*



# Man UP!

By Owen Miller, ND

Discussing their reproductive health issues has never been popular with men, and their resistance to revealing what they perceive as weakness is a substantial roadblock to care. This helps explain why we die an average of eight years before women, and why we are four times more likely to be substance abusers or to take our own lives.

For example, **more than 50% of men who had a heart attack had significant symptoms predictive of the impending event for at least a month prior, yet did not seek any kind of medical assistance.** For most men, when it comes to revealing a weak underbelly, exposure--especially public exposure--is simply out of the question. Unless you're a guy like former Senator Bob Dole.

Senator Dole's endorsement of medication for erectile dysfunction (ED)--the inability to achieve or to maintain an erection--caused a sensation. Although associated with prescription medicine advertising, Dole had a platform to deliver a very powerful message: Man up, America. Face your sexual dysfunction and get help when you need it.

All men over age 40 should allow their doctor to perform a rectal exam to assess the prostate. Prostate cancer kills as many men as breast cancer kills women. Fortunately, most exams reveal only lesser issues, like benign prostatic hyperplasia (BPH), or non-cancerous enlarged prostate. BPH affects 50% of men by age 60, and is most likely caused by a testosterone metabolite called dihydrotestosterone (DHT). Restricted urine flow is a common sign, but can also be caused by infection or inflammation. Whatever the etiology, an enlarged prostate can be effectively treated, often naturally, to prevent further complications and worry.

While BPH is more common, 20 million men have ED. Although it can be the result of a cardiovascular, endocrine or emotional issue, ED is usually

associated with low testosterone levels (low T), or andropause. **The male version of menopause, low T appears to be caused by chronically elevated cortisol, the stress hormone. It crashes libido in most men, as well as depressing overall mood, drive, and ambition.**

A check on T levels as part of a health assessment is a must. **Restoring T to expected levels can improve depression, obesity, fatigue, diabetes, and hypertension. T therapy is not, however, risk free. It can raise blood pressure and risk of heart attack, so precautions must be taken, but the most common side effects are associated with increases in T metabolites--estrogen and DHT. Estrogen causes moodiness and body fat gain, especially over the pubic bone and chest, while DHT causes acne, male pattern baldness, and BPH.**

Testing in the first months of therapy can reveal if these hormone spin-offs are elevated, and corrective therapy is usually simple and effective. Getting the T dose right comes first and is a product of both the right lab numbers (approximating a healthy male) and the right feeling (as in, "I'm back!"). I tend to recommend bio-identical T in a skin cream applied to the inner arms dispensed by a compounding pharmacy, as opposed to the more expensive commercial versions advertised on TV, or the weekly shots. For more information on this subject, I suggest you read *Testosterone for Life*, by Abraham Morgantaler, MD.

Of course, men's health encompasses more than urogenital function, but one's sexual function is a surprisingly good indicator of overall wellness. Do yourself (and your loved ones) a favor--get it checked out now.

*Owen Miller, ND has served as Medical Director at Tacoma's Holistic Health Clinic since 1987.*

*He is a member of the Washington Association of Naturopathic Physicians and can be reached at 253. 752. 2558 or by visiting [theholistichealthclinic.com](http://theholistichealthclinic.com).*

Dr. Miller talks about men's health on Tuesday, June 7 in Tacoma. Details on page 10!





# COOL GIFTS for your COOL GUY



**Kicking Horse Coffee doesn't play around!** SmartAss® is a cheeky, bright and precocious cup of wake up and wise up. No joke--this bright, chocolat-y concoction is for the smart-thinking, deep-drinking, good-at-their-game-in-the-morning crowd.



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Hormone imbalance or "andropause" is an issue for men of all ages. But many conditions assumed to be the result of aging are actually due to declining hormone production. **Natural Health International's Revolution** harnesses the natural power of Maca to support men's hormone balance for better cardiovascular and sexual health\*.



**Solgar's Prostate Support** delivers nutrients and herbs for nutritional support for the overall health of the prostate in two easy to swallow capsules. Classic prostate support ingredients like Saw Palmetto get a boost from therapeutic doses of nettles, pumpkin seeds and zinc.\*



His skin deserves the best. Something without synthetics. Something naturally restorative. Something with personality. **Thrive men's grooming products** are fully researched and blended, and potent enough to revitalize the harshest skin.

\*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.

# You Can Help Save the Bees

By Madelyn Morris, MS

Over the past ten years, it has become increasingly common knowledge that pollinators are in trouble. Headlines on the disappearance of vast quantities of our nation's managed honeybee colonies grab lots of attention, while many native pollinators are quietly being listed as threatened or endangered species.

Ultimately the challenges facing honeybees and a wide range of other important pollinating insects boils down to the following:

- Lack of suitable habitat, caused by agricultural practices, urban development, and land fragmentation.
- Pests and pathogens
- Use of pesticides and genetically modified crops<sup>1</sup>

Our health and wellbeing is intricately intertwined with the dynamic partnership between flowering plants and pollinating insects. Fruits and vegetables provide most of the vitamins and minerals we need, and the estimated economic value of insect-pollinated crops in the United States in 2003 was between \$18 and \$27 billion. If this was expanded to include indirect products, such as the milk and beef from grass-fed cattle, pollinators may be responsible for more than twice this amount.<sup>2</sup>

Luckily, there is quite a bit individuals can do to support pollinator health!

## **Pledge to not use pesticides**

Pesticides are designed to kill invertebrates that attack crops and landscape plants. This is problematic, because many beneficial insects including pollinators are also impacted by pesticide use.

On an individual level, choosing not to use pesticides or insecticides in your own garden is an important decision you can make to support pollinator health. Seattle is one of a few U.S. cities to ban the use of a particularly problematic class of systemic pesticides on city property,<sup>3</sup> which is a wonderful positive step in the right direction. Political pressure to ban pesticides on a federal level is mounting, as demonstrated by the Saving America's Pollinators Act<sup>4</sup>—making your voice heard on this important issue in the political sphere can help to shift things in a more positive direction for pollinators.

## **Go Organic!**

Supporting farmers who choose to use organic growing methods is an important way to support pollinator health. Farmland can serve as critical habitat for bees and butterflies, and organic farms designed to support the life cycle of a diversity of pollinator insects tend to see increases in crop yields, and a decrease in the need for rented honeybee colonies.<sup>55</sup>

## **Garden with Pollinators in Mind**

For gardeners, even a small urban plot can provide valuable forage and habitat for bees. Providing diversity of flowers that bloom through as many seasons as possible is wonderful, because it provides pollen and nectar to bees and other pollinators through the spring, summer, and fall. Choosing to grow native flowering plants supports native pollinator needs. Leaving areas untilled, unmulched, and undisturbed provides valuable nesting and overwintering habitat.<sup>6</sup>

*Madelyn Morris, M.S. is a beekeeper, herbalist, gardener, and sustainability educator. She owns and operates Mickelberry Gardens, a small business that manufactures high quality herbal products in partnership with honeybees and local farmers. She can be reached at [www.mickelberrygardens.com](http://www.mickelberrygardens.com), by calling 503.454.6639, by emailing [mickelberrygardens@gmail.com](mailto:mickelberrygardens@gmail.com), or by mail at 645 SE 223rd Gresham, OR 97030.*

(Endnotes)

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3<http://phys.org/news/2016-01-pollinator-diversity-crop-yields.html>

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5 <http://phys.org/news/2016-01-pollinator-diversity-crop-yields.html>

Madelyn talks  
honeybee health on  
June 14 -  
details on page 10!



# Bee-Friendly Buys

Beyond sweetening your cup of tea, honey and its byproducts come with some super health benefits. Here's a quick run-down of some of the most popular bee-products on the market.



Native to New Zealand and Australia, **Manuka Honey** is made from the blossoms of Manuka trees and is sought-after for its antibacterial “Manuka Factor.” Many find relief from seasonal allergies by adding a little Manuka to their diets.

**Royal Jelly** is the top-shelf honey reserved to feed the Queen Bee. A rich source of B-vitamins, essential amino acids and enzymes, a little royal jelly can add a lot of energy to your day!



**Propolis** is the resinous substance used by bees to keep their hives clean and sanitized. Extremely effective against bacteria, viruses and fungi, propolis is often used for its anti-inflammatory effects and to help skin heal.



**HOST DEFENSE**  
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Support your health and help give bees a chance! Your purchase of Host Defense helps Washington State University continue research to overcome Colony Collapse Disorder with mushrooms! Visit [beefriendlyinitiative.org](http://beefriendlyinitiative.org) for more info.

A local beekeeper shares tips of his trade June 28 in Tacoma--details on page 10!

**Bee Pollen** is the product of countless hours of bee's work. Collected bit by bit from the many flowers a bee must visit to gather pollen, these tiny granules are one of nature's most complete superfoods; containing proteins, free amino acids, and vitamins, including B-complex and folic acid. Look for fresh, local bee pollen in our bulk section!

## Lemonbuzzz Soaps

began as a hobby and evolved into a business with a mission! Sarah Willits has combined her family's love of soap making and gardening with their desire to promote awareness for the preservation of bees. Look for their hand crafted soaps with varieties such as Citrus IPA, Coffee Peppermint and Cambrian Blueberry.



“In 2014 I started giving bars of honey and herb soap away as gifts. Sadly, we lost all our backyard beehives that first year. It was a serious wake-up call to the reality of colony collapse. We applied what we learned that first year about helping urban honeybees. This is what inspired me to make bee friendly seed paper—you can literally plant the cardboard Lemonbuzz label and bee-friendly plants will grow! A portion of Lemonbuzz' proceeds go to Honeylove, a non-profit organization working to save the bees.”

~ Sarah Willits, Owner, Lemonbuzz soaps in Tacoma



**Eaglemount Wine and Cider** has been turning Olympic Peninsula apples and local honey into award-winning mead and cider since 1996! Raise a toast with their traditionally crafted “mead style” **Cyser** or enjoy a light meal with the blossoming flavors in **Apple Mead. Quince Cider** is Eaglemount's uniquely complex beverage with notes of pineapple, grapefruit, honey, and more.





# Grow Our Future

Celebrate our history and our future this spring by incorporating hemp as a healthy, wholesome, plant-based food and body-care source.

Join us for Hemp History Week, June 6-12 to Grow Our Future for healthy families and farmers, the economy and our planet.



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

# Dining Deena

The Deceptive Chef



## Busting the Hemp Myth

By Deena, the Deceptive Chef

As I work in my garden today, pulling weeds and making sure the apple trees are stripped of bad leaves, I am reminded of the incredible nature of Nature. Of my seven fruit trees, six are apple and one is a four-variety-in-one cherry tree. Each apple tree is a different variety. Of the ten blueberry bushes I have, no two are alike. I even have a pink blueberry bush!

Industrial hemp is the same--just one variety in the species. Hemp has been given a bad reputation by association with its cousin, cannabis sativa (better known as recreational marijuana) but is actually an incredible plant that offers us many uses from food to fuel.

Claimed to be the oldest domesticated crop known to man, hemp was vital in almost every part of an early industrial America and was the raw material for rope and ship sails, lantern oil, food, paper and clothes. Without rope, ships could not sail and heavy cargo could not be loaded, fish could not be caught and water would remain in the wells. In the 1600s, property owners in North America *had* to grow hemp. By way of a royal decree, King James I required every property owner in Jamestown to grow 100 plants of hemp for export in 1619, according to *Hemp: American History Revisited: The Plant with a Divided History* by Robert Deitch.

Miraculously, hemp appears impervious to all the ways a plant can be compromised. It doesn't need Round Up, doesn't leach nutrients from the soil, and grows like a weed. Big businesses like Monsanto and Cargill would rather we didn't notice hemp's soft ecological footprint, but luckily, plenty of people are working on bringing back this incredibly useful plant. Kentucky first began growing hemp in the 1770s and went on to become a major producer, harvesting 15,000

tons per year in the 1840s to 40,000 tons per year by the 1850s. As Mitch McConnell (R-Ky) told Politico magazine, "We are laying the groundwork for a new commodity market for Kentucky farmers. By exploring innovative ways to use industrial hemp to benefit a variety of Kentucky industries, the pilot programs could help boost our state's economy and lead to future jobs."

There are so many uses for hemp. As a food, the macro-nutrient value of hemp is 2% carbs, 73% fat and 25% protein.

What an incredible food!

Hemp also contains Omega 3 and 6 and linolenic acid (GLA), a highly nutritious unsaturated fatty acid.

Hemp is the strongest rope material known to man. Hemp paper can be recycled up to eight times! The best way to start benefitting from hemp is to enjoy the seeds on your oatmeal or salad.

*Deena, The Deceptive Chef® is the creator of Deceptive Delights™. Her gluten, dairy, sugar and yeast-free desserts are found in the refrigerated Grab 'n' Go section at Marlene's-Tacoma and in the freezer at Marlene's- Federal Way. Follow her on Pinterest and Facebook and at [www.deceptivedelights.com](http://www.deceptivedelights.com).*





# speakers & classes



## **Allergy Relief for People & Pets with David Gerhardt** **Wednesday, June 1** **6:30 pm, FREE** **Federal Way**

Allergy symptoms can cause red, itchy, watery eyes, sneezing, and fatigue. Pets also have allergies. Dr. King's safe, natural homeopathic formulas can alleviate symptoms in both people and pets – no known negative side effects, no contraindications, and no dosing hassles. The taste-free “people formulas” are in handy oral spray bottles, and the pet formula goes into the water bowl. A frequent guest on radio and TV, David is also a graduate of the American Association of Clinical Homeopathy and a member and spokesperson for the Natural Medicine Institute. Class sponsored by King Bio Homeopaths.



## **The Healing Power of Chlorophyll with Michael Wohlfeld, ND** **Thursday, June 2** **6:30 pm, FREE** **Federal Way**

Even those who eat well and consume vegetable juices regularly may not be exploiting green superfoods for their full nutritional benefits. Don't miss this in-depth look at how the nutrients in dark leafy greens and cereal grasses affect our bodies at the cellular level and why to use them for sustained energy, restful sleep, pain or inflammation, and even halitosis (bad breath). Dr. Wohlfeld is Staff Naturopath at Pure Planet and spent several years as a formulator for Pines Wheatgrass. See his article on page 22.



## **Introduction to Essential Oils with Elizabeth Bloom, DI, Hom.** **Saturday, June 4** **10 am – Noon, FREE** **Tacoma**

Join the creator of Elizabeth Essentials for this popular interactive class on the amazing benefits of essential oils, including how to integrate them into your lifestyle to achieve and maintain optimal health and well-being. Participants will personally experience the entire product line, learn the many healing properties of each formula, and discover how to use them personally, and for your friends, family and clients.



## **Man UP! with Owen Miller, ND** **Tuesday, June 7** **6:30 pm, FREE** **Tacoma**

Men's resistance to revealing health issues, primarily reproductive issues, is still a substantial roadblock to care, and in part explains why we die 8 years before women and are 4 times more likely to be substance abusers or to take our own lives. Join Dr. Owen Miller, longtime naturopathic physician in Tacoma, for a conversation on common men's health conditions and why you should do yourself (and your loved ones) a favor and get checked out...now. See Dr. Miller's article on page 4.



## **Vaccines: Trading Acute for Chronic Illness? with Audrey Adams and Ann Clifton, RN** **Wednesday, June 8** **6:30 pm, FREE** **Federal Way**

In 2014 a CDC scientist admitted that a study he co-authored purposely excluded data showing African American boys given the MMR before 36 months were at increased risk for autism. Ann Clifton, RN, has been studying the effects of vaccines for decades and continues to be concerned for

children's declining physical and neurological health. Audrey Adams' son was diagnosed with autism in 1987 after developing the measles from the MMR vaccine at 15 months. Attend this special presentation to explore whether vaccines should be mandatory, whether they are safe for every child, and how many are truly necessary.



## **Father's Day for Foodies with Nicole Heart** **Saturday, June 11** **10 am – 11:30 am, \$20** **Federal Way**

Grab your favorite guy or give him a Marlene's gift card for this fun class designed to appeal to hearty appetites. Owner of Peace, Love & Raw restaurant and catering in Olympia, Nicole will demonstrate how to create delicious sage burgers with two toppings: a homemade no-sugar-added ketchup and another special, all-purpose sauce. He'll also love Nicole's raw coleslaw recipe and avocado-cherry pudding for dessert! Please pre-register.



## **Honeybee Health and Our Food System with Matt and Madelyn Morris** **Tuesday, June 14** **6:30 pm, FREE** **Tacoma**

Please join us for an informative discussion on bee health, the honeybee's role in our food system, and actions individuals can take to help bees in their everyday lives. Matt and Madelyn Morris are owner-operators of Mickelberry Gardens. See Madelyn's article on page 6.



## **We are More Than Our Genes: A Nutrition with the Master's video with Bruce Lipton** **Hosted by Susan Blake, BS, NTP** **Thursday, June 16** **6:30 pm, Suggested gratitude offering \$5-10** **Federal Way**



Bruce Lipton is a mind-body/epigenetics researcher and bestselling author of *The*



## 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](http://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](mailto:classhost@marlenesmarket-deli.com)

*Biology of Belief.* His longterm study of stem cells and genetics lends scientific support to the theory that what we think, feel and believe is the key to health. Join Susan for video excerpts describing epigenetics, how blood chemistry affects cells and genes, how stress affects cardiovascular disease, why genes are simply blueprints, and more. Let's discover what we can change to improve our health!



### **Escaping Sugar's Grip with Sherry Fry, CHFS, NTP and Steven B. Fry, CHFS Tuesday, June 21 6:30 pm, FREE Tacoma**

Is sugar your primary addiction? Do you feel powerless to stop consuming it? It's not only possible to reprogram your lifestyle and let sugar go—it's a lot easier with a plan of action! Join the Common Sense Nutritional Therapy team for their popular seminar for guidance on how to lose inches, gain strength, enjoy greater mental clarity or just feel better. This class is a strictly lecture, and includes an extensive follow up email of resource material for winning your battle against sugar!



### **Backyard Vegetable Gardening with Carey Thornton Thursday, June 23 6:30 pm, FREE Federal Way**

Interested in growing your own food but don't know where to start? Seattle Tilth's garden educator Carey Thornton will show you how with a little sun, soil and water you can turn your backyard into your most local source of fresh, organic vegetables and fruits. We will discuss siting your garden, building healthy soil, basics of garden planning and pest management tips. The presentation will include a slideshow plus planting demonstration. There will be plenty of opportunity to ask questions and you'll leave with lots of resources to support your gardening success. Carey Thornton teaches workshops on topics from organic gardening, composting and permaculture to food preservation and making herbal products. Seattle Tilth is an educational non-profit whose mission is to build an ecologically sound, economically viable and socially equitable food system.



### **Backyard Beehives with Jim Martinson Tuesday, June 28 6:30 pm, FREE Tacoma**

Bees have always been integral to farming and Jim Martinson has kept the tradition going on the small family farm near Summit where he works. Honoring the unwritten code among beekeepers to share their knowledge with anyone who wants it, he joins us to discuss the amazing life of bees, the importance of pollination, the many products hives yield, and how to start your own hive. The key to honey bee survival may be in your own backyard!



For over 30 years, fitness and nutrition have been **Genevive Nichols'** passions. Whether she's coaching adults or helping children develop confidence in their kitchen skills, Genevive's classes are fun and empowering! Read more about Junior Chef Club on this page.

## Summer Kid's Classes

### **Read Your Greens: Storytime for 3 - 8 year olds**

with Katherine Pryor  
Saturday, June 18  
10 - 11:30 am, FREE  
Tacoma

Join children's author Katherine Pryor for a fun and engaging story time and tour of Marlene's organic produce department. Katherine will read her books, *Zora's Zucchini* and *Sylvia's Spinach*, then lead a discussion about gardening, taste buds, and creativity. Recommended for ages 3 - 8, although all are welcome. Book signing to follow.



### **Gardening with Grandma & Grandpa for 3 - 10 year olds**

with Jody Matthews  
Sunday, June 19  
10 - 11:30 am, FREE Tacoma

Grandma's Garden helps children explore where real food comes from, why food fresh from the garden tastes so good, and strengthens the transfer of wisdom from one generation to another through the process of growing a garden. Bring a child and join Jody when she reads *Grandma's Garden* and guides children in planting organic flower and vegetable seeds.



### **Junior Chef Club for 6 - 12 year olds**

with Genevive Nichols  
Sunday, June 26, Sunday, July 9 & Sunday, August 21  
1 - 3:30 pm, \$20 per child per class or \$50 for series  
Federal Way

Do your children know how to select healthy ingredients or cook simple meals for themselves? Do they understand how the food they eat affects their moods, health and energy levels? In three fun classes, **Junior Chef Club** will teach age appropriate kitchen skills to children. On the menu for class one: Fruity Apple Muffins and Homemade Breakfast Sausages (meat or vegetarian) from scratch! Genevive is founder of Eat, Drink & Be Healthy.



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\*40% off regular MSRP





# Intestinal Remediation with Fermented Foods and Supplements

By Tracey Beaulne, ND

Remediation is defined as trying to remedy a situation that is undesirable or deficient. In ecology, it typically means trying to go in and clean-up untold, human-manufactured damage to local ecosystems. In the modern landscapes within the human body, the term applies equally well to trying to remedy the stresses placed upon the intestinal ecosystem.

With a constant barrage of ultra-processed foods, antibiotics, food additives, chlorinated water and environmental contaminants, the healthy gut microbial ecosystem is taking a beating. In addition, psychological stress, improper sleep, lack of magnesium (which we otherwise get from green leafy vegetables), lack of dietary phytonutrients (the natural chemicals that give healthy plant foods their color, taste and texture), lack of vitamin D (by spending too much time indoors), lack of omega-3 fatty acids (again, by dietary choices) and other unhealthy lifestyle factors can wreak havoc on the gut ecosystem. The havoc is defined by one simple word: dysbiosis.

Dysbiosis is defined by either the loss of beneficial microorganisms, the expansion of potentially harmful microbes, or the loss of overall microbial diversity. These can, of course, occur in tandem. Undoing dysbiosis starts with changing the unhealthy lifestyle factors that might be responsible. But much like environmental remediation, the cleanup process doesn't begin and end with stopping further environmental contamination.

Environmental experts have to go into the site and clean up - proper remediation often involves making every effort to restore the environment to pre-contamination conditions.

So how to restore the gut microbial ecosystem? Notwithstanding that researchers still don't know precisely what an ideal GI microbial profile looks like, we at least know that microbial diversity is important and certain microbial families--such as Lactobacilli and Bifidobacterium--perform critical, health-supporting functions. We also know that consuming fermented foods and supplements can help with remediation efforts because

they may directly carry beneficial microbes to the gut and transform foods and products such that they support a healthy, diverse microbial ecosystem. Moreover, the microbes found in and on fermented foods may not need to be living to exert far-reaching (and beneficial) effects on other microbial families within the gut ecosystem.

*Tracey M. Beaulne, ND, has been a clinician for nearly 15 years. She focuses on complex gut-to-brain connections. Her personal and clinical experience with gut health has shaped her methods of treating the critical internal ecosystems. Dr. Tracey can be reached at [thetummyclinic.com](http://thetummyclinic.com).*



# The B.E.M.E.R Machine: Bio-Electro-Magnetic-Energy-Regulation

By Tim Newton, MPT, ATC

The human body is estimated to have between 50,000 and 60,000 miles of capillaries. Capillaries are the tiny vessels that communicate between our veins and arteries accounting for an approximate 74% of our vascular system. They are how our cells get the “good stuff” in and the “bad stuff” out. They are how the oxygen gets from our lungs to our arteries into our cells where it is needed. They are how our cells get waste products, carbon dioxide and damaged tissue out. Capillaries are to a large extent how we heal. Without circulation, our cells essential will drown in their own waste, stagnating. Think about a tide pool cut off from the sea--without the ocean’s periodic waves of new nutrients exchanging and revitalizing the pool, the pool eventually languishes and dies. We are not so different. Our capillary beds are somewhat like the waves washing our cellular tide pools.

What if you could be doing something simple to enhance your capillary’s ability to flow and transport nutrients to and from your cells? What if you could essentially enhance and support your body’s natural ability to circulate and impact nourishment throughout your tissues?

The Bio-Electro-Magnetic-Energy-Regulation was developed by Innomed International AG based in Liechtenstein as a unique breakthrough in pulsed electromagnetic field therapy. It was invented and patented by Professor Dr. Wolf A. Kafka. Utilizing a BEMER has been found to increase vasomotion (the spontaneous oscillation in tone of blood vessels, independent of heart beat) by up to 28%, while increasing micro-circulatory blood perfusion (the amount of blood being exchanged in our capillaries-how much is being delivered to the cells) by up to 29%. Venous return (how much bloods is being taken away from cells) likewise, was increased by a similar 31% whereas oxygen utilization (how much oxygen the cell has available and can use) increased by 29%. Imagine your body’s circulation as a pie cut into 4 pieces; using the BEMER gives the possibility for a full extra piece.

So what does this mean to your body?

The potential for:

- Improved cell oxygenation ( $O_2$  supply)
- Vastly improved macro- and micro-circulation
- Improvement in blood’s capacity to transport oxygen
- Improved elasticity of blood vessels

Which will tend to lead to:

- Rapid wound healing & regeneration
- Activation of the cellular metabolism
- Stimulation of nerve pulse transmission
- Improved removal of body poisons and toxins
- General well-being and high degree of vitality, fitness and health

The BEMER does not itself heal, but it does have the potential to dramatically impact our body’s circulation. Whatever blood flow and circulation can impact, the BEMER can influence and possibly improve by 25-30%.

The BEMER has been used for

- Persistent pain, depression and even hyperactive children
- Stimulation of wound and fracture healing; post-operative therapy
- Treatment of degenerative ailments of joints and the spine
- Treatment of fibromyalgia, rheumatism and arthritis
- Treatment of migraines, headaches, tinnitus
- Treatment of acute conditions as well as bacterial infections
- Fast regeneration after competitions and sport injuries
- Fast regeneration after exercise and healing of fractures in sports.

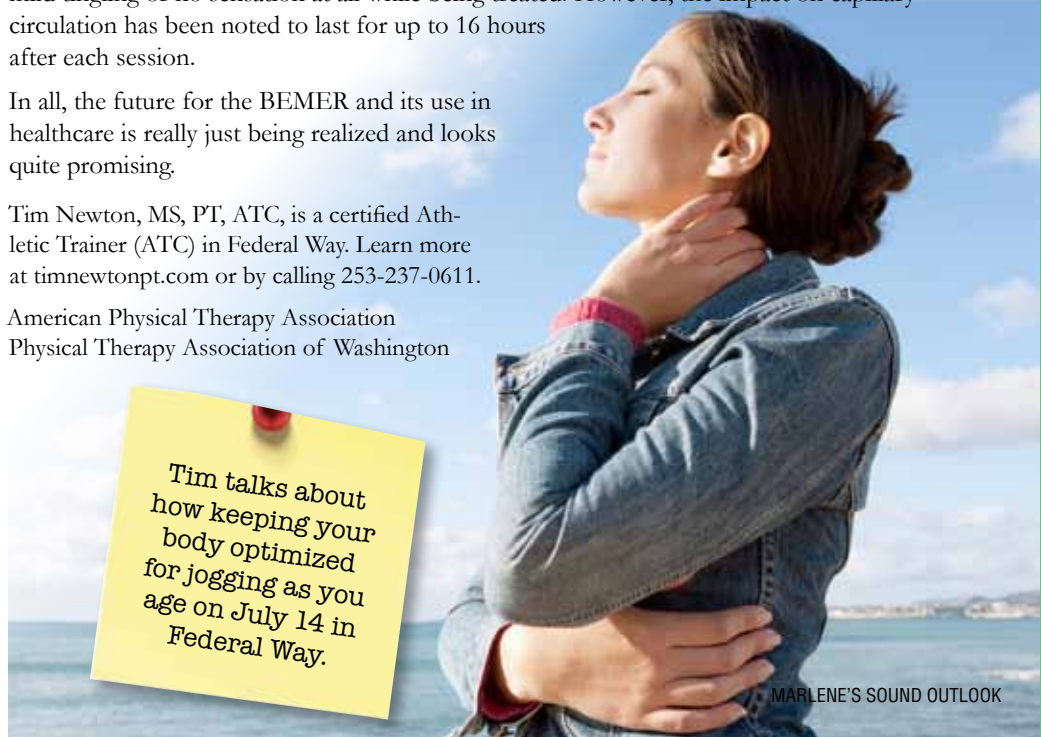
The eight minute BEMER session itself is very simple. The machine consists of a thin pad upon which the patient lies and through which a very low level pulsed electromagnetic field is generated. Patients have reported experiencing notable relaxation as well as occasional mild tingling or no sensation at all while being treated. However, the impact on capillary circulation has been noted to last for up to 16 hours after each session.

In all, the future for the BEMER and its use in healthcare is really just being realized and looks quite promising.

Tim Newton, MS, PT, ATC, is a certified Athletic Trainer (ATC) in Federal Way. Learn more at [timnewtonpt.com](http://timnewtonpt.com) or by calling 253-237-0611.

American Physical Therapy Association  
Physical Therapy Association of Washington

Tim talks about  
how keeping your  
body optimized  
for jogging as you  
age on July 14 in  
Federal Way.





# Change Your Mind, Change your Biology

By Susan Blake, BS, NTP, GCP

Of the 15 leading causes of death, men lead women in all except Alzheimer's disease, which many men don't live long enough to develop. "Men put their health last," says Demetrius Porche, DNS, RN, editor in chief of the *American Journal of Men's Health*. "Most men's thinking is, if they can live up to their roles in society, then they're healthy."

This is especially ironic since the leading causes of death for men, including cardiovascular disease, are largely preventable. Clearly, it takes more than just fulfilling societal roles to be healthy.

Thankfully it is becoming more acceptable for men to consider the importance of self-care and getting in tune with their bodies and emotions. Bruce Lipton, MD is a leading voice for bridging the gap between science, health, and the mind, and his message is not just for men. Lipton has been studying stem cells and epigenetics for decades, and reporting back that the gene theory of biological control is not the full answer.

"Emerging at the cutting edge of cell science is the recognition that the environment, and more specifically, our perception of the environment (what we think), directly controls our behavior and gene activity."

Lipton explains that each cell membrane responds to the environment by sending signals that modulate specific proteins that control the cell's behavior, function, and possibly adaptive genetic mutations. In other words, "The environment, through the act of perception, controls behavior, gene activity and even the rewriting of the genetic code."

One of Lipton's research questions is whether genes have any influence. His answer is "yes-but." About one percent of human diseases are determined by genes. The rest reflect an interaction between our perceptions and our genes. That is, what we think, perceive, believe and the environment are the underlying contributing factors to most of the conditions, symptoms, and disease that

people experience. Particularly stress.

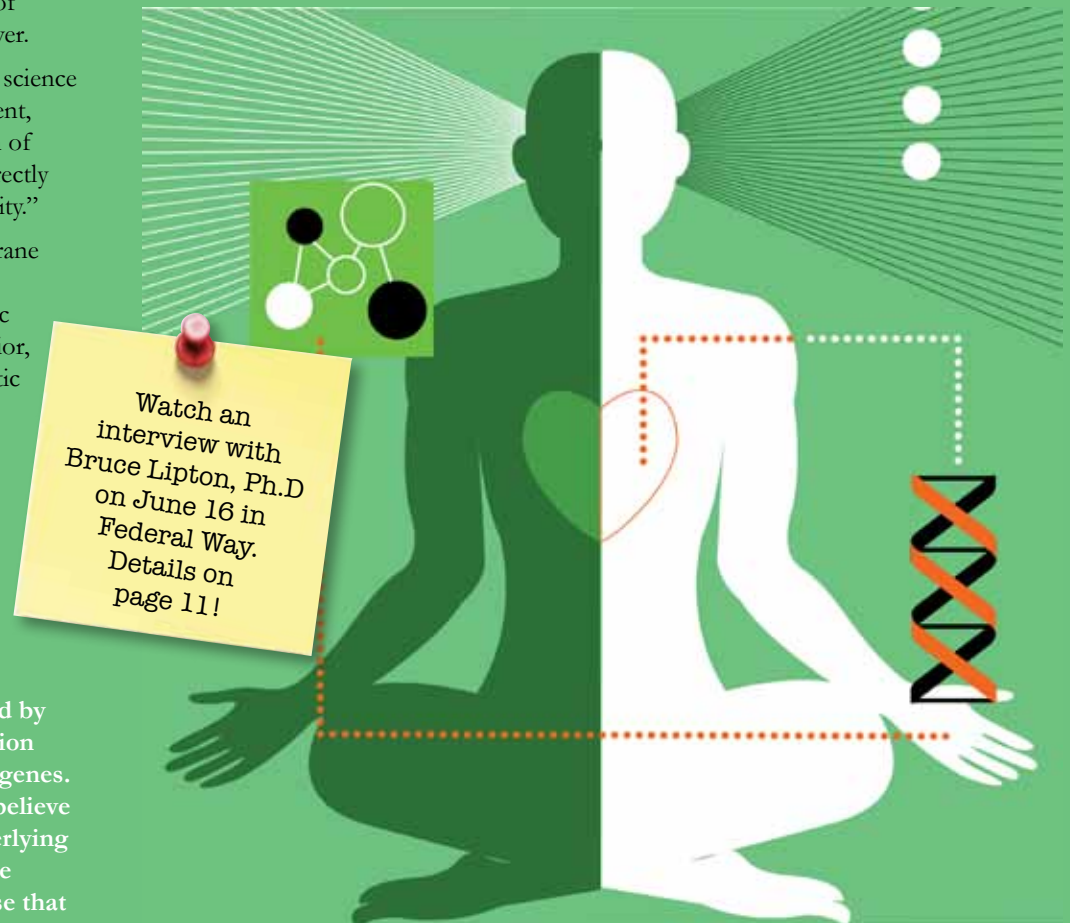
Lipton likens the the human body to a "skin-covered petri dish." Blood is like the culture medium used in a laboratory experiment. When the medium in a petri dish is altered, it affects the cells growing in it. Similarly, when you change the composition of blood, the body cells and tissue are affected. For example, when you experience stress from any source--running from a saber tooth tiger, having road rage, or simply worrying about finances--the brain responds and releases chemicals such as stress hormones, cytokines and inflammatory agents which are essential for the body to deal with the perceived stress. But it also shuts down functions such as growth, maintenance and support.

As for men and heart imbalances, Lipton claims cardiovascular disease doesn't occur because a man has a defective heart,

but because a diseased state is how the heart cells and tissue function when a man's life is one of continuous stress and poor nutrition. This is what creates the blood chemistry of stress and depletion.

Instead of treating cardiovascular disease with drugs, improving health actually requires changing the individual's perception of life and their lifestyle choices. In other words, if you change your mind, you change your blood chemistry and directly change biology (including gene expression). Lipton encourages us all to "live every day, right now, as if it's heaven on earth." With your creative mind, YOU have the power to rewrite the programs that keep you stuck in disease.

*Susan Blake, BS, NTP, GCP is a nutritional therapist and chapter leader for the Weston A. Price Foundation. She can be reached at [bairandbodyshop@comcast.net](mailto:bairandbodyshop@comcast.net) or by calling 253.778.0684. See Susan's article on page 15.*



Watch an interview with Bruce Lipton, Ph.D on June 16 in Federal Way. Details on page 11!

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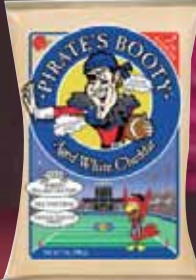
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# Greens are SUPERFOODS

By Michael Wohlfield, ND

When they're young, plants like cereal grasses contain a pigment that the human body craves--chlorophyll. The molecular structure of red blood cells and chlorophyll is virtually identical except for the center atom: in red blood cells (hemoglobin) the central atom is iron; in chlorophyll it is magnesium.

Molecules of chlorophyll and red blood cells are responsible for the transportation and consumption of oxygen, throughout the body.

Chemists report the synthesis of hemoglobin by animals can occur in much the same way as the synthesis of chlorophyll in plants. Animals consuming only leafy green plants have ample amounts of hemoglobin in their red blood

cells. **Feeding animals chlorophyll-rich foods stimulates the regeneration of red blood cells. Chlorophyll-rich foods seem to stimulate the bone marrow's ability to produce red blood cell.**

It appears then, a diet ample in greens and proteins would be useful for anemia, detoxification, energy and pH balancing.

While all green plants have some chlorophyll, algae like spirulina and chlorella contain some of the most chlorophyll. Taking a greens supplement that is low temperature processed and perhaps in a blend of grasses, algae and green vegetables, is an ideal option for those looking to support a healthy liver, digestive system, pH balance & red blood cell production.

It's common knowledge nowadays that breast self-examination is one of the ways that women take care of their breast health. When it comes to prevention, including more antioxidant-rich veggies and fruits in the diet has been shown to reduce risk. However, **mounting evidence shows that consuming green drinks made from super foods like chlorella, spirulina, kamut wheat grass and barley juice daily could be the high note to slowing premature aging of breasts, surviving cancer and even easing chemotherapy.**

A study found that women's breasts are the fastest aging organ of the body. Breasts age two to three years ahead of the rest of the body in optimally healthy women but by up to 12 years in the case of breast cancer.

This faster aging is thought to be due partly to environmental toxins that accumulate in breast tissue. The breasts contain fatty tissues that attract cancer-causing and estrogenic chemicals such as pesticides and industrial solvents. These interact with cells, damaging their genetics, flipping on processes that stimulate aberrant proliferation.

A study in the American Journal of Pathology shows that spirulina, a blue- green algae

contains powerful anti-oxidants and potential anti-cancerous properties.

Wheatgrass juice seems to also contain some of the same powerful properties associated with healthy cell replication. Barley grass' cell wall is a source of beta-glucans that has immune modulating properties.

If looking to support a healthy immune response system, consider taking a supplement rich in wheatgrass or kamut as well as a barley supplement. As well you might find overall energy increase.

So whether you or not you consume a large amount of leafy greens and vegetables or do your own juicing, **taking greens in a supplement form positively affects your immune system, energy production, healthy red cell production.**

*Michael Wohlfield is a naturopathic physician and educator for Pure Planet. He can be reached at [staffnaturopath@gmail.com](mailto:staffnaturopath@gmail.com).*



Meet Michael and sample algae and cereal grasses Thursday, May 2 in Federal Way—details on page 10!

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# JUNE

## Calendar of Events

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME. Payment can be made online by going to [www.marlenesmarket-deli.com](http://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](mailto:classhost@marlenesmarket-deli.com).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Homeopathic Allergy Relief for People & Pets with David Gerhardt 6:30 pm, FREE Federal Way 1	The Healing Power of Chlorophyll with Michael Wohlfeld, ND 6:30 pm, FREE Federal Way 2		Introduction to Essential Oils with Elizabeth Bloom 10 am - Noon, FREE Tacoma 4
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! Altruria Springs Flower Essence Demo 12-2 pm Tacoma 5		Man UP! with Owen Miller, ND 6:30 pm, FREE Tacoma 7	Vaccines: Trading Acute for Chronic Illness? with Audrey Adams and Ann Clifton, RN 6:30 pm, FREE Federal Way 8			Father's Day for Foodies with Nicole Heart 10 - 11:30 am, \$20 Federal Way Pre-registration required 11
Altruria Springs Flower Essence Demo 12-2 pm Federal Way 12	Uniform Monday! 10% off to all firefighters, military, and police! 13	Honeybee Health and Our Food System with Matt and Madelyn Morris 6:30 pm, FREE Tacoma 14		We are More Than Our Genes A video interview with Bruce Lipton hosted by Susan Blake, BS, NTP 6:30 pm, Suggested donation \$5-10 Federal Way 16		<b>KID'S CLASS</b> Read Your Greens: Storytime for 3-8 year olds with Katherine Pryor 10-11:30 am, FREE Federal Way 18
Father's Day <b>KID'S CLASS</b> Gardening with Grandma & Grandpa for 3 - 10 year olds with Jody Matthews 10 - 11:30 am, FREE Tacoma 19	June 19 Altruria Springs Flower Essence Demo 12-2 pm Tacoma 20	Escaping Sugar's Grip with Sherry Fry, CHFS, NTP and Steven B. Fry, CHFS 6:30 pm, FREE Tacoma 21		Backyard Vegetable Gardening with Carey Thornton 6:30 pm, FREE Federal Way 23		
<b>KID'S CLASS</b> Junior Chef Club, Session One with Genevieve Nichols 1 - 3:30 pm, \$20 per class or \$50 with series signup Pre-registration required. 26	June 26 Altruria Springs Flower Essence Demo 12-2 pm Federal Way 27	Backyard Beehives with Jim Martinson Tuesday, June 28 6:30 pm, FREE Tacoma 28				



## COMING IN JULY

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editor@marlenesmarket-deli.com



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JUNE 2016

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# Summer Kid's Classes

- see page 11 for details -

## Read Your Greens: Storytime for 3 - 8 year olds

with Katherine Pryor Saturday, June 18  
10 - 11:30 am, FREE  
Tacoma



## Gardening with Grandma & Grandpa for 3 - 10 year olds

with Jody Matthews  
Sunday, June 19  
10 - 11:30 am, FREE Tacoma



## Junior Chef Club for 6 - 12 year olds

with Genevive Nichols  
Sunday, June 25, Sunday, July 10  
& Sunday, August 21  
10 am - 12:30 pm, \$20 per child per class  
or \$50 for series  
Tacoma

