

NATURAL ORGANIC GLUTEN-FREE NON-GMO

groceries supplements deli body care catering

Marlene's **Sound Outlook**

March 2016

**Being green
has never
been easier!**

TACOMA

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Tacoma, WA 98409
253.472.4080

FEDERAL WAY

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

Marlene's
MARKET & DELI
NATURAL FOODS

marlenesmarket-deli.com

A from Marlene...

The bulbs we planted last fall are coming up, the organic seeds we need for the garden are now in stock, and the time has come to get it all started. This year I feel more like planting things, especially since our new shipment of Barefoot Soil—the premier potting soil full of earthworm castings, fish meal, oyster shell, bat guano and mycorrhizae – has arrived. It will really get your garden growing!

The “green” theme runs throughout this issue. To some folks that means gardening, to others it means food. To others still, it describes a sustainable lifestyle. Be sure to read all the good articles we’ve included in this issue and find your own way to be green.

We’re busy planning our 40th anniversary celebrations on April 1 and 9. Mark your calendar so you don’t miss any of the fun times coming soon!


Marlene

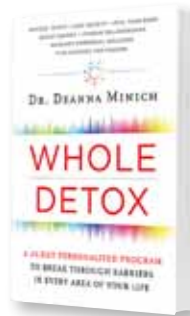
P.S. A heartfelt THANK YOU to everyone who completed our marketing survey in January. Congratulations to Jan Aikala and Barbara Robertson, who won gift baskets for participating!



Cover art by Christie Mae Qualey

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Marlene's Sound Outlook March 2016

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



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MARLENE'S SOUND OUTLOOK

From the Editor's Desk

Being Green is Golden

The rainbow spectrum is a potent metaphor for health, is it not? As Deanna Minich's article on the next page illustrates so beautifully,* whole person health encompasses the body, mind, and spirit much like a rainbow, each color representing a vital aspect of healthy living. Not coincidentally, this is what we offer you every day at Marlene's—a rainbow of raw ingredients for being healthy, happy and balanced.

Green has long been a symbol of health and healing and there's no question that foods with lots of color are among the best for humans to consume. Chlorophyll-rich greens, especially, are like condensed little packages of sunlight containing the full light spectrum. Marlene has always been a champion for wheatgrass and green drinks, but who knew they would become so popular that kale chips would someday be a featured recipe in Sound Outlook?

We've included a LOT of information on blood sugar and diabetes in this issue, but we're not worried. We know you will ably sift through it all to find the practitioner or approach that most speaks to you. That's one of the things we love about our customers—you value diversity, whether it be opinions, people, or food!

So whether it's an article by Tacoma naturopath Dr. Owen Miller, nutritionist Susan Blake, or guest chef Deena Scholl, there's green gold on these pages. Because as varied as their opinions are, *they all agree that diabetes is preventable and reversible*. And because they help stabilize blood sugar, green foods play a big role, so enjoy the sparkling emerald recipes from Christie Qualey and the kale chips from Debra Zeller.

As we approach our 40th anniversary, watch for special celebratory sales, events, displays and promotions. We're proud of thriving for 40 years in our beloved South Puget Sound and it's your love and support that keep making it possible.

Lori

* Dr. Deanna will be the Tacoma keynote speaker next month at our 40th anniversary party and Dr. Jonathan V. Wright will do the honors in our Federal Way store. Plan now to attend our biggest bash ever on Saturday, April 9 with speakers beginning at 3 pm.

If you can't wait for that, join us on our actual birthday, Friday, April 1. Marlene will cut cake at 11 am in Federal Way and 1 pm in Tacoma. We'll sample sparkling wine from 3-5 pm in both stores that day, too!

Lori Lively has edited Sound Outlook since 1997 and directs the Consumer Education program at Marlene's.



Dr. Deanna Minich



Where greens and the color spectrum meet: rainbow chard!



The innovative raw food chef (and frequent Sound Outlook contributor) Christie Qualey, teaches her first class at Marlene's Tuesday, March 8. Enjoy one of Christie's signature essays on pages 28-29 or read details of her class on page 10.

An Introduction to Whole Detox, Part One

By Deanna Minich, PhD, FACN, CNS, RYT, CFSP

When I developed Whole Detox, I had been working for nearly a decade as a nutritionist. I had done graduate research into the nutritional properties of the carotenoids that give foods their color, as well as into the biochemical properties of fats. I had also explored other ancient healing arts, including traditional Chinese Medicine, Ayurveda, and many others.

In my quest for detox's new frontier, I went back and searched my library for every discipline I had ever studied. Odd as it might sound, I also explored color and drew on my background in the visual arts and as an artist. After all, color has long been associated with emotion and mood as well as with the phytonutrients that make fruits, vegetables, herbs, and other plant foods such a crucial part of our diet.

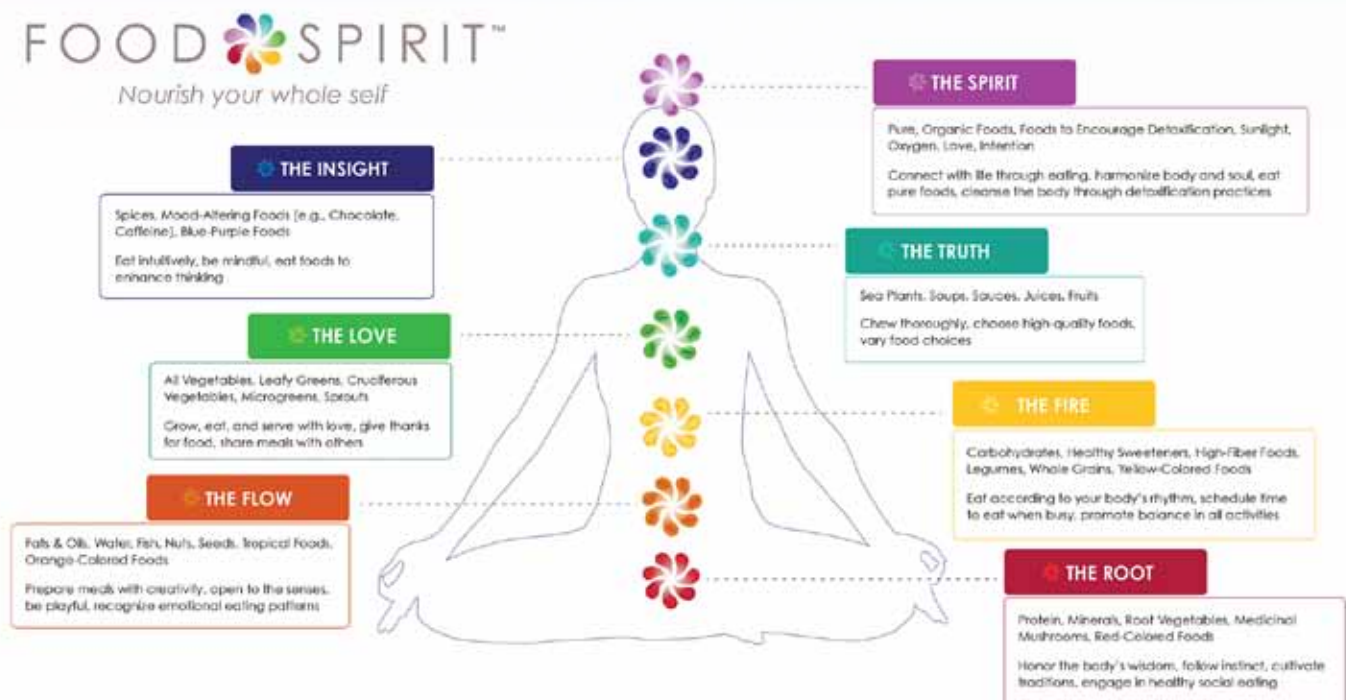
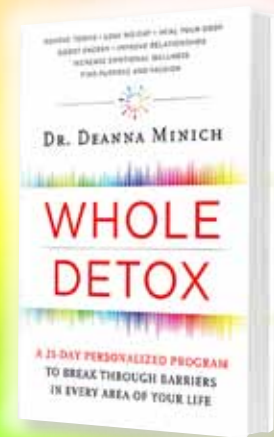
Working with this rich array of influences, I came up with a new approach to detox. Its power was astounding. As I introduced this approach to my patients, I saw how deeply mind, body, and emotions all affect one another. Remove a toxic food from your diet, and you might also free yourself from depression, anxiety, or helplessness. Tear down the barriers to your sense of purpose and connectedness, and you might also revitalize your immune system and restore your optimism.

The opposite was also true. Hold on to a toxic belief, and the healthiest diet in the world might not free you from troublesome

symptoms. A raging hunger for meaning or community might keep you dissatisfied and on edge even when your body is fully nourished. Every one of us is a complex biochemical structure in which every factor affects every other factor in an endless synergistic loop. Sometimes this synergy works against us: Negative thoughts can impair our health; poor health can breed negative thoughts.

I created Whole Detox because I didn't want my patients to keep suffering. I didn't want them to follow up the brilliant initial success of traditional detoxes with a disappointing fizzle a few weeks later. I didn't want a

detox that worked only briefly, randomly, or occasionally, and I didn't want a detox that addressed the body alone. Instead, I created a full-spectrum program that would allow us to remove every single toxic barrier that keeps us from total health and vital, fulfilling lives. I wanted a detox that spoke to every facet of our bodies and our lives—a clear, actionable program that even the *busiest* and most *stressed* of my patients could follow. The culmination of this process was Whole Detox: the first comprehensive, systematic approach to breaking through all the toxins that hold us back.



The Seven Systems of Full-Spectrum Health

© Deanna Minich

SYSTEM	ENDOCRINE GLAND	ANATOMY		PHYSIOLOGICAL ACTIVITIES	CORE ISSUES	FOODS	
 THE SPIRIT	Pineal gland	<ul style="list-style-type: none">• Electromagnetic field• Energy meridians• Nervous system• Pineal gland		<ul style="list-style-type: none">• Circadian rhythms• Cleansing• Light sensitivity and receptivity	<ul style="list-style-type: none">• Connection• Purpose• Soul	<ul style="list-style-type: none">• Fasting and detoxification practices• No foods• Prolapse• Tooth-free foods	
 THE INSIGHT	Pituitary gland	<ul style="list-style-type: none">• Brain• Eyebrows• Eyes• Forehead	<ul style="list-style-type: none">• Neurons• Neurotransmitters• Pituitary gland	<ul style="list-style-type: none">• Mood balance• Sleep• Thought processing	<ul style="list-style-type: none">• Intuition• Reflection• Visualization	<ul style="list-style-type: none">• Blue-purple foods• Caffeine• Chocolate/cocoa	<ul style="list-style-type: none">• Mood-modulating foods• Spices
 THE TRUTH	Thyroid gland	<ul style="list-style-type: none">• Cheeks• Chin• Ears• Mouth• Neck	<ul style="list-style-type: none">• Nose• Throat• Thyroid gland	<ul style="list-style-type: none">• Chewing• Metabolism• Hearing• Smelling• Speaking	<ul style="list-style-type: none">• Authenticity• Choice• Voice	<ul style="list-style-type: none">• Fruits• Juice• Sauces• Sea plants	<ul style="list-style-type: none">• Soups• Teas
 THE LOVE	Thymus and heart	<ul style="list-style-type: none">• Armpits• Arms• Blood vessels• Breasts• Hairs• Heart	<ul style="list-style-type: none">• Lungs• Lymphatic system• Shoulders• Thymus• Wrist	<ul style="list-style-type: none">• Breathing• Circulation• Oxygenation	<ul style="list-style-type: none">• Compassion• Expansion• Service	<ul style="list-style-type: none">• Leafy vegetables• Microgreens• Phytonutrients• Sprouts• Vegetables (especially green)	
 THE FIRE	Pancreas	<ul style="list-style-type: none">• Gallbladder• Liver• Pancreas	<ul style="list-style-type: none">• Small intestine• Stomach	<ul style="list-style-type: none">• Assimilation• Detoxification• Blood sugar balance• Digestion	<ul style="list-style-type: none">• Balance• Energy• Speed	<ul style="list-style-type: none">• Dairy (saturated fats)• Healthy sweeteners• Legumes	<ul style="list-style-type: none">• Shake (beer)• Whisk (glaze)• Yellow-colored foods
 THE FLOW	Ovaries/testes	<ul style="list-style-type: none">• Bladder• Hips• Kidneys	<ul style="list-style-type: none">• Large intestine• Reproductive system• Sacrum	<ul style="list-style-type: none">• Cellular replication• Fat storage• Reproduction• Water balance	<ul style="list-style-type: none">• Creativity• Emotions• Relationships	<ul style="list-style-type: none">• Dietary fats and oils• Fermented foods• Fish and seafood• Nuts and seeds	<ul style="list-style-type: none">• Orange-colored foods• Tropical foods• Water
 THE ROOT	Adrenal glands	<ul style="list-style-type: none">• Adrenal glands• Blood cells• Bones• DNA• Feet• Immune system	<ul style="list-style-type: none">• Joints• Legs• Muscles• Rectum• Skin• Tailbone (Coccyx)	<ul style="list-style-type: none">• Enzyme activity• Fight-or-flight response• Gene expression• Protein production	<ul style="list-style-type: none">• Safety• Survival• Tribe	<ul style="list-style-type: none">• Dietary proteins• Immune-enhancing foods• Insoluble fiber	<ul style="list-style-type: none">• Mineral-rich foods• Red-colored foods• Root vegetables

The foundation of Whole Detox is the 7 Systems of Health, which encompass your entire being, both physical and emotional. Each System corresponds to different parts of your body and spirit, and is represented by a color:

The ROOT (red): which focuses on adrenal glands, immune system, DNA, bones, skin, survival, and community

The FLOW (orange): ovaries/testes, reproduction, fertility, urinary system, colon, relationships, and creativity

The FIRE (yellow): digestive system, blood sugar, work-life balance, and energy production

The LOVE (green): thymus, heart, blood vessels, lungs, compassion, expansiveness, and service

The TRUTH (aquamarine): thyroid gland, throat, mouth, ears, nose, speaking, choice, and authenticity

The INSIGHT (indigo): pituitary gland, brain, neurons/neurotransmitters, sleep, mood, thoughts, and intuition

The SPIRIT (white): pineal gland, electromagnetic fields, circadian rhythms, connection, purpose, and meaning

MARLENE'S SOUND OUTLOOK

By leveraging the power of color in your food and surroundings, you can make dramatic improvements to your mental and physical health. I challenge you to open your vision of “food” to the larger concept of “nourishment of the whole self,” which I believe will allow for more sustainable changes and a renewed, fresh relationship with something as common as eating. Next month I’ll discuss how your relationship with food can be broken down into the 7 Systems and help you identify which areas of your life may be asking for nourishment.

Dr. Deanna Minich (www.drdeannaminich.com) is a wellness expert and author of five books. Having had health issues in her teens and twenties, she looked for solutions to feel better and understand her relationship with food. She embarked upon a scientific path to study nutritional biochemistry, while at the same time, explored other disciplines like psychology, spirituality, and philosophy. Her journey to find answers ultimately led her to combine her studies to develop an integrated, complete, lifestyle system called Food & Spirit™. Currently, she offers training to practitioners of all types to learn this color-coded method for full-spectrum health ([\[foodandspiritprofessional.com\]\(http://www.foodandspiritprofessional.com\)\). She has applied this system to the practice of detox to create Whole Detox, a whole-life, whole-systems, whole-foods approach to feeling vital and renewed. In 2014, she led the Detox Summit, the world’s largest event on detox featuring 30 experts in the field. She offers online programs for those looking for guidance on healthy eating and living the Whole Detox way \(\[www.whole-detox.com\]\(http://www.whole-detox.com\)\). Dr. Minich is a Fellow of the American College of Nutrition, a Certified Nutrition Specialist, a Certified Functional Medicine Practitioner, and faculty for the Institute for Functional Medicine and University of Western States. Her passion is teaching a whole-self approach to living and bringing together the gaps between science, spirit, and art in healing.](http://www.fo</p>
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Dr. Deanna speaks
in Federal Way
Thursday, March 31.
Details on page 11!

Gift Yourself With Green Goodness



Boost blood oxygen with **Ojio's 50/50 Chlorella/Spirulina Tablets**. A combination of chlorella and spirulina, these tablets are a superior blend of complementary protein and nutrient-rich microalgae sources.*



ChlorOxygen® Chlorophyll Concentrate builds red blood cells and increases the lungs' ability to distribute oxygen throughout the body. ChlorOxygen is helpful in high altitude situations, supports pregnancy by maintaining healthy hematocrit levels*, acts as an intestinal deodorizer and offers liver protection.

"Ingredients rule, food matters!" is the vision behind the **Forager Project**. Choosing ingredients for quality, flavor and nutrition means Forager juices deliver a nutrient-dense, low sugar blend of 100% organic fruits and vegetables that are cold-pressed and perfectly protected through high-pressure pasteurization technology.

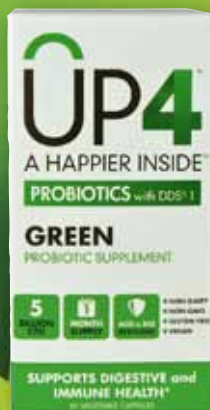


Six pounds of fresh, nourishing produce are pressed into every bottle of **Daily Greens**. And because they donate a portion of their sales to organizations assisting young women with breast cancer, every bottle of Daily Greens you drink helps you and others, too.



Amazing Grass Raw Reserve is the ultimate combination of whole organic superfoods and cereal grasses. It's packed with vitamins, minerals, and phytonutrients, all of which assist the body in maintaining healthy organ function, detoxification and immunity.* Add free-radical-fighting plants and herbs to your diet by mixing Raw Reserve into water, juice, or your favorite smoothie!

Up4 Green is a green probiotic with certified organic spirulina added to promote healthy aging. Based on their proven probiotic formula *L. acidophilus* DDS®-1 with *B. lactis*, *B. longum* and *B. bifidum*, UP4 Green supports digestive and immune health.* And, like all Up4 probiotic capsules, it's non-dairy, gluten-free, non-GMO, preservative-free and vegan.



The bright color and sweet aroma of **DoMatcha** are signs that you are about to enjoy a cup of some of the finest ceremonial grade Matcha available. Hand harvested and minimally processed, DoMatcha can be prepared hot or blended into shakes or smoothies for an extra caffeine and antioxidant boost.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

Dining *with* Deena

The Deceptive Chef



Deena concludes her three-part series with DINE! On Saturday, March 19. Details on page 11.

Blood Sugar and the Amazing Almond-Hazelnut Tortilla

By Deena, The Deceptive Chef

The food we eat becomes the sugar that provides the body with its primary source of energy. The body converts carbohydrates into sugar (called blood sugar or blood glucose in the body) and glucose is converted into fat in the liver. When you need energy, the body will pull that fat first to fuel your cells. The body usually has its lowest levels of blood sugar in the morning and as you start the day, your body will call upon its blood sugars to provide that energy.

The best way to control blood sugar is to eat every two hours. This is a grazing behavior that is abundantly found in nature. Most of the animals we eat graze all day on plant foods, mainly leafy greens. The dark green leaves are optimal for blood sugar balance and weight management, since they are typically low in calories and easily assimilated.

Dark leafy greens are low in calories, high in dietary fiber, and are rich in folic acid, Vitamin C, potassium and magnesium. They are also a good protein source and contain a host of phytochemicals like lutein and beta-carotene. The nutrients in the small leaves elk consume throughout the day are how they can grow to weigh 750 pounds.

One of the best ways to enjoy dark leafy greens (besides a salad or soup) is as a sandwich topper. I think the best way for the body to enjoy a sandwich is without the bread, processed meats, dairy and poor quality, fatty

condiments. Wait, you say, how do I eat a sandwich if I don't use any of those things?

Well, says The Deceptive Chef, "A homemade almond and hazelnut tortilla with leafy greens, of course!"

Almonds and hazelnuts help regulate blood sugar when consumed in appropriate volumes because they contain unsaturated fats, protein and a range of vitamins and minerals that lower cholesterol, inflammation.

Almonds are high in calcium. So no dairy is necessary. They also provide Vitamin E which is great for the skin, and flavonoids which help protect the heart.

Hazelnuts are just as incredibly nutritious too, giving us folate. Also know as Folic Acid, folate balances your body from head to toe.

I hope you will incorporate this easy, healthy and delicious tortilla recipe into your weekly routine.

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 and freezer sections at Marlene's. Follow her on Pinterest and Facebook and at www.deceptivedelights.com.

Almond or Hazelnut Tortillas

4 cups	prepared almond meal or hazelnut meal (hazelnuts don't need soaking) or both!
1/4 cups	brown rice flour
1/4 tsp	guar gum
2 Tbs	coconut, hemp, grapeseed, apricot, olive or other high-quality oil
1 1/4 cup	filtered water

- Mix everything together with your hands until it all holds together.
- Create plum sized balls and press with a tortilla press, or roll out with a rolling pin. *I strongly recommend using a tortilla press to save time and create an even tortilla.*
- Heat a dry pan on medium and cook each side. Wait until dark marks appear before flipping and removing from heat. Don't let them burn!
- Cool to room temperature and enjoy with dark leafy greens and your favorites toppings.
- Store leftover tortillas, sealed, in the fridge.



Mushrooms versus Myco

By Doug Walsh, MA

Mushroom fruiting bodies have been used as both food and medicine by various human cultures for thousands of years. Yet not all culinary mushrooms are considered medicinal, and not all medicinal mushrooms can be consumed as food. Some medicinal mushrooms are also culinary mushrooms (e.g., lion's mane, shiitake, oyster, enoki, chanterelle, and maitake) in that they are edible when cooked. Mushrooms that are considered to be “medicinal mushrooms” produce bioactive metabolites that have beneficial effects on humans. Most, but not all, medicinal mushrooms grow on trees, and many are somewhat “woody” and fibrous in nature, which makes them inedible.

Mushroom Life Cycle

Mushrooms are actually just one stage in the life cycle of fungal organisms that contain three distinct states – spores, mycelium, and fruiting body (mushrooms). The mushroom, or “fruiting body,” produces spores which, once dispersed, will serve as “seed” to propagate the species. When the environment is suitable, typically in the Spring with ample

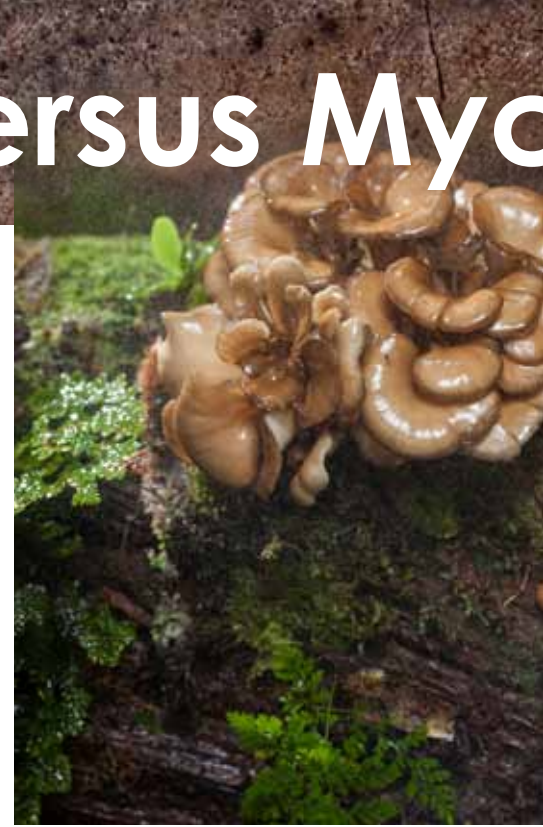
moisture and warming temperatures, the mushroom spores will germinate in suitable substrate into threadlike tubes called hyphae, which will, in turn, grow together in a mass of filaments to form the mycelium. In nature, the mycelium and spores are rarely seen, as the spores are very small, and the white, weblike mycelium is typically embedded in its food source (such as wood, woody debris, fallen leaves, and all kinds of annual plants). When environmental conditions are conducive, typically in the Fall, a fertile mycelium will “sprout” a mushroom (fruiting body), and the life cycle begins again.

Immune System Support

Interestingly, humans are susceptible to many of the same diseases that afflict fungal organisms, but usually do not suffer from those that infect other plants. Some scientists believe that this is because humans are more closely related to fungi than any other kingdom, as animals and fungi share a more recent evolutionary ancestor than plants, protozoans, or bacteria. It is therefore no surprise that medicinal mushrooms have been

found to contain compounds that activate the most ancient cells in the human immune system – macrophages. Macrophages are the key white blood cells of innate immunity, and can be thought of as the “conductor” of the human immune response.

One of the key bioactive compounds in medicinal mushrooms is beta-D-glucans (specifically, 1,3-1,6 beta-glucans), which have potent immunomodulatory benefits: stimulating the immune system when deficient, and also moderating an overactive immune system. Beta-glucans are effectively soluble fiber, and, as such, are not digestible by humans. Since they are not degraded by digestive enzymes, they are absorbed unmodified into the blood and bind to receptors on macrophages (and other white blood cells) to exert their immunomodulatory effects. Mushroom beta-glucans are found in cell walls of all life stages of mushrooms, partially bound by a fibrous material known as chitin, which is indigestible to humans. Fortunately, hot water breaks down these chitinous cell walls, and the beta-glucans are released for absorption by humans. A hot water extraction process is therefore an essential feature of any quality mushroom supplement.



Mycelium Grown on Grain



Mushrooms vs. Mycelium Grown on Grain

Many companies use an inexpensive, sterile laboratory process of growing fungal mycelium to make their “mushroom” supplement. Mycelium is the vegetative stage of the fungal life cycle that will eventually produce a mushroom, but it is not a mushroom. Typically, sterilized cooked grain in plastic bags is inoculated with a pure mycelium culture and then harvested before a mushroom is formed. The fermented grain is then dried and powdered to make the supplement. Note that mycelium grown on grain produces significantly less beta-glucans than wood-grown mushroom fruiting bodies, and one must question whether grain-grown mycelium beta-glucans are as beneficial (i.e., branched) as those found in wood-grown fruiting bodies. Supplements produced in this manner are also typically adulterated with high levels of starch from unfermented grain, leaving very little benefit for the consumer.

Through extensive testing, we found that most “medicinal mushroom” supplements have very low amounts of 1,3-1,6 beta-glucans (under 1% in many cases), along with up to 70% starch. It is even questionable how bioavailable the small amounts of beta-

glucans in these mycelium products are, since they have not been hot water extracted. Even companies that claim to be “full life cycle” by doing hot water extracts on mycelium AND mushroom fruiting bodies were surprisingly high in starch and below 5% beta-glucans in our testing. To prove this to yourself, taste any mycelium grown on grain “mushroom” product. The sweet, malty flavor clearly demonstrates that it is primarily fermented grain! Now compare this to the flavor and aroma of Myco-Immunity™ and it will become clear which is the superior mushroom supplement.

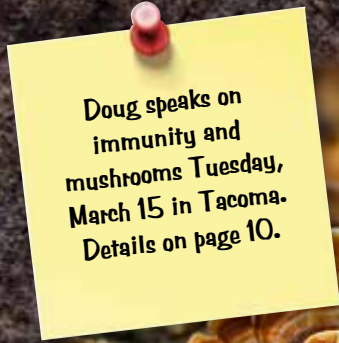
HealthForce Myco-Immunity™

For the last 5,000 years, hot water extracted medicinal mushrooms have been the centerpiece of tonic immune support in the Traditional Chinese Medicine herbal system. HealthForce Myco-Immunity™ contains hot water extracts of four different wood-grown medicinal mushroom fruiting bodies known for their potent immunomodulatory properties. Our hot water extracts are dried back on the original mushroom powder used to make the extract in order to avoid the use of non-beneficial carriers, and then tested

to assure TruGanic™ status (irradiation and pesticide free, as well as non-GMO). Each type of mushroom has a slightly different beta-glucan branching profile, so by combining these different beta-glucan fractions, we produce a more complex and ultimately effective immune response for daily immune support.

HealthForce Myco-Immunity™ delivers by far the highest levels of beta-glucans in a mushroom supplement on the market. Our tests consistently show 25%+ 1,3-1,6 beta-glucans with less than 5% starch. And since our mushrooms have been hot water extracted, we know that the majority of these beta-glucans are actually bioavailable. We feel HealthForce Myco-Immunity™ sets a new industry standard for medicinal mushroom supplements by providing actual beneficial levels of immune support at a price that beats our competition.

Doug Walsh works in Product Development and is the National Product Educator for HealthForce. He can be reached at doug@healthforce.com.



Doug speaks on
immunity and
mushrooms Tuesday,
March 15 in Tacoma.
Details on page 10.





connections

speakers & classes



Enzymes for Joint Support with Amy Pereira, BS, CHNC **Thursday, March 3** **6:30 pm, FREE** **Tacoma (please note special location)**

Do you need more support for your joint health, or a

speedier recovery of your tissues and muscles after simple exercise or exertion? Terms like bromelain, papain, or serratiopeptidase may sound intimidating but could vastly improve how your body operates and heals. Join seasoned enzyme instructor, Amy Pereira, as she discusses basics of the musculoskeletal system, research that validates supplemental digestive and systemic enzyme use for nourishing our bodies' systems, and how proteolysis—the breakdown of proteins into smaller polypeptides or amino acids—may benefit you.



Diabetes Rx: Plant-Based Eating with Nina Osberg, PCRM **Saturday, March 5** **10 am – Noon, \$20** **Tacoma**

Get your glow back, lose weight and improve your overall health with a whole

foods, plant-based diet. A certified Food for Life Instructor, Nina will teach students to make vegan versions of three beloved comfort foods: Shepherd's Pie, Seasonal Vegetable Soup, and Chocolate Mousse for dessert. No one will leave class hungry! Please pre-register—class is limited to 8 people.

April 1, Wine Tasting.
3–5 pm
In Both Stores!



Raw Blending Power: Super Smoothies, Sauces, and Soups with Christie Mae Qualey **Tuesday, March 8** **6 – 7:30 pm, \$15** **Tacoma**

Many people have trouble mastering the art of blending

raw smoothies, sauces and soups. Having created literally thousands of scrumptious concoctions, the owner of Reciprocity Foods will share insight into achieving maximum nutrition with time-tested blending techniques. Students will learn how to use the same base ingredients—fresh, raw, organic fruits, vegetables, herbs, and spices—to create three very different super green blends, including an amazing green smoothie, a savory green soup, and a sultry green sauce served over spiralized vegetable noodles, all of which they'll sample during class. Christie will also give recommendations on various blenders, emphasizing that an expensive high speed blender is not required. See Christie's recipe on page 30. Please pre-register.



11 Practices to Heal Your Relationship with Food & Body with Ashley Looker, HHC **Thursday, March 10** **6:30 pm, FREE** **Federal Way**

Each of us comes to the table with a unique relationship to

food. Over the years we are conditioned about how, why and what to eat, and navigating these messages, information and misinformation can be overwhelming. What actually constitutes a healthy relationship with food and body image? Come learn the eleven foundational practices that Ashley teaches her clients and leave with a clear understanding of the steps necessary to heal your relationship with food and your body. Class concludes with a drawing for a free coaching session.



Wild Fermented Sauerkraut with Meghan Hintz, CF, LMP **Saturday, March 12** **10 am – Noon, \$20** **Federal Way**

Learn to safely and easily make your own raw fermented sauerkraut teeming with

probiotics known to improve digestion, boost immune function, and increase energy levels. This popular class includes a demonstration, recipes, and OlyKraut samples! Meghan will review the history and science of fermentation, discuss equipment options and suitable ingredients, and demonstrate how to make raw fermented sauerkraut from start to finish! Please pre-register.



Optimizing Immunity with Medicinal Mushrooms with Doug Walsh, MA **Tuesday, March 15** **6:30 pm, FREE** **Tacoma**

Medicinal mushrooms are an important ally that helps us optimize our immune function,

but not all medicinal mushrooms supplements are effective in this regard. Come learn what qualities you should be looking for in a medicinal mushroom supplement in order to get the most for your money. See Doug's article on pages 8-9.

SAVE THE DATE FOR THESE 40TH ANNIVERSARY SPECIAL EVENTS!

Friday, April 1

Cake Cutting

11 am in Federal Way
and 1 pm in Tacoma!

Saturday, April 9

Anniversary Open House
11 am - 3 pm in
Federal Way and Tacoma!

MARLENE'S SOUND OUTLOOK



PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME.

Payment can be made online by going to www.marlenesmarket-deli.com, clicking "classes", and following the link provided, by phone, or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes before class to claim your seat. Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at classhost@marlenesmarket-deli.com.



Getting a Handle on Blood Sugar and Diabetes a Masters of Nutrition presentation with Dr. Brian Mowll hosted by Susan Blake, BA, NTP, GCP Thursday, March 17 6:30 pm, Suggested donation \$5-10 Federal Way

This class is for anyone who has or wonders about having blood sugar issues whether you have diabetes or not. Susan will share video excerpts from Dr. Brian Mowll, a leader in Functional Medicine and diabetes. Mowll discusses the many aspects of diabetes and prediabetes, maintains his belief that certain forms can be reversed. Susan will offer insight into implementing Dr. Mowll's dietary and lifestyle suggestions, answer questions, and talk about the global effect of the diabetes epidemic. See Susan's article on page 19. Pre-registration helpful but not required.



DINE! with Deena The Deceptive Chef Saturday, March 19 10 am – Noon, \$20 Federal Way

Are food sensitivities limiting your ability to eat out without "paying for it" later? Tacoma's

go-to girl for all things gluten, dairy and sugar-free, coaches you in how to eat out successfully while avoiding ingredients that keep you away from your favorite restaurants. From Italian, Mexican and American fare to Thai, Greek and raw food, The Deceptive Chef reveals where major allergens are hidden, empowering you with the skills to be successful in dining out... without! See Deena's article on page 7. Please pre-register.



Do-It-Yourself Kombucha with Julie Martin of Oly-Cultures Tuesday, March 22 6 pm, \$40 (includes an Oly-Cultures' DIY Kombucha Kit, a \$26 value) Tacoma

Health bacteria and probiotics

are essential for optimal health and kombucha, a traditional fermented tea drink, has an abundance of both! Join the founder of Oly-Cultures and learn to make this effervescent drink at home. After exploring which teas and sugars work best with kombucha, students will be shown how to create the first batch. As that brew develops and the second fermentation begins, Julie will discuss bottling, storage of the Symbiotic Colony of Bacteria and Yeast (SCOBY), offer tips for customizing kombucha with natural flavors, and share several tasty samples with students. Please pre-register.



Sweet Alternatives with Kim "in the Kitchen" Thornton Thursday, March 24 6 pm, \$15 Federal Way

For the first time, the new U.S. Dietary Guidelines put a limit on sugar, so it's time

to charm that sweet tooth into submission! Join fun and informative health and weight loss coach Kim as she discusses the benefits of three alternatives to refined cane sugar. In this one-hour class students will taste and compare date sugar, coconut crystals, and unsulfured dried fruit. Three new and innovative recipes featured include Bubbly Ginger Enjoymint, Bodacious no-bake-grain-free Brownie Bites and Great Balls of Fire. Enjoy delicious samples and receive a helpful handout with recipes to make at home. Gluten, corn, soy, wheat, and dairy free AND celiac, diabetic, hypertensive, paleo, and primal friendly! See Kim's article on page 20. Pre registration required.



Guts, Greens & Brains with Sherry Fry, CHFS, NTP and Steven B. Fry, CHFS Saturday, March 26 10 am – Noon, \$10 Federal Way

Explore the amazing relationship between the gastrointestinal system,

the brain, the "second brain" in the gut, and the power of green foods in this new class that's part workshop and part food prep demonstration. The Common Sense Nutrition duo, Steve and Sherry, take the mystery out of

gut healing and how it improves your health and sense of well-being with simple recipes made on site and sampled liberally. See Steve's article on page 14. Please pre-register.



Diabetes: A Naturopathic Perspective with Owen Miller, ND Tuesday, March 29 6:30 pm, FREE Tacoma

Type II Diabetes is a common chronic inflammatory

disease that disables and/or kills thousands of Americans every year. It is also considered by mainstream medicine to be incurable. However, with some new information about the stressful effects of diet, it may now be possible to cure diabetes. Join Dr. Owen Miller, longtime naturopathic physician in Tacoma, for his reflections on a significant breakthrough in the treatment and resolution of diabetes and chronic inflammation. See Dr. Miller's article on page 18.



A Colorful Approach to Whole Detox with Deanna Minich, PhD Thursday, March 31 6:30 pm, FREE Federal Way

Most people think of detoxification as juicing, fasting, saunas, smoothies,

or deprivation. But author and teacher Deanna Minich defines a toxin as anything that stands in the way of one's biggest, most beautiful self. Detox to Dr. Deanna means shedding and transforming toxic, dead-end jobs, stale relationships, emotional baggage, negative thoughts, defeating thoughts and word, lifeless food, and stress. Detox needn't be scary or depriving—it can be a way to cleanse, nourish and keep you thriving. Let Dr. Deanna inspire you to your full-spectrum self with a rainbow path of insight, information and creativity on how to arrive at your destination! See Dr. Deanna's article on page 4-5.

About our class times...

Most evening classes at Marlene's begin at 6:30 and end around 7:45 or 8 pm.

A 6 pm start time indicates that a class includes food preparation.

The Greens

By Debra Daniels-Zeller

Harbingers of spring, kale, chard, and collards thrive in cool weather and, like a great Merlot wine, become sweeter on cool days. Whether chopped and added to salads or cooked and blended into casseroles, hearty greens bridge the winter and summer seasons, adding sparkle to our seasonal plates.

Able to survive frost, hearty kale leads the pack as overwintered volunteers pop up in gardens and lawns everywhere. In her book *Vegetable Love*, Barbara Kafka says that kale is an ancient relative that precedes cabbage, but is more primitive with leaves instead of heads.

Science-based food writer and author of *Eating on the Wild Side*, Jo Robinson says, “kale was first cultivated around 2000 BC” and has “changed very little since that time.” Robinson also says kale is one of the “few vegetables that meets or exceeds nutrients in wild greens.” Today, kale is one of the most popular green spring vegetables.

Whether you make kale chips, spring salads or warming soup, kale offers manganese, calcium, vitamins K, C, A, and B6. Filled with antioxidants and micronutrients, kale studies have shown that regular consumption can lower your risk of cancer. Kale also has bitter tones, and those bitter tones actually mean more cancer fighting components, but if kale isn't on your favorites list yet, try collards.

Often called the world's healthiest food, collards are the oldest form of cabbage and have smoother leaves and a sweeter flavor than kale. Collards also have a deep connection to Southern cooking, and though they are associated with overcooking and

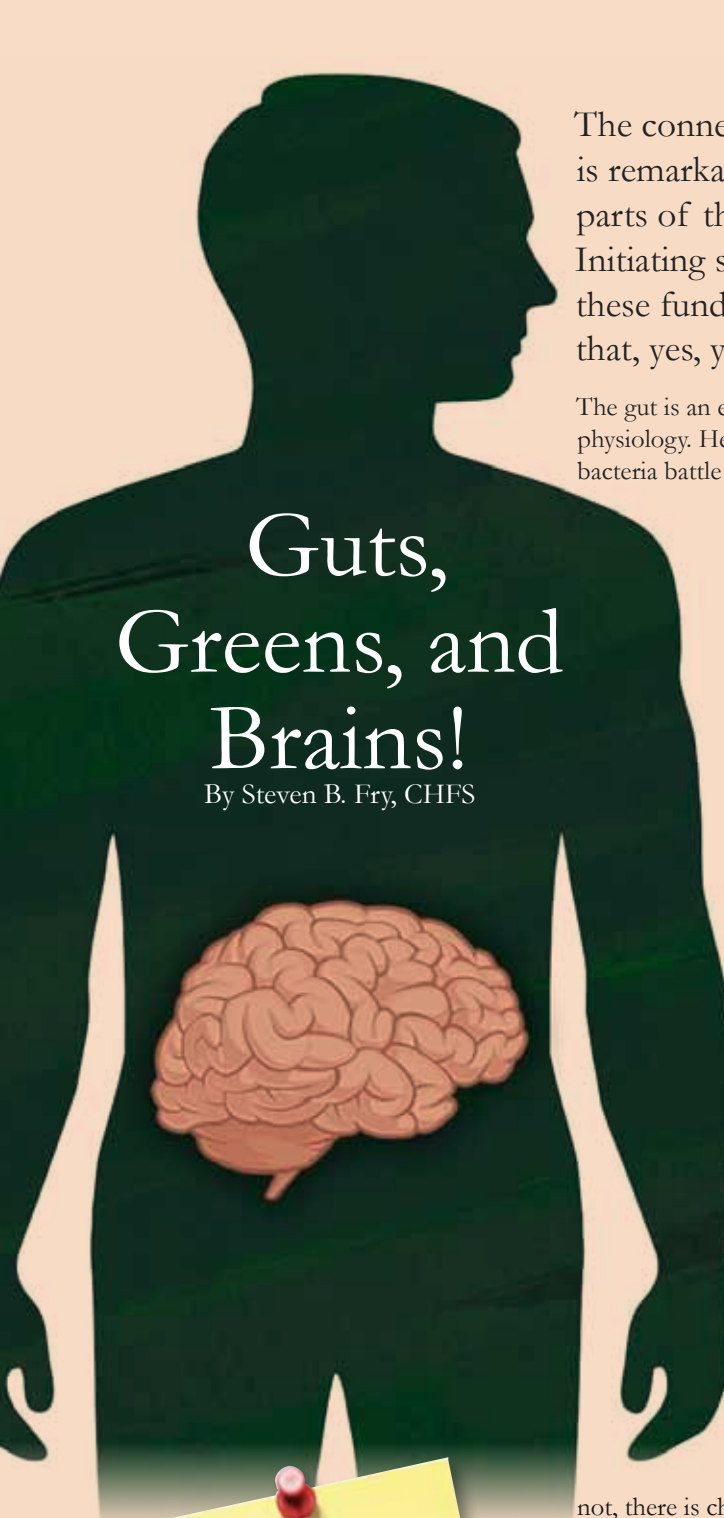
meat, collards with their mild flavor are easy to love. Look for baby collards in the spring. Amazingly sweet and mild, collards are the most under rated vegetable on the planet.

Studies have reported that collards help lower cholesterol and, like kale, help protect us from cancer. With a similar nutritional profile similar to kale, collards offer antioxidants and anti-inflammatory components.

Milder still, and just as ubiquitous as kale in the Northwest, chard (also referred to as Swiss chard) is a beet relative which originated in the Mediterranean. Chard comes in white, red and rainbow varieties, which refers to the stem color. Rainbow chard boasts a mix of colors, and Kafka says, “The paler the stems, the more pronounced the beet flavor.” With thin leaves and a mild taste, chard cooks quickly like spinach.



MARCH 13



Guts, Greens, and Brains!

By Steven B. Fry, CHFS

Steve and Sherry teach
on Saturday, March 26
in Federal Way. Details
on page 11.

The connection between the gastro-intestinal system and the brain is remarkable. The effect consuming greens has on these two critical parts of the body, directly and indirectly, is equally remarkable. Initiating some simple changes after coming to an understanding of these fundamental truths can produce a cost, time, and benefit ratio that, yes, you guessed it--is also remarkable!

The gut is an essential part of each person's physiology. Here, friendly and unfriendly bacteria battle for supremacy. When the friendly and unfriendly bacteria in the human gut are balanced, there is proper absorption of nutrients, meaning these vital nutrients are distributed to the trillions of cells that require them. This means, ultimately, that energy is produced. Although this is an overly simplified look at the gut, it is the heart of the matter.

What connection does all this have with the brain? The truth is **it has everything to do with both brains!** Dr. Michael Gershon, MD, has devoted his career to understanding the gut.

Author of *The Second Brain* and the chairman of the department of anatomy and cell biology at Columbia University, Gershon's three decades of research clearly reveal **there are nerve cells in the gut that act as a second brain.** This second brain can control our gut all by itself. So our two brains must cooperate. If

not, there is chaos in the gut and misery in the head.

How do greens tie in? Consider the power and impact of fresh, organic deep green leafy items like kale, chard, and beet greens! Slightly steamed greens can perform gastrointestinal miracles! According to new research, eating your leafy greens may be even more important than previously

imagined. Understanding *why* can be difficult, but here is an oversimplified explanation: We all have hair like substances on the lining of our intestine that must "flow freely", and they are the "road" the nutrients we take in use to get to our trillions of individual cells. Nothing heals, repairs, and nourishes them like fresh organic steamed deep leafy green vegetables like kale, chard, spinach, beet greens, and the like. You can maintain balance between tolerance, immunity and inflammation in your body, produce a hormone that can protect your body from pathogenic bacteria, promote growth of beneficial bacteria, heal small wounds and abrasions, and even help to resolve cancerous lesions, to name but a few things, all by consuming slightly steamed, fresh, organic greens! When this happens, a crucial step towards BOTH brains working together to give you vibrant health takes place in an amazing way. The best part is, this is SO EASY to incorporate into your life!

At Common Sense Nutritional Therapy we have many programs and therapies that we utilize to help people regain gut health.

We invite you to come and see HOW to EASILY incorporate SIMPLE food choices that can provide you a quantum leap in your health at our class "Guts, Greens, and Brains." For more information see page 11.

Steve Fry, CHFS and Sherry Fry, CHFS, NTP of Common Sense Nutritional Therapy help you understand and reverse the unsuspected effects of the modern diet. Contact at Rody Chiropractic, 10614 Canyon Rd. E. in Puyallup or by calling 360.477.1930.

Iridology: The Art and Science of Reading the Eyes

By Nancy Coones

Iridology is a scientific field of study that uses the irises of the eyes as a genetic blueprint for determining a person's inherent physical strengths, weaknesses, imbalances, deficiencies, toxicity, and transitions. It is one of the oldest forms of alternative medicine and has been practiced for more than 4,000 years. Safe and gentle, iridology does not require needles, anesthesia, drugs, x-rays, or surgery. When other diagnostic methods fail to provide the clues necessary for treatment, iridology can uncover a core physical issue. It gives a person hope by revealing something previously hidden that can be worked on to improve a situation, instead of being told that "everything looks fine," or "there's nothing to be done."

An art and a science, iridology analyzes the color and structure of the iris to gain valuable health information about what is occurring inside the body. The iris is the colorful portion of the eye that surrounds the pupil. Each of the thousands of individual nerve fibers in the iris have a specific relationship to an organ and tissue in the body, relaying that information from all parts of the

body to the eye. The iris reflects the condition of the tissues (such as inflammation, acidity, toxicity, congested lymph, hardened arteries, and so forth). Iridology is not concerned with naming diseases, but with restoration of balance and immunity, release of toxicity, and improved function of tissues and organs. An iridologist simply reads and interprets the information being relayed along the nerve fibers.

The greatest advantage offered by iridology is that changes appear in the iris *before* the physical symptom develops. Therefore, preventive action may be taken to improve health and avoid those diseases which might otherwise follow. The iris shows each of us where our personal imbalances are and is a great tool for determining whether the steps you are taking to improve your health are truly working for you at a cellular level.

Iridology complements all other healing arts and can enhance the effects of other modalities. The science of iridology has been a sleeping giant, but of late, the giant has been stirring and awaking. People are beginning to

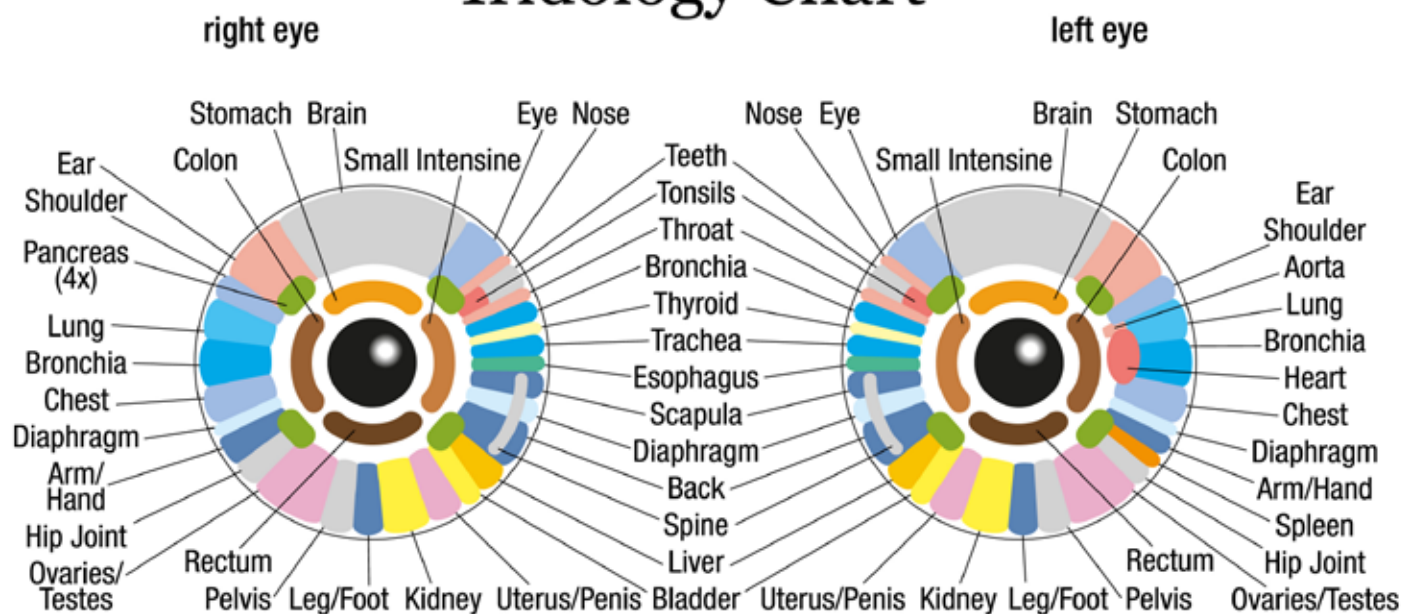
understand the valuable tool that the Ancients knew Iridology to be!

The eyes are not only the "windows to the soul". They are also windows to the body which reveal your personalized pathways to health based on your unique genetic map. I hope you'll consider registering for a private iridology reading with me this month. To learn more or sign up, contact me at windows2health@hotmail.com.

Nancy Coones has been a certified iridologist for over 17 years. She has a foundation in traditional medical studies and Chinese medicine, and has studied different methods under several iridologist instructors. Nancy uses her skills as an iridologist, Master Herbalist, nutritionist, and Chinese Cupping Therapist to teach and to help people overcome their health challenges.

Private iridology consultations with Nancy are available March 19, 21 and 22. Email windows2health@hotmail.com to register.

Iridology Chart



How Should the FDA Define “Natural” on Food Labels?



U.S. Food and Drug Administration
Protecting and Promoting *Your Health*

On November 10, 2015, the Food and Drug Administration issued the following invitation:

“Because of the changing landscape of food ingredients and production, and in direct response to consumers who have requested that the FDA explore the use of the term “natural,” the agency is asking the public to provide information and comments on the use of this term in the labeling of human food products.

The FDA is taking this action in part because it received three Citizen Petitions asking that the agency define the term “natural” for use in food labeling and one Citizen Petition asking that the agency prohibit the term “natural” on food labels. We also note that some Federal courts, as a result of litigation between private parties, have requested administrative determinations from the FDA regarding whether food products containing ingredients produced using genetic engineering or foods containing high fructose corn syrup may be labeled as “natural.”

Although the FDA has not engaged in rule making to establish a formal definition for the term “natural,” we do have a longstanding policy concerning the use of “natural” in human food labeling. The FDA has considered the term “natural” to mean that

nothing artificial or synthetic (including all color additives regardless of source) has been included in, or has been added to, a food that would not normally be expected to be in that food. However, this policy was not intended to address food production methods, such as the use of pesticides, nor did it explicitly address food processing or manufacturing methods, such as thermal technologies, pasteurization, or irradiation. The FDA also did not consider whether the term “natural” should describe any nutritional or other health benefit.”

Specifically, the FDA asks for information and public comment on questions such as:

- Whether it is appropriate to define the term “natural,”
- If so, how the agency should define “natural,” and
- How the agency should determine appropriate use of the term on food labels.

The original deadline for public comments was November 12—two days after the notice. Public response led FDA to extend the public comment deadline to February 10 and in January, that deadline was extended to May 10, 2016. The FDA promises to “thoroughly review all public comments and information submitted before determining its next steps.”



Do labels like this make any specific promises to consumers?

To electronically submit comments to the docket, visit <http://www.regulations.gov> and type FDA-2014-N-1207 in the search box.

To submit comments to the docket by mail, use the following address. Be sure to include docket number FDA-2014-N-1207 on each page of your written comments.

Division of Dockets Management
HFA-305
Food and Drug Administration
5630 Fishers Lane, Room 1061
Rockville, MD 20852

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What If You Could Feel Good About Eating Again?

By Michael Murray, ND

Can you imagine a compound that actually addresses the core reason why we gain weight?

Leading scientists have made what we believe may be one of the greatest discoveries of our time! A unique combination of natural fibers, PGX® from Natural Factors®, has a positive impact on something that affects almost everyone to some degree: healthy blood sugar levels.

You probably remember being taught in school about the different food groups and the importance of eating a balanced diet. That's because different foods affect the amount of sugar (or glucose) in our blood. And it's important not to cause blood sugar levels to rise or fall too dramatically or too frequently over the course of the day.

However, poor eating habits and genetic disposition can cause blood sugar levels to go too high or too low, eventually causing our bodies to no longer properly regulate the amount of sugar in the blood. This can lead to a variety of health problems. In clinical studies, PGX was found to be very effective in promoting healthy weight loss, reducing between-meal food cravings, and balancing healthy blood sugar and total cholesterol levels already within the normal range. PGX is also completely safe and stimulant free.

What is PGX®?

PGX is short for PolyGlycopleX®, a “novel polysaccharide” – water-soluble plant fiber – that has been shown in clinical trials to slow the digestion of carbohydrates and increase the feeling of fullness.

The benefits of PGX:

- Provides a lasting feeling of fullness
- Reduces between-meal food cravings
- Promotes healthy blood sugar and total cholesterol levels already within the normal range
- High in fiber
- A great addition to any diet
- 100% natural, from plant sources
- Safe and convenient

How to get started with PGX®

PGX comes in a variety of formats, from softgels to granules, so you can try out different forms of PGX and learn what works best for you and your lifestyle.

- PGX® Daily Ultra Matrix Softgels are easy to swallow and great for anyone who eats on the run. Also available are SlimStyles® PGX® Ultra Matrix Plus Soothe Digest™ Softgels containing Soothe Digest, a herbal blend that helps relieve occasional symptoms of indigestion such as gas and

bloating. The carminative action of these herbs soothes the gastrointestinal tract and helps promote digestion.

- PGX granules are unflavored, unsweetened PGX that don't alter the taste of food and mix easily in liquids or sprinkled on food! Granules are available in two different products. PGX® Daily Singles are in convenient single-serving packets. SlimStyles® 100% Pure PGX® delivers the granules in a tub.
- Delicious PGX® Satisfast® Vegan Protein Shakes are also available.

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

Yes, You CAN Cure Diabetes

By Owen Miller, ND

Type II Diabetes is a common chronic inflammatory disease disabling and killing Americans which is considered incurable. A few generations ago it was found rarely, and only in the elderly. Now one out of three 60-year-olds is diabetic and the 40 to 50 year-olds are the fastest growing population affected. Fortunately, research shows that if you eat right, exercise regularly, reduce stress, and get good rest, you can prevent and treat diabetes. With some new ideas about the effects of diet, you might just cure diabetes.



I can say that because I've had a fair number of patients who have done just that. Their treatment plans began by cutting back on foods that raise blood sugar, especially sweets. They used the Glycemic Index to figure out which foods raise blood sugar the most. That's a good place to begin, but because of its generic nature it can only take you so far. **The Glycemic Index is based on factors in food that raise blood sugar in *all people*, and does not reflect how any one person might respond or "react" to a food (or food additive) as an *individual*.** People *do* react differently, and the result is astounding. For example, one cup of milk, often recommended by dietitians for its relatively low impact on blood sugar, caused the blood sugar of one of my patients to rise over 100 points, clearly something other than the glycemic effect was at work here. We'll call it a "reaction". In my 30 years of practice, when it comes to curing diabetes, controlling these reactions is the key to success.

While diabetes is a multifactorial disease, necessitating a complex treatment plan tailored to the individual to be effective, the point is that uncontrolled reactions may be the biggest reason diabetes can't be cured by simply cutting out sugar. Reactions are our stress response to any threat or harm. They raise blood sugar (you can't very well "fight or flight" without energy, after all), and can be grouped into two major categories by virtue

of their intensity and duration.

Dramatic stress reactions, i.e. heated arguments, injuries, something crashing behind you, are rare and short-lived, usually lasting minutes to hours, and their cause and effects are obvious. Low-grade stress reactions are common, their duration is prolonged, and they tend to go unobserved or are tolerated: work stress, family stress, school stress, money stress, etc. These low-grade reactions can overlap each other, creating the chronically-stressed state common to the vast majority of Americans.

Experts in treating diabetes will emphasize the importance of reducing stress, but their thinking doesn't go beyond mental or emotional stress triggers. My experience has revealed that **elements in our diet can trigger stress reactions that raise blood sugar.** And it is not just the occasional gluten intolerance or lactose issue. I have observed many different foods and food additives to cause stress reactions in just about all of my patients. A reaction is revealed by the presence of the universal signs: a rise in heart rate, blood pressure, blood sugar, water retention, energy, and clarity of mind, among other effects. While these low level stress reactions are aimed at protecting the body from the harm caused by the triggering element in the food, the effects on mood and energy are uplifting, and as such are attractive, especially when one is run down

or feeling bad. We call reactionary foods "comfort foods", because they provide this rapid restorative effect.

Unfortunately, we don't notice the hidden costs. The average diet contains compelling and reactive foods every day, causing most people to be more or less mildly stress reacting and pushing up their blood sugar all the time.

Reactions and carbs. With both these "causes" of diabetes in mind one can better prevent and treat this disease. Sure, it's best to begin with the generic plan: reducing sweets and supplementing a plant-focused diet with nutrients, like chromium and vanadium, exercising daily, staying relaxed, and getting a good night's rest. But, if you aim to cure diabetes you have to go one better. You have to identify and neutralize the stressful elements in your life, including the ones in your diet, which are killing you a little bit, each and every day.

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. Learn more at www.theholistichealthclinic.com.

In Person!
Dr. Miller speaks
Tuesday, March 29
in Tacoma. Details
on page 11.

DIABETES

A Preventable Epidemic

By Susan Blake, BS, NTP, GCP

We all know Diabetes is largely avoidable, yet the diabetes epidemic continues. Fortunately doctors and researchers are beginning to talk about the possibility of reversing this condition and Dr. Brian Mowll has discovered that not even extreme changes are necessary to make a difference—it's possible to routinely reverse diabetes by changing your diet and lifestyle!

One of the difficulties involved in dealing with diabetes is that it is such a multifaceted issue, like pieces of a puzzle. Among the factors are **diet** (poor quality food), **lack of exercise**, **food sensitivities** (particularly gluten), **dysfunctional organs and systems** (especially pancreas, liver and adrenals), **insulin resistance** (can be triggered by stress, infection or medication), **gut problems** (dysbiosis, inflammation, toxins, poor digestion), **hormone imbalances** (the endocrine system) and **stress**.

While you may need input to discover the support that's right for you, **a diagnosis of diabetes is an invitation to change**. Even if you are following healthy guidelines, they may not be right for YOU. As Dr. Mowll says, in the process of changing your diet and activity level, lowering your stress level and improving your digestion, "you're not only going to regulate and control your blood sugar better and possibly reverse your diabetes, but boy, you're just going to be super healthy and feel great and enjoy your life." A leading cause of illness (leading to death) in older people is the fragility that results from declining health and function. Maintaining strength and vitality is the best health insurance!

As we learn more about epigenetics and how diet and lifestyle impact our genetic destiny, we find that the prevalence of Type 1 Diabetes may also be affected by how we eat and live. So I agree with Dr. Mowll that on the surface, it's really very simple. Let your nutritional therapist, naturopath or functional doctor sort out the complicated, individual puzzle while you focus on choosing high quality, real, whole food, achieving a peaceful state of mind, enjoying life, and developing good relationships. Be brave and

take responsibility for your health and your choices! Make the goal of your life to be as healthy and happy as you can be.

How can you support your body and help control blood sugar:

1. Lose excess abdominal fat.
2. Eat a balanced diet – try to consume no more than about 20 grams of carbohydrates per meal.
3. When eating less starch and sugar, eat more vegetables and fat, not excess protein.
4. Eat 3 meals per day and try to not snack.
5. Eat breakfast!
6. Stop eating when you are full.
7. Get moving! Do whatever you can!
8. Keep a food journal.
9. Strengthen your ability to be at peace emotionally. Release reactivity and worry.
10. Improve the quality and/or quantity of sleep.
11. Balance the immune system--address gum and tooth health, blood-borne infections, and gut issues.
12. In some cases, supplemental support may help:
 - a. minerals like Chromium and Vanadium
 - b. antioxidants such as Alpha Lipoic Acid and Selenium
 - c. nutrients such as Omega 3 fats, CoQ10, Carnitine, and N-Acetyl Cysteine
 - d. herbs like Cinnamon, Gymnema, and Berberine

In Person!
Susan Blake shares video excerpts and discusses blood sugar Thursday, March 17 in Federal Way. Details on page 11!

Dr. Brian Mowll is a certified diabetes educator, a board-certified chiropractic physician, and IFM certified in functional medicine. He has written over 500 articles about diabetes and natural healthcare and is the host of the Diabetes Summit.



Susan Blake is a Nutritional Therapist, GAPS-certified instructor, and chapter leader of the Weston A. Price Foundation. Learn more at Susan's talk in Federal Way on Thursday, March 17 or contact her at hairandbodyshop@comcast.net. See page 11 for details.

Finding YOUR “Big Why”

By Kim “in the Kitchen” Thornton

As I shared last month, discovering my “Big Why” was the key to my success, the glue that held my weight loss and body image goals together. When you create a good Why for yourself—and I mean a really good one—it converts your heart’s desires and wish lists into an “Oh-My-God-It’s-Really-Happening!” reality.

Why does discovering a “Why” work so well? Because it aligns your deep passions and purpose, thus creating the ultimate vision for yourself. It infuses meaning with momentum, launching dreams far beyond the shallow and superficial ones whose motivation is short-lived.

“Inner work” like this can feel airy-fairy or awkward for people like me, who, over the years and the hurts, purposely honed the skill of separating heart from head. Be patient, this is worth reversing!

Such intimate reflection is not something that came easily to me. I was used to wanting to gain others’ approval so I wouldn’t feel like I had to defend myself. I wanted to keep my true, precious self a secret, tucked away in my heart. I had no desire to share my true, precious self because, if I did, my dreams would be out in the open—exposed, vulnerable, and open to ridicule. And if my defenses weren’t enough to withstand attack, maybe my dreams weren’t worthy. And if my dreams weren’t worthy, then maybe I wasn’t

worthy. And if I wasn’t worthy, my dreams of achieving my goals would be crushed... You can see how rapidly doubt and despair could sent me into a downward spiral.

But there’s always hope, always a way out.

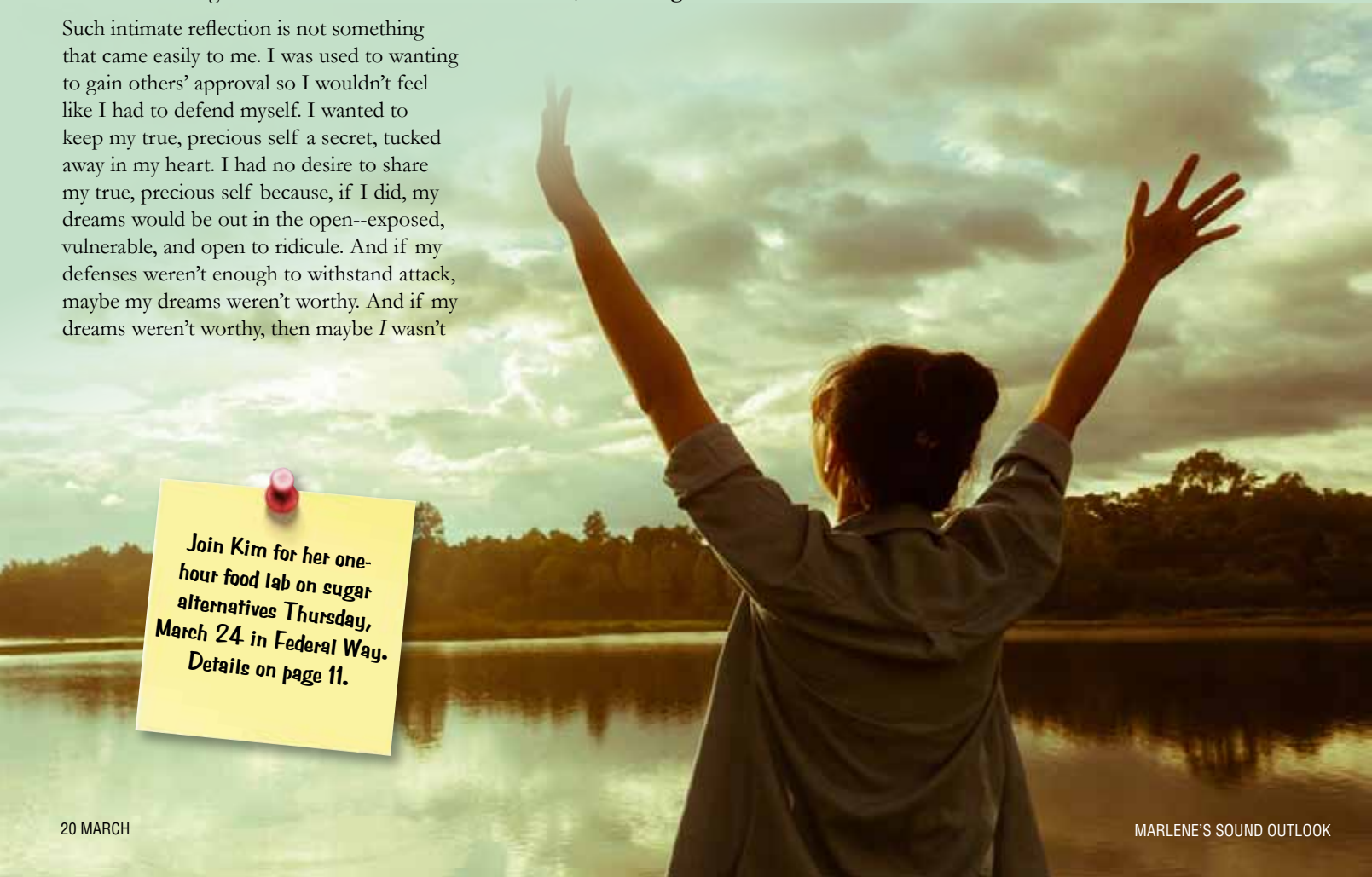
Because I had tried and failed at just about every diet and program possible, I enlisted the help of a health coach. What I uncovered in addressing the weight was that, I realized **nothing was going to move until I addressed my mindset.** With my coach’s caring, bold and honest encouragement, I dared to dream. I let them out: the desire to be a “smokin’ hot” wife, the desire to be a vibrant and energetic Mom; the desire to live in an active body that I loved. I acknowledged these dreams. I declared them out loud. And nothing happened! The humiliation police never arrived. **The more I dreamed and declared, the stronger and more confident**

I became. It no longer was a matter of “if” I was going to achieve them, it was “when.” I was on my way.

What I know now, is that it is this very paradox—being open and vulnerable—which actually creates the resilience and fortitude that generate lifelong results.

Next month, I’ll talk about how to put your “Big Why” into action with The Five Fs of Success. In the meantime, join me Thursday, March 24th at 6 pm for “Sweet Alternatives” to Refined Sugar. Details on page 10.

Kim Thornton, Certified Healthy Edge™ Coach, is an author, raw vegan chef, Zumba® Instructor, CEO of Kim in the Kitchen Inc. and Chief Spiceologist of 12Spice gourmet dips and seasonings. Contact her at HealthyEdgeCoach.com / KimThornton.



Join Kim for her one-hour food lab on sugar alternatives Thursday, March 24 in Federal Way. Details on page 11.

Enzymes: Not Just for Digestion!

By Amy Pereira

Many people are discovering the power of enzymes not only to improve digestion but also for supporting immunity, longevity and overall health.

As we age, fewer enzymes are produced by the body, creating a deficiency that contributes to our inability to utilize important nutrients from the foods we eat. Poor digestion leads to foods not being broken down into the basic building blocks needed to rebuild cells and create vital energy for the body. Supplemental enzymes can assist with enzyme deficiencies by facilitating complete digestion of food, increasing nutrient absorption and eliminating waste. They can also do so much more!

Therapeutic enzymes

Unlike digestive enzymes, which are taken with meals, therapeutic enzymes are taken between meals to maximize their delivery to the bloodstream so they can be transported to various sites in the body. They are designed to encourage balance

and to support different systems of the body such as the cardiovascular system or immune system.

For example, proteolytic or protease enzymes when taken therapeutically break down and remove protein-containing waste products such as bacteria, cell debris, immune complexes and toxins throughout the body. Along with its affect on the immune system, these enzymes promote tissue regeneration, and support healthy circulation. See sidebar on this page for more information.

Due to their abundance of benefits, therapeutic enzymes should be a part of every person's health regimen. The rewards of enzyme therapy can be tremendous!

Amy Pereira, BS, CHNC, is regional educator for Enzymedica.

Learn therapeutic uses
for enzymes beyond
digestion at Amy's
free talk on Thursday,
March 3
in Tacoma.

Overexertion at the gym, at work or at play can lead to fatigued muscles and sore joints. Supplementing with a proteolytic enzyme formula may encourage acceleration of the body's natural ability to recover and repair.*

Proteolytic enzymes such as protease, serrapeptase, bromelain and papain are known to support fatigued and over worked muscles and joints.* These enzymes work synergistically with the body's own mechanisms of renewal and may support the body's natural response to overexertion and strenuous activities.* These enzymes promotes joint comfort and healthy circulation to encourage accelerated muscle and tissue recovery.*

For example, the enzyme serrapeptase functions as a proteolytic and fibrinolytic enzyme. It offers support for the musculoskeletal system with a healthy inflammatory response.*

References

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See stores for details.

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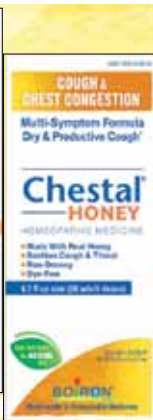
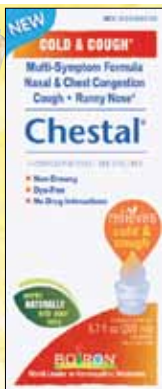
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Edible Emeralds

By Christie Qualey

Reprinted from SoundOutlook, April 2014

The author, foraging for wild nettles in the Pacific Northwest.



In Person!
Christie teaches at
Marlene's on Tuesday,
March 8! Details on
page 10!

It's green season here in the Pacific Northwest, and edible emeralds are sprouting everywhere you look. Spring greens are now at their best: young, tender, and bursting with chlorophyll vivacity! Eating your greens is number one in nutrition must-dos, and I fervently encourage ample salad grazing. However, a smoothie is another favorable option, especially when free time for "chewing the cud" is lacking.

I consider myself a bit of a green smoothie expert, but all boasting aside, I have pumped out thousands of green smoothies the last three years at various farmers markets and festivals. My customers always want to know the secret recipe or invaluable tip to get them blending up supernatural green delight! Well here it is...

Tip #1: USE FRESH RIPE RAW ORGANIC PRODUCE ONLY

A green smoothie is only as good as its components, and when using minimal ingredients, each one is of the utmost importance. After all, you're drinking it for the nutrient quality, so go for the best and get your smoothie ingredients at Marlene's!

Make sure your fruit is super ripe. For instance, **bananas must be spotty!** Forget banana bread—the next time you see someone with spotty bananas say "hey, those belong in a green smoothie!" Spotty bananas are ripe ones: their hard-to-digest starches have converted to simple, cell food sugars. A stone-hard mango, plum, or nectarine will make an awful smoothie, and will be equally unsettling to your digestion. Wait until fruit is soft and fragrant, and stock pile extra produce in the freezer to insure there's always something worthy to blend.

* It's tempting to throw every powder, potion, or supplement into your blend but I highly discourage this. **Green smoothies are simple for a reason! They digest better and assimilate with ease.** The concept of adding more products is counter-productive. Our digestive systems are not designed to handle numerous foods in one meal.

Tip #2: USE FRUIT WITH HIGH SOLUBLE FIBER

This might sound confusing, but I assure you, it is not. High soluble fiber fruit can be thought of as "creamy fruit," like banana, mango, pear, and peach. These fruits have a gel-like quality that lends smoothies a thick, velvety texture. Apples, oranges, and grapes (watery fruits) are higher in insoluble fiber,

and will result in a thin, frothy blend. At least half of the fruit used in a recipe should be high soluble fiber. If you are unsure whether a fruit is high in soluble fiber, play around... which leads me to tip # 3...

Tip #3: EXPERIMENT!

This is not most folks' favorite tip, but it's especially important for learning to make smoothies you are happy with. Putting in the time, energy, and enthusiasm makes a world of difference in your learning curve. What's great about green smoothies is that you cannot fail! Even if you make your favorite smoothie recipe the same way every time, following each step scrupulously, it will still probably come out different every time you



make it. Fresh fruits and vegetables burst with myriad flavor nuances, so enjoy the novelty! The more you blend, the more confidence you will develop.

Tip #4: GET A POWERFUL BLENDER!

This tip is not first, second, or third for a reason. Delectable green smoothies are entirely possible using a thrift store blender, and the luxury of a professional, heavy-duty blender is not possible for everyone. However, never has a smoothie enthusiast regretted such a purchase, myself included.

High-speed blenders do the work for you, and small slicing and peeling is not needed. In addition, high-power blenders rupture the cell wall of vegetables, making the nutrients more absorbable and the smoothie smoother. But by all means, don't let the lack of a power blender deter you – it will simply take more hands-on blending and chopping, and blending for a longer period of time. Usually by the time one has gone through two or three inferior blenders, they do unabashedly invest in the big guns. If a Vitamix or Blendtec packs too large a financial wallop, go for a mid-range Cuisinart®, Ninja®, or Bullet® brand. The temptation to test the new beast's strength and cram three heads of kale in is tempting, but often regrettable...

Tip #5: DON'T OVER DO THE GREENS

This is a common mistake for new blenders. How badly we want the healthiest green elixir money can mix! But my, how the elixir turns out a thick muddy paste, with hardly a tinge of flavor of the beautiful fruit used. I don't believe in over-greening a smoothie for many reasons. **Number one, a smoothie**

MARLENE'S SOUND OUTLOOK

not enjoyed is a smoothie not nourishing.

It is important to relish in the taste of food, allowing the flavors to excite our senses. Fruit is equally as nourishing and healthy as greens and can be used with abandon. In fact, including more fruits into your diet will allow your desire for less-healthy foods to fall away.

When you make a green smoothie without fruit, you simply aren't receiving the caloric nourishment your body requires. Unsatisfied, you will look to heavy fare in short order. Finding the right balance of fruit and greens is delicate and up for interpretation. A general rule of thumb is to use 50% greens to 50% fruit by volume (meaning it looks like half greens and half fruit).

If you don't like the taste of greens start with less; if you love greens, go a little heavier. It is often found that people develop a greater taste for greens the more they consume them. Some days I take two leaves in my smoothie, some days I take two dozen.

Actual recipes, in my opinion, are less crucial but sometimes very fun! Be inspired by new flavor combinations and ingredient ideas, and take it from there! Drawing on the inspiration that's out the window is my forte--gathering

fresh, wild greens like the young nettles and dandelion leaves growing this time of year. Always use caution when wild foraging, and be 100% sure you know the plant. Don't pick in areas that are polluted or that may have been sprayed, and be mindful of proper harvesting techniques to ensure year after year of emerald abundance!

Nettles and dandelion are some of the easiest greens to identify. Even children are proficient at spotting the common backyard weed that punctuates lawns with golden tops in the springtime and their transposition into the iconic "wish" seed pods of late summer and fall. Dandelions are best harvested throughout springtime and into early summer. This wild edible packs a super nutrient kick, being very high in calcium, Vitamin A, and Vitamin K. It also aids in immunity and detoxification—a great springtime cleaning agent!

Nettles can be trickier to find than dandelion and even trickier to harvest, but their virtues could only be concealed for so long--nettle harvesting has bloomed in recent years in the Northwest. Even the necessary foot slog to track them down, and the care involved in avoiding their endless tiny stinging hairs,

cannot deter the enthusiast. The rewards are worth the effort—a haul of deep, green leaves awaiting their green smoothie destiny.

Many are alarmed at the idea of consuming fresh “stinging” nettles, but blending, juicing, and food processing renders the sting inert. Flash-boiling or freezing is another option if your head can't quite wrap around the idea of consuming it raw. Regardless of their state, nettles are one stealthy green! Nettles boast the highest source of iron in the vegetable kingdom and contain natural anti-inflammatory properties, which are related to springtime allergies. Go easy on nettles in your smoothie, as they are plenty potent even in small amounts. The smoothie recipe showcasing nettles here is a very adaptable base that is the perfect springboard for all your nutritive concoctions. Relish it in delicious health!



Delectable Nettle

Makes about 1-4 servings

Mango is an awesome ingredient in green smoothies and all but disguises the strong nature of nettle greens, if not the brilliant emerald hue! Fully indulge in this super-nutritive spring-time delicacy!

2 cups	pure water
3-5 leaves	organic kale
1 small	handful fresh spring nettle (use your gloves when picking)
2 large	organic mangos
1 organic	fuyu apple
1 cup	ice

Blend in the same order as Classic Green. Add water, plus a little fruit, and blend briefly, followed by adding the greens and finishing with the remaining fruit and ice... and now you're smooooth(ie) sailing!

The Classic Green

The basic premise of this smoothie makes it adaptable to numerous variations. The key is adding the correct balance of soluble and insoluble fiber fruit and just the right amount of greens. The Classic Green is the most popular smoothie at my food cart, and here it is, out of the bag and undisguised! It's a tasty, economical blend that utilizes easy-to-find ingredients: apples, bananas, and greens! Hooray! Who knew simplicity tasted so sweet!?

Classic Green

Makes 1-4 servings

2 cups	pure water
3-8 leaves	organic kale (start with less if you're a green novice)
1-2 large	organic collard leaf
1 large	organic chard leaf (using too much chard will make a salty smoothie!)
3 large	organic spotty bananas
2 large	organic fuyu apples chopped in fourths (or any variety)
1 cup ice	(or 1 frozen banana)

- Place water and one banana into blender and pulse briefly.
- Proceed by feeding in the greens. For safety, it may be best to turn the blender on and off, but I personally leave it blending and feed it through the top. I usually tear the greens with my hands before inserting them into the blender, but if your blender is not a beast, chop it ahead of time.
- Toss in the apples, bananas, and ice (if using).
- Blend until smooth(ie).

Asparagus Pistachio Pesto



Spring is in the air and tender veggies are beginning their scrumptious, succulent display! Showcasing these fresh, crunchy delights in a spread of radiant colors is my favorite way to celebrate this season. To accompany these treasures, an equally fresh dip is the first order. Salud to spring!

1/2 bunch	organic spring arugula
1	organic zucchini chopped
handful	organic cilantro, parsley, and basil
1 cup	chopped organic asparagus
1/4-1/2 cup	organic pistachios
1	organic mango
1 clove	organic garlic
3	organic green onion
2	organic lemons, juice of












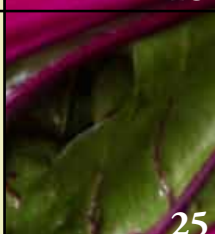


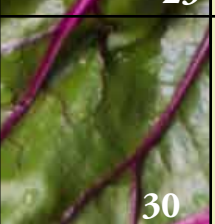
- Place all ingredients into food processor and pulse until pesto—texture dip is reached.
- Serve as a dip surrounded by a bountiful array of chopped spring veggies.
- This sauce also works great over spiralized zucchini noodles.

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

MARCH

Calendar of Events

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Enzymes for Joint Support with Amy Pereira, BS, CHNC 6:30 pm, FREE Tacoma Note special location! 3		Diabetes Rx: Plant-Based Eating with Nina Osberg, PCRM 10 am – Noon, \$20 Tacoma 5
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 6		Raw Blending Power: Super Smoothies, Sauces, and Soups with Christie Mae Qualey 6 – 7:30 pm, \$15 Tacoma 8		11 Practices to Heal Your Relationship with Food & Body with Ashley Looker, HHC 6:30 pm, FREE Federal Way 10		Wild Fermented Sauerkraut with Meghan Hintz, CF, LMP 10 am – Noon, \$20 Federal Way Please pre-register 12
Spring Ahead! Daylight Savings Time begins 13	Uniform Monday! 10% off to all firefighters, military, and police! 14	Optimizing Immunity with Medicinal Mushrooms with Doug Walsh, MA 6:30 pm, FREE Tacoma 15		Getting a Handle on Blood Sugar and Diabetes a Masters of Nutrition presentation with Dr. Brian Mowll hosted by Susan Blake, BA, NTP, GCP 6:30 pm, Suggested donation \$5-10 Federal Way 17		DINE! with Deena The Deceptive Chef 10 am – Noon, \$20 Tacoma Private iridology sessions with Nancy Coones. Registration details on page 15. 19
First day of Spring 20	Private iridology sessions with Nancy Coones. Registration details on page 15. 21	Do-It-Yourself Kombucha with Julie Martin 6 pm, \$40 Tacoma Please pre-register Private iridology sessions with Nancy Coones. Registration details on page 15 22		Sweet Alternatives with Kim "in the Kitchen" Thornton 6 – 7 pm, \$15 Federal Way Please pre-register 24		Guts, Greens & Brains with Sherry Fry, CHFS, NTP and Steven B. Fry, CHFS 10 am – Noon, \$10 Federal Way Please pre-register 26
		Diabetes: A Naturopathic Perspective with Owen Miller, ND 6:30 pm, FREE Tacoma 29		A Colorful Approach to Whole Detox with Deanna Minich, PhD, FACN, CNS, RYT, CFSP 6:30 pm, FREE Federal Way 31	Most evening classes at Marlene's begin at 6:30 and end around 7:45 or 8 pm. A 6 pm start time indicates that class includes food preparation	



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SAVE THE DATE FOR THESE 40TH ANNIVERSARY SPECIAL EVENTS!

FRIDAY, APRIL 1

Cake Cutting

Meet Marlene and enjoy a piece of birthday cake with her! 11 am in Federal Way and 1 pm in Tacoma!

SATURDAY, APRIL 9

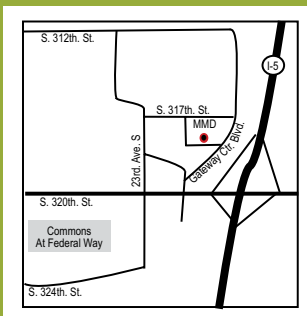
Open House

Help celebrate our 40th! Join us for gift baskets, drawings, samples and more!

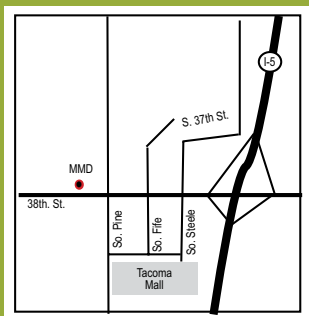
11 am - 3 pm in Federal Way and Tacoma!



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MARCH 2016

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SAVE THE DATES!

FRIDAY, APRIL 1

Join Marlene when she cuts her
40th anniversary birthday cake--
11 am in Federal Way, 1 pm in Tacoma.

SATURDAY, APRIL 9

Music! Food tastings! Gift baskets! Free samples!
Our Anniversary Open House begins at 11 am in both
stores. Stick around for our keynote speakers at 3 pm!
Details on page 10.

