



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

SOUND OUTLOOK

March 2017

Green

Healthy First Steps
Fermented Superfoods
Improve Your Community

Clean

Embrace the Process
Refresh Your Home

Immune

Strength from Nature
Lymph Circulation

groceries

supplements

deli

body care

catering

NATURAL

ORGANIC

GLUTEN-FREE

NON-GMO

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A from Marlene...

Wow! Now it's the windy month! I like it - do you? I remember when we were kids (long ago for me) and we made our own kites. What fun we had! It was special when we got to buy a ready made kite for 10¢. (I go way back.)

Don't forget St. Patrick's Day – green will be in order for the Irish. Don't forget to wear green so you don't get pinched.

Get your spring cleaning done and then you can forget it 'til next fall – well, almost. Denise Frakes's article on page 4 is excellent. She surely knows her stuff!

Cleansing inside your body is as important as cleaning your house. Check out our classes this month and try to attend some.

Erin Go Braugh,

Marlene



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Hearty Greens and Basil Soup

by Mary Walukiewicz, Food Service Director for Marlene's Market & Deli

Nourish your family with this simple and satisfying recipe that warms you in the cool of late winter and captures the freshness of early spring! This recipe is gluten free and can easily be made vegetarian by substituting your favorite vegetable broth for chicken broth.

In a large soup pot over medium heat, saute:

2 Tbl	olive oil
2	leeks, white part only, washed and diced
4	cloves garlic, minced

Then add:

2 qts	chicken or vegetable broth
1	large russet potato, peeled and diced
3 cups	broccoli, washed and chopped

Simmer until potatoes are tender, about 30 minutes. Very carefully transfer to a blender and blend until smooth. You may have to do this in several batches depending on the size of your blender or use an immersion or stick blender if you have one. Transfer soup back to the pot and bring to a simmer.

Add:

1/2 bunch	fresh baby spinach
1/2 bunch	green onions, diced
1/2 bunch	Italian kale, finely chopped
1/4 cup	fresh basil, chopped

Simmer until greens are wilted and tender, about 10-15 minutes. Season with salt and pepper to taste. Serve with crackers, bread, or a grilled cheese sandwich. You can garnish with croutons and fresh Parmesan or your favorite specialty cheese for extra flavor if desired.

Need more than a wholesome meal to get you motivated to begin your spring cleaning routine? Find inspiration on pages 4 and 5 of this month's issue and mark your calendar for March 30, when Denise Frakes will discuss transforming your relationship with cleaning!



Making Friends with Cleaning

by Denise Frakes

Do you love to clean? Or is cleaning a pesky little never ending item on your already overbooked to-do list? If you've ever felt cleaning impaired, read on...

For the record, I wasn't born a natural cleaner. For a long time, I believed cleaning was what was left over after all the "fun" chores were taken. Life is funny: I ended up owning a restoration cleaning company for 26 years! Somewhere along the way, cleaning and I became friends.

What changed to shift this perspective? Years of professionally exploring, practicing, and experiencing *clean*. I also had the privilege of seeing what happens to families who use cleaning to their advantage and what happens to families when cleaning goes astray. Changing any belief takes time, but if you are willing to explore the idea of cleaning being a good thing, here are three reasons to take cleaning out of the dog house.

#1: Cleaning is an effective de-stressor

Have you ever heard the term "wax on, wax off"? It was used in an old movie called *The Karate Kid*. In it, a martial arts instructor teaches his student how to move by cleaning... wax on, wax off. There is wisdom in using cleaning or any rhythmic, consistent movement as a form of moving meditation. When we let the so-called "monkey mind" rest, our creativity expands. As you clean, your focus is not on the world's problems, but on your breath, your posture, and the task at hand.

Tip: Next time you vacuum or dust, pay attention to your breath and posture, focus on the movement and let it be rhythmic.

Hint: Set the intention of using a cleaning practice as meditation, then see how it is different from "just cleaning."

#2: Cleaning gives you breathing space

Dust isn't made of cute little bunnies hopping merrily around. Dust is where toxins, allergens, and dirt reside. Did you know that 78% of dust is preventable? Breath is essential to life and health. Healthy air gives your family energy. When you live

My grandma once told me, "Cleaning will be with you your whole life. Let it work for you, don't let it run you." Our homes shouldn't run us into the ground – they should nurture us. Shifting our thoughts from cleaning as drudgery to cleaning as a gift takes a bit of practice, but it's worth it.

in a home with poor indoor air quality, your family will lose vitality. By practicing certain prevention methods, you can greatly reduce the amount of dust in your home, making the air healthier to breathe. With fresh air, you breathe deeper, you create breathing space in your life.

Tips: Take off shoes, install effective and clean entry mats at each entrance to your home. Vacuum weekly and damp dust at least twice a month.

Hint: Fewer things in a home make dusting, vacuuming and cleaning loads easier.

#3: Cleaning saves your energy

When our homes build up soil and clutter, we waste a lot of energy thinking about what needs to be done. When clutter or soil constantly surround you, you never fully rest and your thoughts become muddled. Little projects that might take a few minutes or hours become life challenges that stop you in your tracks. We think, get lost in the details, feel exhausted and discouraged. Consistent cleaning practices lighten our spirits and relax our minds.

Join Denise for an in-depth look at transforming your relationship with cleaning on March 30, in Federal Way. Details on page 11.

Tip: Take two minutes and wipe down your sinks after use. Take 10 minutes, dust and declutter your night table.

Hint: Use a timer to keep you focused and clear.

Life is busy and cleaning doesn't exactly have the best reputation as being fun. I get it! I've been there more than I care to admit. But the truth is cleaning saves you. When done mindfully and with good skill, cleaning will give more to you than it will take.

If you're ready to take your cleaning game to the next level, join me at Marlene's-Federal Way on March 30. I will demonstrate residue-free cleaning and, in the process of cleaning, help you create wise practices in your own life

A life and clutter clearing coach and certified healthy home specialist, Denise Frakes has over 25 years of experience as the owner of a restoration cleaning company. She also consults, teaches and blogs at "An Ounce of Prevention" and "Be Residue Free" blogs at dfbluesky.com. Denise can be reached at 253.278.1082.

How Spring Cleaning Freshens Your World

by Nina Osberg

March is the perfect month for Spring Cleaning. It is a time of great renewal and a wonderful time to let go of all the things you no longer need, use or wear before summer arrives. Literally! Open up the windows to your life, let fresh air and new energy in, and who knows, you might even lose a few pounds in the process! I know, because it has happened to me in the past. Are you ready?

Start with one room or even just a drawer at a time. If you go from room to room or think you're going to get it all done in one big swoop, you're setting yourself up for failure; your energy may simply become unfocused and scattered all over the place. Personally, I like to start with my closets or clothes drawers because I have a weakness for clothes. Do I wear them all? I'd like to think I do (or will), but the truth is that I don't and they just hang there like empty, forgotten shells, longing to be picked up and admired by someone else!

First Steps

First, remove all your clothes from your closet or drawer. Take a hard look at each item before putting them back. Ask yourself, "Do I love it?" Don't over think – it is either a yes or a no. If it is a "maybe", you have to be very honest with yourself and admit you probably don't need it! You may also ask yourself, "Is this something I use?" The question isn't, "Is this something I *will* use?" because, let's face it – we all have a pile of stuff we tell ourselves we'll use someday, but we never do. Keep **ONLY** what you use and love!

Next, move through your living spaces and look at all the items. I once read that the more items you own, the more they own you! Each of these items takes up mental energy without our even knowing it. For most of us, a cluttered home means a cluttered mind! There is no room for new things or new energy to enter and even flow. We get stuck this way too, which isn't good on many different levels.

Your house will thank you

You will probably start to notice that once you let go of all that stuff (and once you dust, sweep, wash and scrub) you will be left with a lighter sensation inside and out. Personally, I always notice a significant shift in my space when I have purged, de-cluttered and cleaned my home. If my home could speak, I imagine it breathing a big sigh of relief and saying, "Thank you, I really needed that!"

Give it away

Most of us have too much unused stuff that would greatly benefit someone else!

- Give your stuff to someone you know who would love and appreciate it.
- Take it to Goodwill or The Salvation Army.
- Recycle it.
- Throw away what cannot be mended or fixed.

Inspiration

If you need an extra kick in the pants to get started, I recommend Marie Kondo's book, *The Life-Changing Magic of Tidying Up* or browse through Leo Babauta's wonderful free site called Zen Habits. There you will find many excellent tips! The point is, just get started! You will feel lighter and happier at the end of it, ready to enjoy the rest of spring and summer with a lighter home and mind!

Happy Spring Cleaning,

Nina

"I read recently that the average household contains 300,000 items.

I thought that was an exaggeration, but I purged 653 items today after making it partway through two rooms!

Now I believe that's possible. I have winter-wear and sealed toiletries for those experiencing homelessness, items to give away, items for sale, gifts for friends, boxes for the thrift shop and some garbage... here's to minimalism in 2017!"

- Jenelle York

Nina Osberg is a member of the Physicians Committee for Responsible Medicine (PCRM), a graduate of the T. Colin Campbell Foundation, and holds a Master's degree in teaching. She teaches cancer and diabetes prevention, weight loss, and many other topics related to diet and health.

*Open the windows to your life,
let fresh air and new energy in!*

Getting Back on Track: Candida and Fungus Overgrowth

by Noah Lebowitz, DC

Most people have heard of yeast or candida albicans, two types of fungal overgrowth. Common infections include “jock itch,” athlete’s foot, ringworm, thrush, or yeast infections. All are fairly easy to detect because of their outward symptoms. But what about systemic fungal overgrowths that don’t necessarily cause an outward mark, yet wreak havoc in your body?

Consuming antibiotics, living in a moist or water damaged environment, or being in a sexual relationship with someone who has it, all create a strong potential for fungal overgrowth.

Fungal and candida overgrowth can cause a plethora of symptoms. Clinical research shows that people who have brain fog, fatigue, ADHD, asthma, depression, leaky gut, food sensitivities, thyroid issues, trouble with weight loss, or yeast infections often have a systemic fungal overgrowth.

Fungal overgrowth in the body can create toxic chemicals like benzene and acetaldehyde. These toxins

Learn to eliminate candida and fungal overgrowth with Dr. Lebowitz on March 28 in Tacoma. Details on page 11.

must be broken down by the liver, which can overload it and prevent it from processing all the other elements we are exposed to everyday.

Treat the fungus, not the side effects

To counter the scenario above, many doctors prescribe a selenium and/or molybdenum supplement to support the liver, but this does not address the problem. This is why topical anti-fungal remedies for ringworm, for instance, do not ultimately work. Identifying and treating the root cause – fungal overgrowth – will often clear up issues you are dealing with on a daily basis.

Case study

A patient came in for multiple issues (fatigue, depression, etc.) and during the exam we suspected fungal overgrowth. I gave the patient dried noni and chrysanthemum flowers. When she came back in two weeks she reported sleeping better, decreased depression, and weight loss! We had not discussed losing weight, but it happened naturally after the fungal overgrowth was resolved. She continued to lose five more pounds before our next visit. She also reported having more energy, her depression was gone, and she felt better than she had in 10+ years. I did put her on an anti-fungal diet to help minimize new fungal growth, and

cautioned her to avoid eggs and corn due to a possible sensitivity, but no calorie restrictions, carbohydrate reductions, or increase in exercise was needed.

Treating fungal overgrowth

Fungal overgrowth mustn’t be taken out of context. A patient needs to be evaluated for other co-infections including viral, bacterial, protozoan, etc., in addition to food sensitivities, the presence of heavy metals, etc. If your spouse or partner has a fungal overgrowth, they need to be treated simultaneously for optimal resolution, since many microbes can be passed back and forth with just one kiss.

In addition to a thorough examination and (when indicated) lab work, I use a form of Applied Kinesiology in my practice. It can take some doctors months to treat a fungal overgrowth, but my methods offer help in weeks, not months. Most of my patients notice a dramatic increase in health in weeks, not months or years. By helping the body deal with unwanted microbes, removing foods one is sensitive to (and other stressors to the body) you can be back on the path to a healthy state in no time at all.

While no single plan works for everyone, here is a basic outline many of my patients follow when trying to overcome a fungal issue.

1. Take a broad spectrum antimicrobial. Noni, melia (Neem), olive leaf, or goldenseal are all possibilities.
2. Go on an “anti-fungal” diet: no sweetener of any kind except stevia, no fruit juice, no dried fruit (fresh fruit is fine), and no vinegar, alcohol, soy sauce, miso, cheese, or yeast.
3. If your partner may be passing things back and forth with you, they need to follow the same instructions.
4. Make sure where you live or work isn’t moldy. ERMI or ImmunoLytics are good tests to run. If mold is present where you live, ozonators can help, or running an essential oil diffuser with tea tree and cedarwood oils can help lower the mold count.
5. While not usually necessary, eating raw sauerkraut or other vegetables are excellent, just make sure they are in a salt brine and not vinegar.

Dr. Noah Lebowitz, DC, practices Applied Kinesiology in Fircrest, Washington. He considers himself a Natural Health Physician and specializes in getting to the root of his patients issues, and treating accordingly. Learn more at drnoablebowitz.com or contact him at 253.302.3131 or drnoablebowitz@gmail.com.



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Keep it simple – Sauté or microwave mixed frozen veggies with a little butter or olive oil and thyme or other favorite herbal seasoning.

Make it last – Rejuvenate older, perhaps softened produce by steaming them back to life or



Getting Into Green

by Deena, The Deceptive Chef

As I look around the Pacific Northwest, even in the deepest of winter, I see green. Sparse as it seems, Nature still provides life in these cold times. Even in these wintery months, deciduous trees that look bare to the naked eye are holding tight bulbs of life just waiting to bloom and bring more and more green when the weather turns.

We grew into what we are today mostly from eating greens and other dense nutrient-rich plants in Nature. Eating dark leafy greens like kale, Swiss chard and collard greens provide chlorophyll, which is great for your respiratory system and also provides high levels of protein and essential minerals which support the many bodily functions vital to our survival.

Of course, not all aspects of going green are easy to swallow in the beginning. Take kale, for instance. Since its rise to stardom in the healthy food arena, many jokes have been made about kale, yet consumption has not slowed down. It helps immensely that you can season kale and bake it into chips, cut it into small pieces and sauté it with other veggies for soups or pasta or better yet – blend it into a smoothie.

My only experience with kale growing up was seeing it with an orange slice or some other piece of garnish on a plate at 24-hour diners. I also remember hearing stories from my dad about how collard and mustard greens were bitter, thus the standard, heavy use of butter and seasonings to make those greens more palatable.

Starting out with dark leafy greens can be daunting.

Take it slow. Start with some organic baby spinach and field green mixes for your salad base or add spirulina or other concentrated greens to your smoothie.

Graduate into something like sautéed broccoli and asparagus scrambled with eggs. Remember that conversely, some of nature's least colorful foods also pack a nutrient-dense punch. Think cauliflower, parsnips, and horseradish – just to name a few.

Don't worry, The Deceptive Chef and Marlene's are here to offer you the best ingredients with the simplest recipes for using leafy greens, which are also great because they are allergen-free. There are no restrictions to noshing green!



As you begin enjoying your salads, graduate to the colorful array of harder vegetables like broccoli and asparagus. They pair well with red bell peppers, cauliflower, Brussels sprouts... and the list goes on!

Baby Spinach And Field Green Recipe Ideas

- Pear and pecan or strawberry and cashew salad, served with a creamy poppyseed dressing
- Bacon, tomato, egg salad served with shaved carrots and thousand island dressing
- Taco-seasoned walnuts, black beans, corn, red bell pepper, salsa, avocado slices
- Pumpkin and sunflower seeds, slivered almonds, cucumber, carrots and beets shaved or julienned, peas, dressing and any other items you like.



Sautéed Green Egg Scramble

1 cup	broccoli florets, uniformly sized
1 bunch	asparagus, diced (break off the woody part)
1 tsp	oil (grapeseed, avocado, or rice bran)
½ tsp	mineral salt
½ tsp	pepper, fresh ground
½ tsp	garlic powder
6	eggs

- Add the broccoli, asparagus, and seasoning to a pan warmed on medium heat.
- Sauté until bright green in color and just past crunchy, but not yet soft..
- Drop in the eggs, scrambling over the vegetables until done.
- Enjoy! Experiment with including your favorite fresh garden vegetables!

Greet Spring with a Smile!

Spring into action to protect yourself from allergens!



Breathe Free from **Rootology** is a blend of 13 concentrated herbal extracts that support against sneezing, congestion, sinus pressure, runny nose, itchy watery eyes, and headache. This rapid-acting formula is inspired by Chinese Herbology and perfected by experts.



Many find relief from seasonal allergies by adding a little honey to their diets. Check Marlene's supplement department for **Y.S. Organic Bee Farms** and **The Wild Bee** honey. Consuming local, raw honey can also strengthen your system against seasonal allergens. Shop Marlene's bulk department for raw Clover or Wildflower from the Willamette Valley. Or, stop by the grocery department for a wide selection of raw local honey from **Glorybee**, **Honey Gardens**, and **Uncle Harry's**. Eat as-is or add to your favorite cup of tea!

Soothe, clean, and protect your sinuses!



Dry airways are easily irritated and extremely vulnerable to attack from external contaminants. **Xlear Sinus Care Nasal Spray** soothes and moisturizes the sinus and nasal passages. This all-natural formula is a combination of xylitol, purified water, salt, and grapefruit seed extract. It is free of chemical antihistamines and decongestants, which can leave your airways and sinuses dry.



Protect one of the body's first lines of defense by keeping the nasal passages moist, clean, and healthy. **The Eco Sinus Cleansing System** from the **Himalayan Institute** is perfect for ridding the nostrils of pollen and other allergens on a daily basis. Kit includes: Original Ceramic Neti Pot, 12oz of Neti Salt, and Neti Wash Plus Daily Boost.



Clean up your cleaning products!

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ECOS from **Earth Friendly Products** make green cleaning affordable. Made from plant-derived renewable resources, these formulas are extraordinarily effective for removing dirt, yet gentle on people, pets, and the planet. Available with amazing natural scents as well as Free & Clear scent-free varieties.

March Speakers & Classes

at Marlene's Tacoma & Federal Way



Wild Fermented Sauerkraut

with Meghan Hintz, CF, LMP

Tuesday, March 7

6 pm, \$20

Tacoma

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.



Sleepless in Seattle?

with Mag Secretario, Certified Health Coach

Thursday, March 9

6:30 pm, FREE

Federal Way

Do you know how to sleep? What, why, and how we

eat makes an impact on our days and our nights. Join Mag, founder of *goodlife*sleep* to empower your slumber with the "Three Key Ingredients", tips, strategies, and information to enhance this undervalued aspect of our health. Get curious about how healthy and happy you can be!!



Fermented Spring Greens

with Stephanie Johnson, Nutritionist and Rebecca Wolfe, Personal Chef

Saturday, March 11

10 am – Noon, \$20

Tacoma



Through fermentation, ordinary vegetables can become superfoods! Unlock nutrients, improve digestibility, and create exciting flavors! Learn to make your own ferments

at home, try a variety of fermented greens, and take home recipes to get you started. Featuring Spicy Pickled Mustard Greens, Fermented Brussels Sprouts, Kimchi, Basic Kraut, and Wild Pickled Greens! Please pre-register.



Immunity Through Lymphatic Cleansing

with Nicole Wirth, LMP

Tuesday, March 14

6:30 pm, FREE

Tacoma

The lymphatic system has many responsibilities. It fights off viruses, delivers nutrition to cells, and transports hormones – just to name a few. Not even life-giving oxygen can make it into cells without a clean lymphatic system. Discover what you can do to cleanse and restore balance to the lymphatic system. Two audience members will be chosen for live demonstrations with a revolutionary lymphatic machine.



Be a Lean Mean Green Eating Machine!

with Steve Fry, CHFS and Sherry Fry, CHFS, NTP

Thursday, March 16

6 pm – 8 pm, \$10

Federal Way

Learn how to use foods to heal your gut. Did you know there are special immune cells on the lining of your gut? These critical cells respond to the foods you eat, especially dark leafy greens. Join Common Sense Nutritional Therapy founders, Steve and Sherry to learn how to make your medicine (greens) delicious! Class includes samples and tips to turn you into a "Lean Green Eating Machine!"



DIY Water and Milk Kefir

with Julie Martin, Oly-Cultures

Saturday March 18

10 am – Noon, \$25

Federal Way

Discover how easy it is to make your own probiotic-rich beverages at home. Containing high amounts of good bacteria and yeast that exist in a symbiotic relationship, water and milk kefir beverages are easy to customize with your favorite flavors. Julie will demonstrate how to use her DIY kits to culture your own creations! Please pre-register.



Ayurvedic Spring Detox

with Chiara Kae, PhD, RDN

Saturday, March 18

1 pm, \$20

Federal Way

Detoxify and rejuvenate with kicharee; a one-pot, vegetarian dish from Ayurvedic medicine. Deeply nourishing due to its wide spectrum

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

of macro-nutrients, vitamins, and minerals, kicharee contains spices that support the secretion of digestive juices and allow the liver to efficiently detoxify. Participants will learn how to prepare kicharee, take home a recipe, and learn lifestyle practices that facilitate detoxification.



Environmental Toxins in Puget Sound

**with Andy Gregory,
Pollution Prevention
Director for the Puget
Soundkeeper Alliance
Tuesday, March 21
6:30 pm FREE
Tacoma**

Since time immemorial, the Coast Salish peoples have lived off the bounty of the Salish Sea. Fish and shellfish harvests are now threatened by toxic pollution. The Puget Soundkeeper Alliance is leading the fight to protect and preserve Puget Sound. Pollution Prevention Director, Andy Gregory will share how his organization is using science, policy, and legal enforcement to stop pollution and what you can do to help!



Environmental Stewardship in Federal Way
**with Mariska Kecskes,
Project Manager for
EarthCorps
Thursday, March 23
6:30 pm, FREE
Federal Way**

Healthy and thriving forests are vital to our community. They naturally filter rain water, absorb toxins, produce clean oxygen, provide living spaces for wildlife, and create a place for people to connect with the outdoors. EarthCorps has been working with community members for the past 5 years to ensure that Federal Way forested parks

continue to thrive and provide for its citizens. Join Mariska to learn about the current threats to Federal Way's urban forests, the power of community-based restoration, and the ways you can get involved to help steward your neighborhood greenspaces.



Delectable Foods of Persia - Gluten Free with Dairy

**with Mitra Mohandessi
Saturday, March 25
10 am - Noon, \$30
Tacoma**

Delight your senses with the beautiful cuisine of Persia. Join cooking enthusiast Mitra, as she prepares two extraordinary dishes: borani esfenaj, a dish of sautéed spinach and yogurt with mild spices and wholesome adas polo, a fragrant basmati rice dish with lentils, raisins, saffron, and caramelized onions. Take home a recipe for refreshing Eshkeneh, an easy to make soup of fragrant herbs and eggs. Please pre-register.



Candida and Fungal Overgrowth

**with Noah Lebowitz, DC
Tuesday, March 28
6:30 pm, FREE
Tacoma**

Can't pinpoint why you are gaining weight, feel foggy, fatigued, depressed, or anxious? These and other symptoms may be the result of the toxic byproducts of candida and fungal overgrowth. Dr. Lebowitz will discuss how to identify and prevent overgrowth situations, as well as natural protocols to overcome them. Leave prepared to handle candida and fungal overgrowth in a natural, fast, and effective manner.



Three Ways To Make Friends With House Cleaning

**with Denise Frakes
Thursday, March 30
6:30 pm, FREE
Federal Way**

Do you love to clean? Or is cleaning a pesky chore on your to-do list? Denise offers knowledge from 26+ years of experience to help you transform your relationship with cleaning. Learn how to create a powerful, rhythmic system to create more breathing room, remove stress from your life, and save energy. Discover what residue free, green cleaning can do for your peace of mind.

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DEBUNKING the Top Five Assum

by Nicole Wirth, LMP

ASSUMPTION #1:

“I’ve got a runny nose and sore throat. I’m getting sick!”

Actually, there are two possibilities here:

ONE: You have chronic issues with your sinus drainage and there is some threat to that area coming in, indicating the bad guys are trying to take even more territory. The innate immune system jumps in and attacks them full force so the area can be more protected. Next, the adaptive immune system keeps fine-tuning what’s chronic and what’s needed to kill the bad guys. So, essentially, you are getting sick because you are actually getting stronger, immune-wise, to deal with the outside source. The key is to get **MORE SUPPORT** to strengthen your immunity: take immune-boosting herbs like Reishi or Astragalus; abstain from immuno-suppressants, like sugary foods; and get food-based vitamin C, not ascorbic acid or corn syrup-based vitamin C.

TWO: You may have done something to lower your immunity and the good guys are so weak and tired that the bad guys are starting to take over. Here are a few simple immunity strengthening fundamentals: chew your food longer, get more sleep, become and stay hydrated, and eat more high mineral content foods, like veggies. You’ll likely feel better, faster.

ASSUMPTION #2:

“I boost my immune system by working out for two hours in the morning.”

Actually, although the exercise is indirectly moving lymph, the myth is that you are doing a good thing for your lymphatic system. The key is to **get lymph flowing a bit every hour for five to ten minutes, reaching optimum capacity of lymphatic movement, which is 1-3 liters per day.** Movement can take several different forms: walking, running, jogging, gentle stretching (which I call Lymphatic Toning), rebounding, breathing or even sex. But as soon as you stop moving, the stimulation to the one-way, no-pump lymphatic system will slow down eventually and possibly stop all together, therefore needing to be stimulated again to move.

ASSUMPTION #3:

“At the end of my day, when my ankles swell, I help my lymphatic system out by raising my legs up into the air, or above my heart.”

In reality, healthy lymphatic flow is **NOT** impacted by gravity. It is only when you have had this system compromised that gravity can impact the lymphatic drainage system (chronic inflammation, critical internal thoughts, car accidents or surgeries, emotional trauma, lymph node removal, radiation, acidic foods, etc.). The key, again, is to move as much as you can throughout the entire day in a steady pace. Not too hurried or too slow.

Five to ten minutes walking, running, jogging, or stretching every hour keeps lymph flowing.

Assumptions about IMMUNE HEALTH



Not feeling up to par? Support yourself with immune-boosters like medicinal mushrooms, food-based Vitamin C, and extra sleep.

Join Nicole in Tacoma on March 14 for an in-depth discussion on lymphatic therapy. See page 10 for details.

ASSUMPTION #5:

“I’ve been told that my lymphedema won’t ever get better. All I can do is maintain.”

A lymphatic machine employs light frequencies and vibrations which enter the body through conduction (the skin), retraining the lymphatic fluid to move to where there are healthy nodes. This also allows for the blood to be purified and negative ions to be added to the body. I’ve seen heavy, numbing lymph fluid move to where there are healthy nodes and successfully bring lymphedema stages from a 4 to a 1 and have even seen clients become asymptomatic. With the machine, lymphatic fluid is rerouted and retrained to properly drain away from scars and to nodes, learning to follow those drainage patterns even between sessions. The key is to assess your lymphatic draining potential.

On March 14, I will discuss the lymphatic system and perform live demonstrations on audience members. All attendants will go home with a better understanding of how lymphatic therapy can help heal chronic back and neck pain, detoxify the whole body, decrease swollen ankles and rashes, heal emotions, and enhance nutrition for fighting autoimmune diseases such as vitiligo, lyme, SIBO, and celiac.

Nicole Wirth, LMP helps her clients heal themselves, gain back lost energy, and live longer, more vital lives. She educates her clients on the lymphatic system, emotions, and taking care of their bodies with reverence. Her practice is in the Great Pacific Northwest, just south of Seattle, WA. Contact her or learn more about her work at nicolewirth.com.

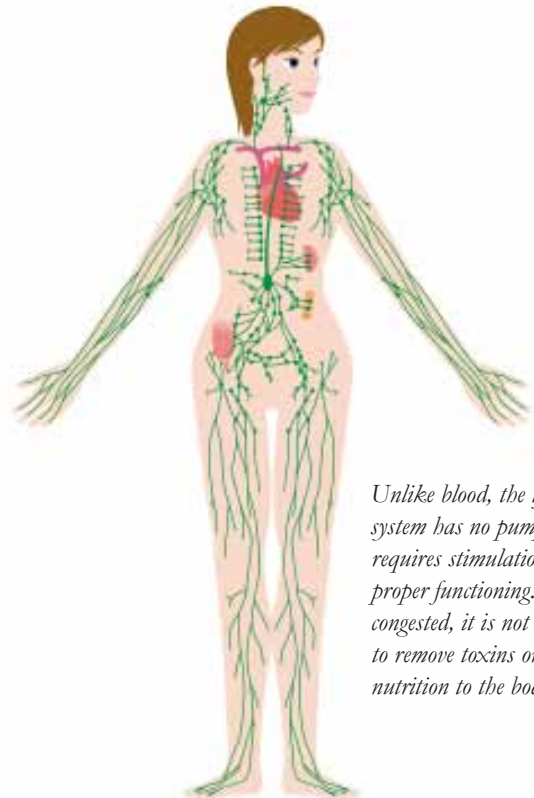
ASSUMPTION #4:

“I am going to help my muscles recover from a workout by getting a high-pressured massage.”

During any type of high-pressured massage, some lactic acid will drain from muscle tissue; and this is good. The problem arises when you leave the massage feeling like it was “too deep.” This is likely because the flow of lymph has slowed and in most cases stopped entirely, due to excessive pressure. If there is improper flow of lymph your body will neither be able to remove toxins from, or provide nutrients to muscles.

Though the lymphatic vessels run very deep into the body, very little pressure is required to produce lymph movement. Too much pressure does not help fatigued muscles recover. In fact, a 1995 study showed lymphatic vessel walls started to break down with damaging results due to prolonged pressure of any more than the weight of 17 nickels, roughly 35 grams. Though designed to repair themselves within 24 – 48 hours of being compromised, unchecked inflammation can skew the outcome of repair.

To counter the possible drawbacks of high-pressure massage, follow up with lighter strokes (observing the 17 nickle pressure limit) so the lymphatic vessels can keep functioning properly. Reflexively, muscles will loosen up to allow lymph to move long after your session. Additionally, support flow by eliminating tight clothing, especially over a long day. Be especially careful not to restrict flow through the back of the knee, ankles, around the shoulders, and breast tissue.



Unlike blood, the lymph system has no pump and requires stimulation for proper functioning. If congested, it is not able to remove toxins or usher nutrition to the body's cells.

Cardio Savvy or Cholesterol Phobic?

Part Two

by John Sherman, ND, Tahoma CLinic

There are many natural therapeutic products that have proven helpful for resolving atherosclerotic plaques, and each individual's needs must be considered in evaluating what dietary changes and supplements might work the best. Working with the renowned Dr. Jonathan Wright for many years, one of the grandfathers of natural medicine in our community, I have learned some simple interventions which often helps to reabsorb arterial plaque – without the need for excessive supplementation over long periods.


Clinically, a few supplements have worked well for both Dr. Wright's and my own atherosclerotic patients, resulting in a reduction in their plaque, as demonstrated on heart scans.

Dietary factors

- **Alpha linolenic acid** – For every 1000 mg of ALA consumed from sources such as flaxseed and flax oil, tofu, soybean oil, pumpkin seed oil and walnut oil, there is a 62% drop in coronary artery calcification ⁽⁷⁾.
- **Garlic** – Including garlic in your diet, and also taking an aged garlic supplement with B vitamins, has been shown to reduce homocysteine, an inflammatory marker, while increasing vascular function and reducing calcification in coronary arteries⁽⁸⁾.
- **Pomegranate juice** – In one study, people who drank 50 mL daily of pomegranate juice had reduced carotid artery thickness by up to 35% after one year⁽⁹⁾.
- **Avoid trans fats** – Also called partially hydrogenated fats, these are artificial fats, created to make vegetable oils more solid, in many processed foods. Trans fats have been shown to raise LDL (bad) cholesterol and lower HDL (good) cholesterol, and increase risk of heart disease and stroke.
- **Mediterranean diet** – This diet and lifestyle remains the most cardio-protective diet in the world. It can lower coronary artery disease by 80%, heart attacks by 33% and strokes by 70%.

Supplements

- **Tocotrienols** – A member of the Vitamin E family, commonly found in many vegetable oils, they have a more powerful antioxidant and anti-cancer effect than Vitamin E alone, and promote reabsorption of arterial plaque.
- **Vitamin K complex** – Vitamin K2 especially, has been shown to reabsorb plaque and deposit calcium back in bone rather than in arteries.
- **Nattokinase** – Nattokinase has been shown to reduce blood vessel wall thickening following endothelial injuries in animals. In humans, it has been shown to break up fibrin clots for up to 2-8 hours after taking. Nattokinase is derived from a fermented Japanese food called natto.



Blood donors save lives. They also have a dramatically lower risk of acute heart attack.

- **Fish oil** – Both in the diet and as a supplement, fish oil has been shown to work better than statins to lower risk of death from cardiovascular events – 24 to 32%; while statins only show a 13 to 22% reduction.
- **L-carnitine** – An amino acid, l-carnitine improves circulation in general, and has been shown to help congestive heart failure, angina, and exercise tolerance in most vascular disorders.

Other supplements that can be helpful in various cardiovascular diseases, include: CoQ10 (or Ubiquinol), D-Ribose, Magnesium (especially magnesium taurate), Niacinamide, and Curcumin extract.

Other Lifestyle Factors

- **Blood donations** – Donating blood two to three times annually can reduce risk of acute heart attack by 88%, compared with non-donors.
- **Exercise** – Movement and activities obviously improve circulation, but also increase muscle mass and loss of organ function in the elderly. Even at 20 to 30 minutes daily, activities (fun ones!) improve delivery of nutrients to the tissues and increase well-being.

I truly believe cardiovascular disease does not have to be the feared, costly, and devastating disease that is currently affecting so many of us in the Western world. A few simple changes in our diet and lifestyle can have a dramatic effect on our longevity, well-being, and quality of life, for our entire lifespan.



In addition to his long-term practice at Tahoma Clinic, Dr. John Sherman served as Clinic Director for Bastyr University in Kenmore, Washington, and as associate professor for both the National University of Natural Medicine and Bastyr University. He authored the classic naturopathic textbook The Complete Botanical Prescriber and is co-author of Alternative Medicine: The Definitive Guide. Dr. Sherman sees patients with diverse health issues, including bio-identical hormone therapy (for men and women), cardiovascular disease, thyroid and hormone balance, auto-immune challenges, chronic fatigue, immune system support, detoxification of the body, individualized nutritional programs. Learn more at tahomaclinic.com or at 206.812.9988.

Research references available at marlenesmarket-deli.com.

Maintaining Strong Immunity as Spring Approaches

by Jerry Angelini, MS

As we move into spring, the increasing daylight, warming weather, and blossoming plants bring a smile to almost everyone's face. One thing that slips under our conscious thinking during the transition to spring, however, is awareness of immune health. During winter, people are more proactive about staying healthy, when in reality, spring brings its own challenges to immune health and balance.

According to the Centers for Disease Control, pathogens we are concerned about in winter are just as active in March, even May. Every time a pathogen enters the body, the immune system is responsible for determining both the severity of the health challenge and the duration to restoring balance. The immune system is a crucial defense needed to stay healthy and active at any time of the year.

Another springtime immune health consideration is how the immune system reacts to pollen and other environmental triggers. An oversensitivity to environmental elements or foods is an indication the immune system is out of balance.

The key then, for immune health year-round, is modulation, or balance. Certain natural substances can provide nutrition and cellular support to the immune system, so it is better able to respond to attacks it might experience, no matter the time of year.

Mushrooms have long been used in cultures around the world, both as food sources and as support for health and wellness.* Various

mushroom species such as Reishi, Chaga, and Cordyceps have all been recognized as supporting a balanced immune response in the body.

Reishi is the mushroom most often linked to modulating the immune system. Reishi can help the immune system respond strongly while at the same time making sure it doesn't overreact to substances or triggers. Further, Reishi bolsters adrenal functioning to help combat fatigue.* Reishi also supports cardiovascular and liver health, making it a multi-system support for immune strength and whole body wellness.

Chaga has been used cross culturally as a support for a strong, yet balanced immune response. Chaga's point of interest is that it supports epithelial tissues in the body. Epithelial cells line the upper respiratory system and lungs, the digestive tract, the skin and the arteries. The balancing impact Chaga can have on these organs makes it a wonderful addition to the seasonal support category. It is important to support our lungs and intestinal tract so that they can respond appropriately to whatever they encounter.

Cordyceps is a well-known mushroom in the sports world. Cordyceps is recognized as being energizing and supporting athletic performance. Like many other beneficial mushrooms, Cordyceps also supports modulation of the immune system. Similar to Reishi, Cordyceps can help the upper

respiratory system and lungs function strongly without overreacting to environmental triggers that can challenge breathing.

Remembering that the immune system functions 24 hours a day, seven days a week, can be an important change in thinking. Feeding our bodies good food, providing ourselves with adequate rest and basic hygiene such as hand washing, are all important parts of maintaining health. Yet in today's world we often need to do a bit more. Reishi, Chaga and Cordyceps – either separately or combined in a formula – can help ensure a strong immune system that doesn't overreact to the environment. These three mushrooms help us during the change of seasons and throughout the year.

Jerry Angelini, MS, is the Education Director for Host Defense. He has been teaching and speaking on anatomy and physiology, herb-drug interactions, and psychology for over two decades and holds numerous certifications and post-graduate credentials.

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See page 10 for details.

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MARCH

Calendar of Events

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Come see us at the 2017 South Sound Sustainability Expo. Visit southsoundsustainabilityexpo.org for more information Greater Tacoma Convention and Trade Center and Tollefson Plaza. March 4, 10 am – 3 pm						
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		Wild Fermented Sauerkraut with Meghan Hintz, CF, LMP 6 pm, \$20 Tacoma		Sleepless in Seattle? with Mag Secretario 6:30 pm, FREE Federal Way	Meaningful Movies We the People 2.0 6:30 pm, Gig Harbor	Fermented Spring Greens with Stephanie Johnson, Nutritionist and Rebecca Wolfe, Personal Chef 10 am – Noon, \$20 Tacoma
Daylight Saving Time Begins	Uniform Monday! 10% off to all firefighters, military and police!	Immunity Through Lymphatic Cleansing with Nicole Wirth, LMP 6:30 pm, FREE Tacoma		Be a Lean Mean Green Eating Machine! with Steve Fry, CHFS and Sherry Fry, CHFS, NTP 6 pm – 8 pm, \$10 Federal Way	Meaningful Movies Walking for Country 7 pm, Tacoma	DIY Water and Milk Kefir with Julie Martin, Oly-Cultures 10 am – Noon, \$25 Federal Way Ayurvedic Spring Detox with Chiara Kae, PhD, RDN 1 pm, FREE Federal Way
First Day of Spring		Environmental Toxins in Puget Sound with Andy Gregory, Pollution Prevention Director – Puget Soundkeeper 6:30 pm, FREE Tacoma		Environmental Stewardship in Federal Way with Mariska Kecskes, EarthCorps Project Manager 6:30 pm, FREE Federal Way		Delectable Foods of Persia Gluten Free with Dairy with Mitra Mohandessi 10 am - Noon, \$30 Tacoma
		Candida and Fungal Overgrowth with Noah Lebowitz, DC 6:30 pm, FREE Tacoma		Three Ways To Make Friends with House Cleaning with Denise Frakes 6:30 pm, FREE Federal Way		

BODY WORK Schedule



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Monday, 11 am – 3 pm

FEDERAL WAY

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

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MARCH 2017

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Broccolini

with Miso-Ginger-Lemon Dressing

1 bunch	broccolini (about 1lb)	2 tsp	fresh lemon zest
½ tsp	sea salt	2 tsp	fresh grated ginger
2 Tbs	white miso paste	2 tsp	raw sugar or agave
2 Tbs	rice or cider vinegar	2 Tbs	sesame oil
1 tsp	fresh lemon juice		

In a large sauce pan, bring 1 inch of water to boil and add sea salt. Split thick ends of broccolini lengthwise. Add broccolini to water, reduce to simmer, cover and steam until bright green (about 5 minutes). Drain and rinse under cold water.

In a large bowl, whisk miso, raw sugar, vinegar, ginger, lemon juice, and zest. Whisk in sesame oil until well combined. Add broccolini and toss until thoroughly coated. Makes 4 servings.

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