

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

# SOUND OUTLOOK

June 2017

## Men's health

Wellbeing with minerals & herbs  
Change your fate

## Hemp revival

The hulls of health  
Hope for the future


## Sustainable living

Herbal honey remedies  
Composting with a cause

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



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## A from Marlene...

Hi, everybody!

June is finally here. What a wonderful month. The green of spring is almost the green of summer, and flowers and vegetables are starting to grow profusely. Happy times in the beautiful Pacific Northwest.

We have all kinds of organic seeds and local plant starts. Check out our soil enhancers and fertilizers, too. Time's a-wastin' – get yourself in the garden!

Also, have you considered home sprouting? It's so easy. And nothing is quite as nutritious and delicious as the boost you get from your own Mason jar sprouts. For those confined indoors or those who have no garden space, you can have crunchy sprouts in 3 days! Come in and talk to us about how to get started.

So, friends, enjoy the beginning of summer. Get outdoors, plant things, and get ready for a warm and wonderful season.

Best to you all -



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



# Citrus Sensation Barbecue Sauce

by Cory Malsch, Merchandiser for Marlene's Market & Deli

20 oz	ketchup
2 Tbl	Worcestershire sauce
2 Tbl	red wine vinegar
2 Tbl	tamari sauce
1 Tbl	freshly grated ginger
2 Tbl	chili powder
1 Tbl	onion powder
1 Tbl	garlic powder
½ cup	brown sugar
½ cup	molasses
	juice of 1 lemon
	zest of 1 lemon

Combine all ingredients in a medium-sized sauce pan. Simmer on medium-low for 20-30 minutes, stirring occasionally. Serve with pulled pork or brush onto grilled chicken!



# Hemp Cabbage Slaw

by Manitoba Harvest

¼ cup	Manitoba Harvest hemp oil
¼ cup	red wine vinegar
2 tbsp	maple syrup
3 cups	red and green cabbage, shredded
½ cup	red and yellow pepper, chopped
⅓ cup	Manitoba Harvest hemp hearts
¼ cup	raisins
¼ cup	green onions, chopped
½	carrot, peeled and julienned

Combine hemp oil, vinegar and maple syrup in a bowl. Whisk together. Toss with remaining ingredients. Serve chilled alongside your favorite main dish.





# 10 Reasons to Choose Hemp Foods

by Manitoba Harvest

Hemp is one of the most versatile plants on Earth! Hemp fiber can be used for everything from textiles and plastic to fuel and heavy-duty construction materials. Hemp seed is also used to make cosmetics and foods. So, what's so great about hemp foods?

- 1. Hemp foods are delicious!** Hemp foods all start with the hemp seed, which has a naturally nutty flavor. Hemp's flavor complements any meal and can enhance the most common dish. For example, change up how you prepare fish or chicken by coating it in hemp hearts (shelled hemp seeds) for an easy, gluten-friendly crust.
- 2. Hemp is easy to use.** Sprinkle hemp hearts on cereal, yogurt, salad, and pretty much anything else! Add them to smoothies and baked goods. Hemp hearts are great to use as the base for making homemade hummus or pesto, too.  
  
Blend hemp protein powder into your favorite smoothie, stir into oatmeal or yogurt, and add hemp protein powder to baking.  
  
Drizzle hemp oil over pasta and grilled veggies or add it to your favorite salad dressings and sauces. Try coating fresh organic popcorn with hemp oil. The buttery texture and nutty taste is simply delicious.
- 3. Hemp foods are full of protein.** Hemp is one of the few plant-based proteins that contain all ten essential amino acids. Hemp hearts contain twice the amount of protein as chia or flax. There's actually more protein in a 30-gram serving size of hemp hearts than in the same 30-gram serving of either chicken, almonds, cheese, or ground beef.
- 4. Hemp foods are rich in omegas.** Hemp contains omegas 3, 6 and 9 in the ratio that nature intended.  
  
Included in hemp's omega profile is the rare omega 6 gamma linolenic acid (GLA). GLA has been shown to support healthy hair, skin, and nails, as well as aid in optimal hormone balance. GLA is why hemp oil is used in beauty products.
- 5. Hemp protein is not a carbohydrate,** unlike many other vegetarian proteins. It's the perfect partner to all the healthy and delicious carbohydrate-rich plant foods like grains, fruits, and legumes.
- 6. Hemp is packed with magnesium.** Nicknamed "Mother Nature's Muscle Relaxant," magnesium helps muscles turn off their contraction, enabling relaxation. This means magnesium helps reduce headaches, constipation, stress, cramps, and more. A 30-gram serving of hemp hearts offers almost half of the recommended daily magnesium intake!

- 7. Hemp is never genetically modified and sustainably grown,** so being better for you also means being better for the environment.
- 8. Hemp is not the same as marijuana.** Comparing hemp and marijuana is like comparing beer and dealcoholized beer. Hemp foods contain less than 0.003% Tetrahydrocannabinol (THC) and will NOT cause a psychoactive effect or a false positive drug test, whereas marijuana contains double-digit THC levels.
- 9. Hemp foods contain no known allergens.** Need to bring a food item to an allergen-free environment or a potluck with picky eaters? Hemp foods are your answer! Paleo, gluten-free, high protein, whole foods, or vegetarian – hemp foods fit into most specialty diets.
- 10. Did we mention that hemp foods taste great, are easy to use, and nutritious too?!**

*For more information and delicious recipe suggestions, visit [manitobaharvest.com](http://manitobaharvest.com) and follow them on social media.*





# HEMP: HOPE FOR THE NEXT GENERATION

by Hemp History Week

Over half of all U.S. states have lifted the ban on industrial hemp farming at the state level. Federal law still prohibits commercial industrial hemp cultivation due to an outdated and inaccurate drug policy. But across the country, consumer awareness about the health benefits, economic opportunities, technological innovation, and sustainability advantages of industrial hemp is increasing.

During 2016, a record volume of hemp was planted and harvested in the United States. The passage of the Agricultural Act of 2014 (also known as The Farm Bill), defines industrial hemp as distinct from marijuana. This allows research institutions or agricultural departments of hemp-legal states to regulate and conduct research and pilot programs for industrial hemp farming. Advocates and organizers are eager to see 2017 be the year industrial hemp farming expands across the American agriculture landscape once again!

## HEALTH BENEFITS OF HEMP

Hemp seeds are a rich source of omega 3 and omega 6 essential fatty acids (EFAs), providing both SDA and GLA. It contains naturally-occurring vitamins and minerals, such as vitamin E and iron. An excellent source of dietary fiber, hemp seed is also a complete protein – meaning it contains all ten essential amino acids with no enzyme inhibitors, making it more digestible by the human body. As consumers become aware of the health benefits of hemp foods, they are becoming increasingly popular and readily available. Look for hemp seeds, milk, ice cream, oil, cereals, and snacks, as well as hemp protein powder and dietary supplements.

## INNOVATIVE HEMP TECHNOLOGY

Advancements in hemp research and manufacturing demonstrate the remarkable versatility and product-potential for hemp. Hemp bast fiber has shown promising potential to replace graphene in supercapacitor batteries, which could then be used to power electric cars, handheld electric devices, and tools. Hemp fiber can

also be used to create environmentally friendly packaging materials and hard bio-plastics for use in everything from airplanes to car parts. Hemp houses are also on the rise, as hempcrete has many advantages to synthetic building materials, lumber, and concrete. Hempcrete is energy-efficient, non-toxic, and resistant to mold, insects, and fire.

## HEMP FOR SUSTAINABLE AGRICULTURE

Hemp is a renewable resource that can help reduce market dependency on wood, oil, and other non-sustainable industrial agriculture practices, thereby contributing to environmentally responsible food and fiber production, forest conservation, reduction in agriculture pesticide use, and soil remediation. Hemp pulls carbon from the atmosphere, reducing the rising rate of CO2 levels responsible for climate change. In addition, pollinators thrive on the abundant pollen created by hemp plants.

## UNITED IN THE EFFORT TO LEGALIZE HEMP FARMING

Now in its eighth year, Hemp History Week is an industry-wide effort made possible by the support of the leading natural product

brands known for manufacturing the highest quality hemp products. It is backed by familiar brands including: Dr. Bronner's, Farmer Direct Co-op, Living Harvest, Manitoba Harvest, Nature's Path Foods, Nutiva, and Pacific.

Even within the 31 states that have legalized industrial hemp farming, the hemp industry faces a number of challenges and barriers to bring industrial hemp farming full scale. Some of these issues include: the inability of hemp farmers to obtain crop insurance and financing, difficulties involved with sourcing certified hemp seed, the lack of adequate processing infrastructure in the United States for raw hemp materials, barriers to interstate commerce for hemp products, and the regulation of CBD products.

*Join the growing movement of farmers, producers, organizers, and advocates from all walks of life as we work together to bring hemp back to American soil. The 8<sup>th</sup> annual Hemp History Week is June 5 – 11, 2017. It is a chance to share information and celebrate the benefits of one of the most important crops; industrial hemp. For further information, please visit [hemphistoryweek.com](http://hemphistoryweek.com)*







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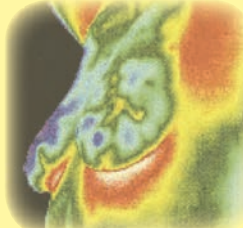
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**HEMP HISTORY WEEK**

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# Men's Health with Marlene's

by Craig Klein, National Educator for Vitality Works

## Adrenal Rx

The adrenal glands have many significant functions in the body. Stress of any type can significantly impact adrenal function. Adrenal Rx is a combination of herbs that work together as adaptogens to assist the adrenals in dealing with stress from any source. They do not work by blocking stress, but rather they help to maintain balance, moderating the stress response. This protects the adrenals and other hormonal glands from the effects of overreacting to stress.

This support can be for those who are already 'burned out' or for those who are just beginning to feel that way. The result of using Adrenal Rx includes normalizing stress hormone levels, balancing blood sugar levels, and production of cortisol. Protecting the adrenals from the long term effects of stress helps to maintain and restore balance both biochemically and hormonally. The result is better stamina, mental clarity, energy, and sense of wellbeing.

## Ashwagandha

Ashwagandha is an adaptogen that can assist the body in dealing with the effects of stress, both physically and emotionally. Ashwagandha can be used proactively for those who are depleted from putting out more energy than they take in. If a person is already suffering from the impact of stress of any type, ashwagandha can help one to rejuvenate. Stress can result in hormone imbalances which can impact a man's health and quality of life in a number of ways. Ashwagandha can help to maintain a healthy hormone balance, including testosterone that is central to a man's vitality. These benefits can range from healthy sexual function to improved mental and physical strength. Ashwagandha can help to maintain and restore a man's overall resilience.



## Male Virility

Virility is an issue that is important to many men. A man's virility can be defined as his strength, power, and vitality. Male Virility is a combination of herbs and other nutrients that work together synergistically to support these qualities. The formula includes herbs that support healthy testosterone levels, including maca,

epimedium, horny goat weed, saw palmetto, and tribulus. In addition, maca supports adrenal health and physical performance. Tribulus, along with epimedium, saw palmetto, and wild oat seed, encourage a healthy sex drive. L-Arginine, an amino acid, supports peripheral circulation. American ginseng helps to prevent the effects of stress so that the man can function normally. This blend is an effective way to promote and maintain a man's virility.



maca and tribulus



Saw Palmetto

Prostate health is an important concern for men. The prostate gland is a part of men's reproductive system, which produces the fluid that is a component of semen. Supporting healthy urination is another important function for the prostate..

Saw Palmetto is most commonly used to provide support for health issues related to the prostate gland. This includes support for what is known as benign prostatic hyperplasia (BPH), which is an enlarged prostate. When this occurs, prostate function can be compromised and urination becomes frequent and difficult.

Each liquid-filled veggie cap contains a CO<sub>2</sub> supercritical extract of saw palmetto that is standardized to provide a minimum of 85% essential fatty acids. This 'liposterolic' extract provides the unsaturated fatty acids that are responsible for saw palmetto's beneficial effect on the prostate.

## Rhodiola

*Rhodiola rosea* is a well-studied herb that has a long history of use as an adaptogen. Rhodiola helps one adapt to stress and return to normal function, as well as increasing stamina and endurance. Rhodiola supports both physical and mental performance helping to relieve fatigue. It is also used to stimulate cognitive function and memory, as well as enhance mental clarity. Rhodiola works to normalize mood, helping to alleviate the feeling of sadness and despair.

Although rhodiola contains many chemical compounds, rosavins are of particular interest in terms of this herb's beneficial effects. Our capsules are made from the root extract and contain a minimum of 5% rosavins, which are thought to be responsible for rhodiola's effect on mood.



rhodiola

**To learn more about men's health, plan to attend Hemp and Men's Health on Tuesday, June 6 or Reflexology for Men's Health on June 13. More information on page 10!**





# Make Your Own Compost at Home

by Sue Hartman of Garden Hotline and Tilth Alliance

Join Carey Thornton of Tilth Alliance and learn how to turn your food scraps into nutrient-rich compost! Thursday, June 8 in Federal Way -- details on page 10.

Compost builds healthy soil by providing valuable nutrients and organic matter. But did you know that adding compost to your garden can save you money, as well? Plants grown in healthy soil often need less water, fertilizer, or pesticides to thrive, resulting in a plumper wallet and happier plants!

## Food Waste

It is easy to make your own “black gold” at home. Compost food scraps in a worm bin, in a food digester, or directly in the ground. Buy a worm bin or build your own at home and just add food, bedding, and composting worms. Purchase red wigglers (*Eisenia fetida*) from a reputable worm vendor or get a handful from a friend with an established worm bin. The larger the population grows, the more food and bedding you will add and the more worm castings you will have for your garden. Worm bins need to be drained periodically so that the worms don’t drown. Make worm tea by draining this liquid into a bucket, diluting it with water and giving your vegetables a nutrient boost!

A food digester is similar to a worm bin, but easier to manage. Turn a galvanized metal garbage can into a food digester by drilling holes in the bottom half of the can, including the bottom, and “plant” it in the ground so that none of the holes are exposed. Put a secure lid on it and start adding your food scraps. Worms and other critters will find the goodies and eventually turn them into compost. It’s a slower process than a worm bin, but you will not need to purchase worms. Be sure to secure the lid to the sides of the can as an added protection from unwanted critters. Place it at the drip line of your fruit trees for a perpetual source of nutrients and good soil microorganisms.

Burial or trenching is another easy way to compost food scraps. Dig a hole or trench at least 12 inches deep. Spread out the food in the hole and cover it with soil. Wait at least a couple weeks before planting to give the food time to decompose. You cannot harvest the compost like you can from a food digester or worm bin, but it is an easy way to enrich an existing garden bed or start a new one.

## Yard Waste

Yard waste can be composted too, though some methods require more time and work than others. Here are some methods you can use to speed up the decomposition process if you are trying to decide which yard waste system is best for you:

- A hot pile system makes high quality compost, fast – about one to two months. In this process, it is required to monitor temperature, moisture and air circulation on a regular basis, as well as needing to be mixed every few days. The pile must maintain a temperature of 130-150° F, which effectively kills pathogens in manure and weed seeds while speeding up the decomposition process. Keeping multiple bins allows one to actively compost while the others “cure.”
- A cold pile system allows yard waste to sit in a pile and decompose on its own, but can take six months to a year, depending on the size and type of ingredients. Be sure to cut woody stems and branches into three inch or smaller pieces. Be mindful in the use and placement of this compost because this process doesn’t account for pathogens or weed seeds still present.
- Create a pile and add your yard waste progressively. Mix carbon-heavy (“brown”

and nitrogen-heavy (“green”) inputs to make a pile less smelly and break down more efficiently. For example, grass clippings can become smelly when piled alone, but will make better compost and be less smelly when mixed with leaves.

*For helpful tips, visit [www.gardenhotline.org](http://www.gardenhotline.org) or call 206.633.0224. Garden Hotline can also be found on Facebook, YouTube, Pinterest and Twitter. Visit the Tilth Alliance website for more information: [www.seattletilth.org](http://www.seattletilth.org).*

## What NOT to add to your home waste compost:

Meat, fish, poultry, bones, or dairy: If you have municipal food and yard waste composting, you can put them in your collection bin. If not, they need to go in the garbage.

Fruits and vegetables: Rotting produce will attract rodents. Put them in a worm bin, food digester, or bury them instead.

Pet waste: Bag it in plastic and throw in the garbage. There are also specialized pet waste composting systems available for purchase.

Diseased or insect-ridden plants and invasive weeds: English ivy, Japanese knotweed, blackberry, bindweed (often called “morning glory,” but it isn’t).

Evergreen leaves, holly, berry brambles, and rose stems. These take long time to decompose and you can injure yourself trying to chop up the prickly stems!

Sawdust or shavings from painted or treated wood.

Coated paper: photo, copy, or waxed.



# Bee Products for Better Herbal Preparations

by Madelyn Morris, MS, herbalist and owner of Mickelberry Gardens

The honeybee worker is a master herbalist: she travels to a wide variety of flowers to gather nectar, and with the help of her sisters converts this nectar into honey. This process involves time, special enzymes in her saliva, and the fanning of many worker bee wings to evaporate moisture. The final product contains the essence of millions of flowers, tiny pollen grains, and healthful enzymes. Raw honey that has not been heated above 95-100° F keeps these elements preserved the best.

Local raw honey is a medicinal food and an excellent complement for many herbal preparations. Its sweetness is useful for helping disguise or improve the flavors of bitter, less palatable herbs—honey can be mixed with powdered herbs to form small pills; this enables bitter herbs to be consumed. Honey can also be used as the base for herbal syrups, complementing and enhancing the flavor.

My personal favorite preparation of honey and herbs is an oxymel, which is a combination of raw honey and raw apple cider vinegar that has been steeped with

different medicinal plants. Honey is an excellent addition to herbal teas, to sweeten and provide soothing and relaxing qualities to the brew.

Honey can also serve as a gentle solvent for extracting the medicinal properties and delicate flavors of plants—fresh harvested rose petals infused into honey for several days or weeks, warmed gently, and strained makes a fabulous preparation called “Rose Miel”. This summer I plan to try making a Jasmine Flower Miel with the insanely fragrant star jasmine vines in my garden that begin flowering in late June.

Beyond being a natural and delicious sweetener, honey offers many natural benefits to the body. Honey is antimicrobial, so it can help fight viral and bacterial infections. Its thick, syrupy nature is soothing on inflamed tissues, making it a very useful application for sore throats and coughs. This effect occurs on honey’s journey down the esophagus and into the stomach, where it relaxes and soothes the digestive system.

In Ayurvedic medicine, the traditional system of natural medicine from India, raw honey is considered to help deliver the healing properties of herbs deeper into the body and to direct and guide the herbs to where they are intended to provide benefit. Ayurvedic texts are also very clear that honey should only be consumed raw.

Honey is also valuable for healing skin problems externally. Its antimicrobial and soothing properties are very useful in application to the skin, particularly to soothe burns and other types of skin wounds. Honey can be applied directly to the skin, and covered with a clean cloth or bandage as necessary.

Honey is an amazing gift from the bees that benefits our health and wellbeing in many ways and helps make our lives a little sweeter.

*Mickelberry Gardens was founded by the husband and wife team of Madelyn and Matt Morris in 2012. They provide organic and herbal bee products for your health in Gresham, Oregon. For more information visit [www.mickelberrygardens.com](http://www.mickelberrygardens.com).*

This fun, energy-packed, nutrient-dense raw honey recipe includes local bee pollen, ginger, and cardamom!

## Honey Nut AmazeBalls

1½ cups	tahini
1½ cups	nut butter
2 cups	raw honey*
8 oz	coconut, dried and shredded
9 oz	chocolate chips, fair-trade
½ cup	dried fruit (currants, blueberries, raisins)
½ cup	dates, dried and chopped into small pieces
½ cup	candied ginger, chopped into small pieces
1 cup	chopped nuts
1½ Tbl	cardamom, ground
2 Tbl	bee pollen, ground
3 Tbl	hemp or sesame seeds

Mix all ingredients together in a large bowl until a dough forms. Make individual balls of approximately 1 tablespoon each. Refrigerate for at least 1 hour before serving.

This recipe yields about 70 balls – great for a party! You can cut the recipe in half for a smaller quantity.

\*Raw honey should not be given to infants under 1 year of age because it has not been pasteurized.

Learn the intricate relationship between pollinators and sustainable living with experienced beekeepers on Thursday, June 22 in Federal Way—details on page 11.

# June Speakers & Classes

## at Marlene's Tacoma & Federal Way



### Hands Up for Health!

with John Kenny and Genuine Health  
Saturday, June 3

11 am – 3 pm, FREE

Tacoma

Teach your children the importance of good health and the rewards of being a conscious steward of our Earth! Accompany your child to Genuine Health's informative and interactive event for yummy food samples, loads of coupons, and a decoration station to personalize their free reusable shopping bag! For every child who visits their booth, Genuine Health will plant a tree through the non-profit reforestation organization One Tree Planted.



### Hemp and Men's Health

with Matthew Hidy, DC  
Tuesday, June 6

6:30 pm, FREE

Tacoma

Do you want to achieve better health, prevent

injuries, and maintain your current activities in comfort? Local chiropractor Dr. Hidy will discuss how to improve your body's movement through active and passive therapies, with a special focus on men's health. Also, learn how hemp products can support and enhance a healthy, active lifestyle. Prepare your body for a pain-free and productive summer!



### Worm Bin Composting

with Carey Thornton of  
Tilth Alliance

Thursday, June 8

6:30 pm, FREE

Federal Way

A rind is a terrible thing to waste! Learn how to turn

your food scraps into nutrition-rich compost with Carey Thornton from Tilth Alliance. She will share how to set up and maintain a "red wiggler" worm composting bin, benefits of worm tea and castings, and resources to get you started. Get inspired to turn your lawn clippings, fall leaves and plant trimmings into compost too. Gardening goodies raffle at end of class! Sponsored by City of Federal Way.



### Make Mead and Wine from Home

with Hal Meng

Saturday, June 10

10 am – noon, \$20

Tacoma

Wine about it at home!

Join Hal Meng, avid and

experienced fermenter, as he shares his knowledge on creating delicious fruit and honey wines from the comfort of your own kitchen. Learn which fruits are best to use, fermentation methods, and flavoring options. Create the perfect spirit that speaks to your soul! Please pre-register.



### Reflexology for Men's Health

with Linda Frank, RF,  
NBCR

Tuesday, June 13

6:30 pm, FREE

Tacoma

Reflexology is not only known for its ability to support relaxation, improve overall mood, and relieve unwelcome tension – it can be used to address sex specific health and wellness. Join board certified reflexologist Linda Frank for a discussion on how reflexology can boost circulation, improve physical and hormonal balance, and support healthy libido in men and women!



### Botanical Herbs for Mental Health

with Herb Joiner-Bey, ND  
Wednesday, June 14

6:30 pm, FREE

Federal Way

Over 25% of adult

Americans suffer from some

type of diagnosable mental disorder. Though pharmaceutical prescriptions may temporarily relieve symptoms, they may also cause very undesirable side effects. Join naturopathic doctor Herb Joiner-Bey and learn how using botanical blends and extracts can alleviate the symptoms that correspond with depression, anxiety, obsessive-compulsive disorder, and more.



### Cupid's Landing Presents: Avoid Killer Diseases with a Plant-Based Diet

with Paula Furner and  
Anthony Creighton

Thursday, June 15

6:30 pm, FREE

Federal Way

Learn how a plant based diet can help avert or prevent five of America's top killer diseases: heart disease, diabetes, cancer, Alzheimer's disease, and influenza.



Additionally, learn how a plant based diet can prevent the disease perpetuated by factory farms. This class will be presented by author and educator, Paula Furner, as well as local vegan fitness coach, Anthony Creighton.



**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)



**Natural Remedies to Restore Men's Health**

with Pushpa Larsen, ND,  
Meridian Labs

Saturday, June 17  
10 am – noon, FREE  
Federal Way

Join Dr. Pushpa Larsen from Meridian Valley Laboratory for a talk about men's health. She will discuss nutrients and natural remedies that can help with conditions such as: loss of libido, sleep problems, hair loss, prostate issues, and a loss of pleasure in life! Learn about lab tests that can help shine a light on the underlying causes of some of these conditions and bring your questions!



**Pickles!**

with Meghan Hintz, LMP  
Tuesday, June 20

6 pm, \$20  
Tacoma

Learn to make traditional fermented pickles from your garden harvest! These

delicious pickles are easy to make and packed with 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. Please pre-register.



**For the Love of Bees**

with Matt and Madelyn  
Morris, founders of  
Mickelberry Gardens

Thursday, June 22  
6:30 pm, FREE  
Federal Way

Mickelberry Gardens was founded with a love for herbal medicine and traditional beekeeping. Join Matt and Madelyn as they share their knowledge of the

intricate relationship between pollinator health, herbal healing, and sustainable living. Experience their herbal remedies made with raw honey, propolis, beeswax, bee pollen, and medicinal plants.



**Begin Your Reiki Journey**

with Windy Stabile,  
Master Reiki Practitioner

Saturday, June 24  
10 am – 6 pm with  
intermission, \$100 –  
special price!  
Tacoma

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**DIY Mozzarella and Ricotta**

with Julie Martin,  
founder of OlyCultures

Tuesday, June 27  
6 pm, \$30  
Tacoma

Julie Martin, of

OlyCultures, demonstrates from start to finish, how to prepare delicious mozzarella and ricotta. Learn about the nuanced creation process, proper storage, and a variety of ways to prepare and serve your homemade cheeses. Guests will be invited to try fresh samples and take home recipes to continue exploring homemade cheeses! Please pre-register.



**Summertime at the Grill**

with Mitra Mohandessi  
Thursday, June 29

5:30 pm, \$30  
Tacoma - Please note time  
and location.

Mediterranean cuisine

enthusiast Mitra Mohandessi shares her insights into the age-old practice of cooking with fire! Learn a variety of techniques for marinating, tenderizing, and seasoning your grillables. Guests will enjoy preparing their own Chicken Souvlaki; a fragrant herb-marinated dish served with pita, fresh vegetables, and Tzatziki sauce. Also, enjoy a summer dessert of mint-infused watermelon with rosewater syrup! Please pre-register.

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# Botanical Blends for Mental and Emotional Wellbeing

by Herb Joiner-Bey, ND

## The Illness People Hide in Shame

It is estimated that over a quarter of Americans age 18 and older suffer from a mental disorder. Thus, 58 million adults suffer from some diagnosable mental illness. This includes common impairments such as depression, anxiety, attention deficit, substance addiction, obsessive-compulsive disorder, and autism (e.g., Asperger's syndrome). Due to the social stigma associated with mental illness, people tend to hide the fact that they or their loved ones are suffering from a mental disorder.

Although conventional pharmaceuticals may palliate symptoms, they may cause very undesirable side effects. Natural medicine offers some viable alternatives. Among these are botanical medicines which, when used in combination, can provide some relief without significant adverse effects. Such botanical blends are not magic panaceas for mental ills, yet they can serve as safe and helpful options under appropriate professional supervision.

## The Power of Botanical Blends

For centuries, the herbalists of Traditional Chinese Medicine and other ancient healing disciplines have formulated combinations of plant medicines tailored to the needs of individual patients, as well as standard herbal blends widely applied to common ailments. The whole is better than the sum of the parts. Combining plant medicines that work well together synergistically amplifies their overall beneficial effect, while concurrently mollifying potential side effects. This constitutes the power and efficacy of complex herbal formulas. This time-honored tradition continues in modern botanical medicine today.

## What herbal ingredients can be combined to improve mental and emotional well-being?

### Mental Hygiene Botanicals

The following is a selection of renowned herbal medicines for brain support which, in combination, may offer significant mental and emotional health support.

- Bengal velvet bean (*Mucuna pruriens*) is a tropical legume that has the highest plant content of L-dopa, the precursor to the brain neurotransmitters of pleasure and joy in living—dopamine and noradrenaline. *Mucuna* enables an overall sense of wellbeing. It has been effective and an invaluable assistance in helping some drug addicts kick their habit.
- Cacao is considered a functional food source, rich in antioxidant flavonoids and minerals. It increases brain dopamine production and acts as a mild mood-elevating stimulant.
- Maca (*Lepidium meyenii*) enhances one's sense of vital energy and increases stamina. It improves memory and mental focus, while supporting positive mood.
- Fo-Ti (*Fallopia multiflora*) is the legendary Chinese herb of longevity. It helps rejuvenate neurons in the brain and accelerates recovery from nervous exhaustion.
- Gotu kola (*Centella asiatica*) is highly respected in Chinese medicine for buttressing clarity of brain function. It is particularly known for improving memory.

Discuss the benefits of plant medicine and learn how to achieve mental wellbeing with Dr. Joiner-Bey on Wednesday, June 14 in Federal Way - details on page 10.

- *Rhodiola rosea* is an "adaptogen," a botanical that increases adaptability of the nervous system to stress. It also improves memory and concentration.
- *Ashwagandha* (*Withania somnifera*) enhances nervous system resilience under stress. In addition, it calms anxiety.

## How Should One Take Such An Herbal Blend?

For serious mental health issues, be sure to apply these botanical medicines under the supervision of a qualified mental health professional, especially if you are already taking pharmaceutical drugs for psychological or other issues. Organically sourced herbal blends for emotional wellness are available from fine natural products retailers. Powders are more economical because they require less processing by suppliers and can be blended into smoothies or juices. You can even make a tea with such a blend. Be sure to follow the dosage instructions on the product label.

Dr. Herb Joiner-Bey is a naturopathic physician, medical science consultant, and educator for Energize Organics. He regularly conducts seminars and presentations for health professionals, the public, and radio audiences nationwide. His published works include "The Healing Power of Flax", "Water: The Foundation of Youth, Health, and Beauty", and "The Omega-3 Miracle."



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# Minerals for Men's Health

by Darrin Starkey, ND

Imagine a perfect world where everyone meets their nutritional requirements through the food they eat. Unfortunately, the reality is that poor soil quality affects the very foods we rely on for optimal health. In fact, the USDA suggests that to meet federal dietary guidelines, men between the ages of 31 to 50 need to consume 350% more dark green vegetables and 150% more fruit per day. With daily guidelines at almost impossible levels to achieve, it is not surprising that men are deficient in almost every nutritional category, leading to a myriad of health issues.

Like vitamins, which are essential to our wellbeing, minerals are vital in the regulation and building of cells—they support the absorption, regulation, and activation of the nutrients we consume. They are also especially important in the conductivity of electrical messages within the body. Muscle contraction—including the heart—and brain activity rely heavily on properly balanced blood serum mineral levels. While both men and women should supplement their diets with minerals, let's focus on the specific minerals that are essential for men's health.

## Magnesium

Raise your hand if you are frequently stressed. Who isn't stressed these days, right? The daily grind is full of it—stress from work, the daily commute, managing your daily life as a good husband and father... We then look forward to the weekend so we can relax! A BBQ with friends, a few adult beverages, and your favorite morning workout or outdoor activity can really recharge those batteries and help relieve the stresses of life.

However, the daily grind and a weekend of fun can wreak havoc on a man's health. Stress, exercise, and a poor diet drains the body of magnesium and are a recipe for magnesium deficiency. An estimated 80 percent of Americans don't get enough magnesium (400 mg for an adult male) in their diet. Magnesium deficiency has been linked to depression, anxiety, fatigue, and can cause day and nighttime muscle cramps. It also supports your body's response to stress. Low levels of magnesium cause the body to excrete more adrenaline than normal, which can cause stress, an irritated mood and the inability to get a good night's rest.<sup>1,2,3,4</sup>

## Copper

Remember that intense morning workout? Copper plays a critical part in energy production in the cells so it helps keep you going strong during any strenuous activity. It's also great for joint mobility because it activates the enzyme lysyl oxidase, which is required to help maintain healthy joints.

## Zinc

The prostate contains a high level of zinc, thus its importance in keeping the prostate healthy. Studies have shown that zinc plays a significant role in the production of testosterone, which is extremely important to any man approaching the age of 40 and older. Low levels of testosterone are like kryptonite to a man's strength, energy, and sexual health.

## Selenium

Hoping to start a family or add another little one to your crew soon? Like zinc, selenium also plays a significant role in prostate health, as well as healthy male reproduction. Evidence suggests that selenium supports the creation of healthy sperm, and a deficiency of selenium may contribute to male infertility. Selenium also helps maintain a healthy thyroid. The thyroid contains more selenium than any other organ, which is crucial in the regulation of hormones that maintain healthy metabolism and energy levels.

## Boron

Boron is often overlooked for its importance in health because there is no specific recommendation for its intake. However, like zinc and selenium, boron is the third musketeer in this trio of prostate protectors. According to a 2004 study in *Oncology Reports*, boron affects human steroid levels by raising testosterone and estradiol levels, which has an effect on prostate cancer risk.<sup>5</sup>

*Dr. Darrin Starkey is the Director in Training and Education for Trace Minerals Research (TMR). He specializes in trace mineral nutrition, balance, and deficiency. Dr. Starkey has been a board certified naturopathic physician since 2000 and is a member of the American Alternative Medical Association (AAMA).*

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# PROSTATE FATE: Change Yours!

by Jon Moma, ND



There is nothing more synonymous to men's health than the prostate. It may seem insignificant in early years, but as men age, it rivals other vital organs in terms of its association with quality of life. Enlargement of the prostate, referred to as benign prostatic hyperplasia (BPH), is a normal process of aging, bringing with it urinary tract symptoms, such as urgency, nighttime urination, pain or pressure and inability to urinate smoothly. For some men, this enlargement can also lead to prostate cancer if left unchecked. By age 55, one in four men will experience prostate enlargement, and by age 70, that number increases to one in two! Historically, surgical removal of the prostate was the only option available for symptom relief. Fortunately, men now have choices, both pharmaceutical and natural, for treatment.

In cases of mild BPH, I first recommend saw palmetto (*Serenoa repens*). It is safe for long-term use and supported by numerous studies, both as a single agent and in combination with pharmaceutical agents. Primarily, it limits the conversion of testosterone to dihydrotestosterone, the more pro-inflammatory form of the hormone. Secondly, it decreases the effect of certain growth factors that are seen in BPH.

Another great option for mild to moderate cases of BPH is stinging nettle root (*Urtica dioica*). It effectively limits the amount of testosterone that interacts with the prostate, decreasing the hormone's ability to stimulate prostate growth. Nettles are also rich in minerals that are essential for proper prostate function.

For men diagnosed with moderate to severe BPH, a combination of pharmaceutical treatments and natural therapies will be most effective. I tend to start with an alpha-1 blocker (such as Flomax) in combination with saw palmetto.

In terms of preventing enlargement of the prostate, shrinking your risk factors is most important. It is vital to address any underlying vitamin and mineral deficiencies. Both zinc and vitamin D deficiencies have been linked to BPH and prostate cancer. In terms of Vitamin D, I make sure my male patients are at levels between 50-70 ng/ml. Anything below 20 ng/ml puts you at high risk for several cancers. See your doctor for testing options.

Diet also plays a strong role in development and progression of prostate disorders. I recommend patients with family history of prostate cancer work on maintaining a normal body mass index (BMI), limit red meat (<500g/week), eat plenty of non-starchy vegetables and fruit (>5 servings/day), limit alcohol (<2 drinks/day) and sodium consumption (<2.4g/day). In terms of exercise, 60 minutes or more of moderate intensity or at least 30 minutes of vigorous intensity daily.

It is important to work with your doctor to determine the cause of your urinary tract symptoms before starting any treatment. Discuss with your doctor all the options that exist. In cases of mild to moderate BPH, I generally counsel men to try natural therapies for three months before starting

pharmaceutical therapy, which may cause side effects such as low blood pressure and sexual dysfunction.

Most importantly, with any natural therapy, you have to be a smart consumer. Herbal medicines are not regulated in the same way as conventional medications. The ingredients may be misrepresented and the dosages may not be adequate to be effective. For this reason, I strongly recommend working with a practitioner who is knowledgeable about herbal supplements and buying them from a reputable source. If you try a brand and it's not working, feel free to try another manufacturer before deciding the therapy isn't effective. There can be vast differences in quality.

For the majority of men who will experience prostate symptoms during their lifetime, there is indeed reason to rejoice. Safe and effective treatment of BPH is a reality, regardless of age and family history. Work with your doctor to find a treatment plan that is both proactive and personalized for you.

*Jon Moma, ND, is a licensed physician at Federal Way Naturopathy. He specializes in cardiovascular diseases, metabolic disorders and men's health. For more information visit [fwnmedical.com](http://fwnmedical.com) or call 253.942.3301.*



# Mineral Balancing Acts – Calcium in Context

by Karl Mincin, Nutritionist

**Dear Nutritionist,** how much calcium do I really need and what is the best way to get it?



**Dear Reader,** since one size doesn't fit all, and our individual nutrient needs are as different as our fingerprints, there are several good answers to this question. Here are some guiding principles for achieving your own personal mineral balancing act.

Calcium is one of the most popular nutrients on the planet, but as with any nutrient, there can be too much of good thing. How do you know how much supplemental calcium is necessary? What form is best absorbed and right for your particular needs? What ratio of magnesium and related minerals should you take along with, or separately from, calcium? How much is too much? Health experts and vitamin sales people each seem to have a different answer, and many of the responses can be traced back to the bottom line.

Remember that calcium supplements are just that. They should supplement your diet. Most people's diet will easily supply 500 milligrams (mg) of calcium. Additionally, each cup of a dairy product adds about 300 mg. So, when the doctor recommends that you get 1,000 mg of calcium, you may need only a few hundred milligrams as a supplement. Excess calcium can cause joint tissue calcification, which can aggravate arthritis, and interfere with other minerals, even weakening your bones. It also can deposit in the arteries contributing to their hardening.

If supplementation is actually needed, individual needs must be considered before selecting the best form. For example, while it is true that calcium citrate is well absorbed, absorption isn't everything – especially for every body. If a person has healthy digestive function, including adequate stomach acid production, there may be no need for the citrate form of calcium. If that same person has poor bone density, they would actually do much better with calcium hydroxyapatite. Though not as well absorbed, it is a much better bone builder and, I generally have all my patients with Osteopenia or Osteoporosis on it. Calcium carbonate (oyster shell) aside, most other forms of calcium are reasonably well absorbed and utilized. However, after absorption, because of individual variations in metabolism, certain forms may be better for certain individuals.

Although dairy products are “Queen of Calcium”, they are not the best source of it. Dairy not only has very low magnesium levels, but is excessively high in phosphorus, which is an anti-calcium nutrient. It causes urinary excretion of calcium. Greens provide not only excellent amounts of calcium but are more balanced in terms of these related minerals. Ironically, dairy can contribute to the very diseases it is said to protect against. Epidemiological research bears this out. Osteoporosis rates have not been curbed in countries where calcium intake is the highest. In fact, many other countries that consume about half the amount of calcium as the United States, have far less incidence of the condition.

Dietary calcium aside, the actual body tissue level of this mineral provides the best answer to your individual calcium requirement. Like other minerals and vitamins, calcium can be tested in various body tissues, which will be discussed in the next article.

*Karl Mincin is a clinical nutritionist in practice for 30 years, specializing in nutrition assessment testing. He may be reached at 360.336.2616 or [nutrition-testing.com](http://nutrition-testing.com).*



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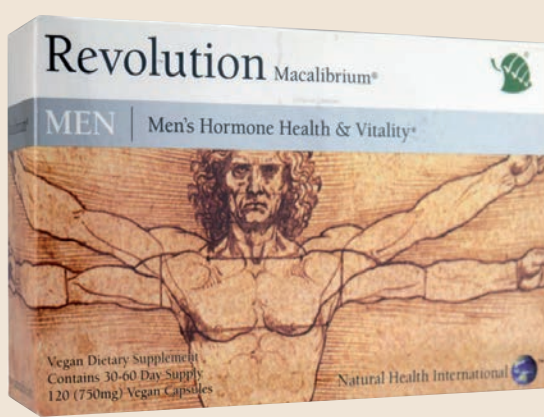
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# GOOD HABITS, HEALTHY KIDS

## Encourage Kids to Eat Healthy

- ★ Set good examples and be a role model. If you're eating healthy meals and choosing low-sugar beverages and snacks, your kids will too!
- ★ Turn your next grocery shopping trip into a game! Ask your children to choose a fruit or vegetable from every color of the rainbow. When they are empowered to pick their own produce, they are more likely to try them.
- ★ Research shows it can take up to 15 times for your kids to try a new food. Don't pressure your children to try something new or to finish their meals. Every kid is different, so wait it out and let them trust their own hunger and satisfaction cues.
- ★ Knowledge is power! Instead of referring to new foods as "healthy," (which will most likely send your kids running for the hills) share with them how certain foods are beneficial for their health; broccoli and oranges can help fight colds, carrots and squash can improve their eyesight, etc.
- ★ Let your kids get hands-on in the kitchen (with close supervision, of course)! Encouraging participation in meal preparation, like letting them wash produce, apply toppings and mix ingredients, will make them more inclined to eat their own creations.

## Motivate Your Kids to Stay Active

- ★ Staying physically active can be a chore if it's not fun! Find an activity that resonates with your child. If field sports aren't your child's idea of a good time, try something else such as swimming, dancing, or martial arts.
- ★ Lead by example. Find something you enjoy and let your children see you having fun and keeping fit!
- ★ Establish a routine. Make regular activity a habit and remember to keep things fun and not something kids are required to do.
- ★ Limit screen time. School work, social interaction, and physical activities are crucial for a child's proper brain development and should take priority. If there is any time left, then you can consider a limited amount of screen time.
- ★ Use exercise as a reward! Instead of forcing your child to run laps or do push-ups as punishment, which is sure to increase resentment and resistance towards physical activity, your child might be happy to play kickball for 20 minutes if it's a chance to take a break from homework.

## Inspire Environmentally-Conscious Kids

- ★ Help your child plant a tree! Trees and plants help to absorb the carbon dioxide in the Earth's atmosphere.
- ★ Save the Earth by saving water. Teach your child (and yourself!) to turn off the faucet while brushing teeth, which can save up to 25 gallons of water each month. Also, shortening showers by one minute can save up to 150 gallons of water per month!
- ★ Instead of bringing prepackaged "Lunchables" to school, pack a healthy, homemade lunch in a reusable glass or BPA-free container. This keeps that plastic wrap and packaging out of garbage cans and far away from landfills.
- ★ Learn how to start a compost bin with your kids. This is a simple and beneficial way to reuse fruit and vegetable peelings and scraps (not whole pieces of produce). Compost, which is chock-full of nutrients, can then be used as an amazing fertilizer for your own garden! For more information on composting, see page 8!
- ★ Help your kids plan a clean-up events at their favorite places to hang out. Inviting family and friends to participate in a garbage pick-up is a great way to inspire younger generations to take care of their planet and helps strengthen relationships in your community.



## Join us for: Hands Up for Health Day!

with Genuine Health on Saturday, June 3

11 am – 3 pm in Tacoma

Bring the kids for a fun and informative event about learning how to stay healthy and be a good steward of the earth.

- Free food samples!
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- Various children's activities, including a decoration station to decorate their new shopping bags!
- Genuine Health will plant a tree for every child who visits their booth for the non-profit reforestation organization: One Tree Planted

# 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
				1	2	3 Hands Up for Health! with John Kenny and Genuine Health 11 am – 3 pm, FREE Tacoma
4 Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!	5	6 Hemp and Men's Health with Matthew Hidy, DC 6:30 pm, FREE Tacoma	7	8 Worm Bin Composting with Carey Thornton of Tilth Alliance 6:30 pm, FREE Federal Way	9 Meaningful Movies <i>Open Sesame: The Story of Seeds</i> 6:30 pm, Gig Harbor	10 Make Mead and Wine at Home with Hal Meng 10 am – Noon, \$20 Tacoma Please pre-register
11	12 Uniform Monday! 10% off to all firefighters, police, and military!	13 Reflexology for Men's Health with Linda Frank, RF, NBCR 6:30 pm, FREE Tacoma	14 Botanical Herbs for Mental Health with Herb Joiner-Bey, ND 6:30 pm, FREE Federal Way	15 Cupid's Landing Presents: Avoid Killer Diseases with a Plant-Based Diet with Paula Furner and Anthony Creighton 6:30 pm, FREE Federal Way	16 Meaningful Movies <i>The Best Democracy Money Can Buy</i> 7 pm, Tacoma	17 Natural Remedies to Restore Men's Health with Pushpa Larsen, ND, Meridian Labs 10 am - Noon, FREE Federal Way
18 Father's Day	19	20 Pickles! with Megan Hintz, LMP 6 pm, \$20 Tacoma Please pre-register	21	22 For the Love of Bees with Matt and Madelyn Morris, founders of Mickelberry Gardens 6:30 pm, FREE Federal Way	23	24 Begin Your Reiki Journey with Windy Stabile, Master Reiki Practitioner 10 am - 6 pm with intermission, \$100 - special price! Tacoma Please pre-register
25	26	27 DIY Mozzarella and Ricotta with Julie Martin, founder of OlyCultures 6 pm, \$30 Tacoma Please pre-register	28	29 Summertime at the Grill with Mitra Mohandessi 5:30 pm, \$30 Tacoma Please pre-register	30	

\*Marlene's is a co-sponsor of Meaningful Movies in Tacoma and Gig Harbor. For more information, go to [meaningfulmovies.org](http://meaningfulmovies.org).

# BODY WORK Schedule



### TACOMA

Seated Massage & Energy Work  
with Dan Wilson & Diane Newby  
Monday, 11 am – 3 pm

### FEDERAL WAY

Seated Massage  
with Erika Seter  
Tuesday, 11 am – 2 pm  
Thursday, 2:30 pm – 7 pm  
Friday, 3 pm – 7 pm  
Saturday, 1 pm – 5 pm

### FEDERAL WAY

Reiki & Energy Work with Windy Stabile  
By appointment only.  
Please call 206.917.6000 to make an appointment.





## FEDERAL WAY

2565 S. Gateway Center Place  
Federal Way 98003  
253.839.0933

## TACOMA

2951 S. 38th Street  
Tacoma 98409  
253.472.4080

## HOURS

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

**We value your suggestions and  
feedback! Write to us at:**  
[feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com)



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JUNE 2017

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To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!



# Let Marlene's Market & Deli cater your Father's Day and Graduation celebrations!

Our menu of shareable platters and trays includes:  
Fresh Fruit, Crudités, Cheese with Meat, Crackers or  
Fruit, Pinwheel Sandwiches, Sandwich Platters,  
Cookies and Brownies, Cakes, and more!

If you don't see what you need, just ask! We can  
customize any menu for your needs. Stop in or call  
for more information or to place your order.

Federal Way 253.839.0933 | Tacoma 253.472.4080