

NATURAL ORGANIC GLUTEN-FREE NON-GMO

groceries supplements deli body care catering

Marlene's™

SOUND OUTLOOK

May 2016

Mother's Day is May 8!

*Brunch recipes and
gift ideas inside!*

Marlene's™

MARKET & DELI

shop local, eat organic

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TACOMA

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A from Marlene...

Ah, May... a beautiful month in the Pacific Northwest in which we observe Mother's Day and, in our stores, focus on women's health.

Mother's Day is a special time to celebrate love and family. I just went to a birthday for my five-year-old great grandson—what fun that was! In fact, three children, six grandchildren and two great-grandchildren is a pretty good record, don't you think?

I hope all you mothers (and daughters and sisters and nieces) out there have a great month, a great summer, and a great year!



Marlene

P.S. We have some lovely ideas for celebrating Mom this month. Serve her breakfast in bed (see the crepes recipe on next page) or take her to our Mother's Day Brunch class on Saturday, May 7th!



Mother's Day CREPES!

Cheese Filling

In a blender combine:

1 cup	ricotta cheese
4 oz	softened cream cheese
1	egg yolk
¼ cup	cane sugar
1 tsp	vanilla extract
¼ tsp	nutmeg

Blend briefly and pour into bowl and refrigerate. This will be your cheese filling.

Crepes Batter

In the same blender (no need to even rinse it), combine:

1 cup	whole milk
2	eggs
1 cup	all-purpose flour
1 Tbs	cane sugar
¼ cup	melted butter (I use salted butter)
¼ cup	melted butter (for brushing crepes)

This is your crepe batter. Let batter sit in blender for 20 minutes before preparing crepes.

Berry Sauce

1 lb	frozen or fresh berries
5 Tbs	cane sugar
1 ½ Tbs	cornstarch
½ cup	orange juice

Combine all ingredients in a sauce pan and mix well. Heat over medium-high heat until berries are thawed and mixture thickens.

Mary Walukiewicz is Food Services Director at Marlene's Market & Deli.

For best results, use organic ingredients whenever possible!

- Heat an 8 or 9 inch non-stick sauté pan over medium heat.
- Sprinkle a drop of water over the pan and when it sizzles, the pan is ready.
- Spray the pan with non-stick spray and add about a ¼ cup of batter, enough to coat the pan with a thin layer.
- Cook for about 45-60 seconds until the crepe is set.
- Flip the crepe and cook on the other side for about 35-45 seconds.
- Set each crepe aside until all the crepes are cooked (you may stack them, keeping covered with a clean kitchen towel). You will have 10-12 crepes.
- Fill each crepe with two tablespoons of the cheese filling and roll up, tucking the edge in (like a burrito).
- Place filled crepes into a buttered 9 x 13 casserole dish, seam side down.
- Brush with melted butter and bake in pre-heated 350 degree oven for 10-12 minutes.
- Top with Berry Sauce.



Mushrooms for Health? Really?

By Jerry Angelini, MS

Is it true I should be taking mushrooms every day? These aren't "magic" mushrooms, right? I'm not going to get poisoned or go on a trip like Alice in Wonderland, am I?

The answer to these questions are: Yes, you may benefit from adding a mushroom supplement to your daily health protocol, and no, you won't trip like it's the 1960s. The mushrooms we are talking about are the ones which have been used safely for hundreds of years. Almost every traditional culture around the world has used mushrooms to support overall health and wellness and to target specific systems of our bodies.

Long before our current scientific understanding of how the body developed, various mushroom species were consumed for general health benefits.

Reishi

In use for over two thousand years in traditional health systems, Reishi was consumed to support energy, help lung functioning, create a feeling of wellbeing and increase the lifespan. With today's scientific

research, Reishi has been shown to support a healthy cardiovascular system, help build a strong yet balanced immune system, support our bodies as an adaptogen, and provide key nutrients that support liver detoxification. The similarities are striking because scientific methods are validating traditional health practices that have been in practice for centuries. Going even further, we're finding that these mushrooms impact us in amazing ways.

Lion's Mane

This white, pompom looking mushroom is a delicious edible. When sliced thinly and sautéed in clarified butter until the edges are crispy, Lion's Mane tastes similar to lobster. Although many people would think that's reason enough to consume it, Lion's Mane is more than just a pretty mushroom that tastes good. Research suggests that Lion's Mane may support multiple aspects of our neurological system. So, along with it supporting a strong and balanced immune system, Lion's Mane may help our memory, concentration, decision

making, balance our mood and support the nerves in our bodies and extremities.

Some people jokingly call Lion's Mane 'the smart mushroom'.

The nutritionally savvy consumer might already know that just about every mushroom we use in the natural products industry can support immune health. What most people aren't aware of is that preparation is key to unlocking the mushroom's full potential. A raw mushroom is indigestible to humans. We simply do not have the enzymes in our intestinal tract required to break down mushrooms. Unprepared, we cannot access their phenomenal nutrients. However, when we use multiple extraction methods, we can access the full range of compounds. All of these compounds together support a stronger yet balanced immune response, prebiotic

Jerry Angelini
talks about
mushrooms
May 3 and 5—see
page 10
for details!



In-store prices reflect discount

**Support Your Health*
and Help
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**Your purchase helps
Host Defense and
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to overcome
Colony Collapse Disorder
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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

nutrients that can feed our healthy microflora, complete proteins, vitamins and minerals and specialized metabolites that can help just about every system and organ of our bodies.

Chaga

Chaga has been shown to support a strong yet balanced immune response. There is even evidence suggesting Chaga has a special affinity to epithelial tissue: skin, lungs and gastro-intestinal tract. These areas are the barrier between our bodies and the outside world. And on this barrier lives trillions of microbes, many are friendly, but some are pathogens. Maintaining a strong yet balanced immune response within these barrier tissues is one way to help maintain a healthy body.

Chaga is also a strong anti-oxidant.

Antioxidants are important to help manage free radicals that get created as we go about our every day cellular activities. Antioxidants can even protect our DNA from damage that free radicals can cause. What other research has shown is that Reishi, Maitake and Lion's mane also have antioxidant activity as well. So if you are hoping to use fewer products while receiving a greater number of actions, you can consider mushrooms multi-targeted nutritional support.

Maitake

Maitake's use as an immune supporting mushroom has been in the natural products marketplace in the United States for at least thirty years. It has been used in Japan and China for centuries. Some interesting research suggests that not only does Maitake support a balanced immune response, but that it also supports glucose levels in our blood. Many people in the United States are currently struggling with blood sugar imbalances as well as reduced insulin sensitivity. Research has shown Maitake to be supportive of our cells ability to take the glucose circulating in our blood and bring it into our cells where it is used to make ATP or energy. We have already learned that Maitake is an antioxidant, so once again Maitake falls into the category of one mushroom that supports multiple systems of the body.

Cordyceps

One species of mushrooms that has quite a bit of notoriety associated with it is Cordyceps. I'm convinced the properties of this mushroom were discovered in an ancient

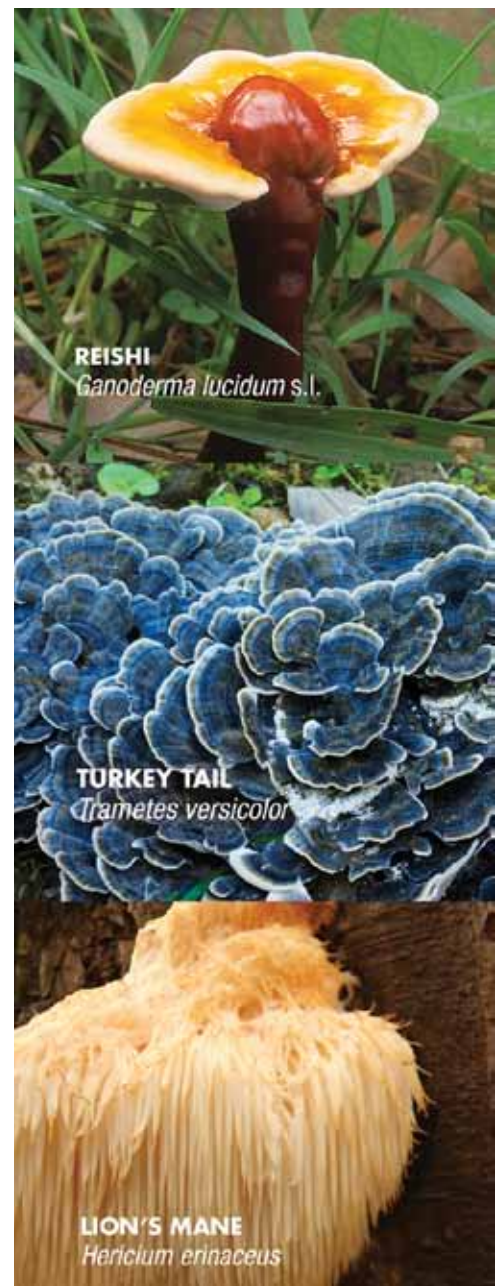
dare. Cordyceps is a mushroom that grows on caterpillars. That are in the ground. I can just see it...two guys pointing to this 'caterpillar fungus' and saying, "I dare you to eat that." However it was actually discovered, Cordyceps has been used for centuries and shown in research to support energy. Most people who have used Cordyceps report that they felt more vital, more energized and experience greater ease in breathing. And this has played out in the research. Cordyceps has been shown to support athletic performance (this includes professional athletes as well as mall walkers), support free and graceful breathing, energy and even libido for both men and women. Cordyceps is a mushroom for vitality.

Mushroom Blends

We have been talking about single mushroom species and their individual benefits. When combined into formulas, some research suggests that the immune support could be even greater. Not only are you receiving the benefit of the various mushrooms in the formula, but you are supporting your immune system more so than if you were to use a single mushroom at the same serving size. An example of this is a formula that included Cordyceps, Reishi, Lion's mane, Maitake and Chaga would include all the benefits discussed for each species as well as strong support for your immune health. This is an example of a supplement that supports almost your whole body.

Other formulas work in similar fashion. Combining various mushrooms with herbs has been a successful strategy in cultures around the globe. These formulas can target specific systems like the brain or liver functioning. Yet due to the complexity of a formula, they still provide balanced immune support and a more generalized support of the greater body systems. These are becoming increasingly popular as one supplement supports a wide variety of health concerns.

The final consideration for taking a mushroom supplement daily is, simply, quality of life. When we study the cultures that have consistently included mushrooms in their diets or their historical health and wellness practices, what is revealed is that mushroom intake seemed to increase the quality of life for the people in those cultures. Although each person has a unique definition for quality of life, some points are universal—more energy,



better mental clarity, a sense of wellbeing and happiness.

Supplementing with mushrooms may not make you happier, but using a specific species of mushrooms, a formula containing a mix of mushrooms or a formula of mushrooms and herbs together may offer you more energy, better concentration and focus, and a greater sense of health and balance.

Jerry Angelini, MS, 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. He is national educator for Fungi Perfecti.

Staying your healthiest can be a real trick, especially through cold and flu season. Enjoy these five tips to stay your healthiest year-round.

1. Fulfilling intimate encounters

We all know the benefit of exercise, but did you know that having good sex can produce the same, or even better results? Good sex—experiences after which you feel refreshed, energized, and relaxed—releases endorphins and reduces stress. It may also lower the risk of chronic health concerns. If anything is preventing you from having fulfilling sex, such as personal dryness or pain, discuss these issues with your health practitioner. Supplements that support women's hormonal balance may also help. Look for products that contain herbs like black cohosh and chaste tree berry (vitex), and at least 100 mg vitamin B6.

2. Get more B-vitamins

B vitamins help build and sustain cellular energy throughout the day, positively impacting your mood, and supporting a healthy circulatory system and healthy homocysteine levels. If you suffer from premenstrual system (PMS,) be sure your multivitamin provides at least 100 mg of vitamin B6. At this level studies have shown a reduction in overall PMS discomfort, with the best results seen after three consecutive months of daily supplementation. If you don't suffer from PMS, none to worry – you'll just feel a little more energy and enjoy a better mood! (source: Brush MG et al. Brit J Clin Pract 1988;42(11):448-4562.)

3. Practice mindful eating

It's time to shift our relationship with food. "Dieting" produces short-term results, not the long-term benefits we desire. When we eat mindfully we focus on each bite and the nutrition it provides. We chew more, savoring the flavors of our food. By also focusing on eating nutrient dense, savory foods, and dark, colorful fruits and vegetables we involve all of our senses in the eating experience and we get more nutrition from our food. Mindful eating also means we stop "eating-on-the-go" or in front of the TV. We instead focus our energy on enjoying the food we eat.

Five Ways Women Can Optimize Their Health

By Corinna Bellizzi



Meet Corinna
on May 11--
details on
page 10

4. Try "flow" meditation

Many of us would like to meditate, but have a hard time clearing our minds to achieve meditative bliss. Mihaly Csikszentmihalyi discovered that people find genuine satisfaction during a state of consciousness he calls "Flow." Flow is a meditative state achieved while expertly performing repetitive motions, like washing dishes, washing a car, coloring, making mandalas, or even going for a long run. Achieving that meditative state brings satisfaction, and ultimately happiness to each person, and helps you stay healthier too! (I recommend *Flow: The Psychology of Optimal Experience* by Mihaly Csikszentmihalyi, PhD)

5. Don't forget to supplement DAILY

Today, even the healthiest diet needs help. Through over-farming, our foods contain a fraction of the nutrition they boasted a few decades ago. Safeguarding your health is easy with a few daily supplements.

First, take a high-potency multivitamin as your first line of defense. Multivitamins are

designed to fill nutritional gaps so you get the core nutrition you need to stay healthy and strong. Look for a multivitamin that provides plenty of vitamins A (5,000 IU retinol), and D (1,000 – 4,000 IU cholecalciferol), and that includes a comprehensive B-Complex. This way you can enjoy the mood-lifting, energy-supporting benefits of a well formulated multivitamin – and a difference you can actually feel! If you suffer from PMS remember to look for one that contains at least 100 mg of vitamin B6. My personal favorites: SimplyOne Women by SuperNutrition (one-per-day) or Women's Blend by SuperNutrition (6-per-day, includes multi-mineral bone-builder with 180 mcg vitamin K2 for heart and bone health and a complete antioxidant defense complex).

Secondly, take an omega supplement that provides at least 500 mg of combined EPA and DHA per serving to support your mood, attention span, hormonal health, and even fertility. If you suffer from acne breakouts or PMS consider an omega supplement that also contains GLA from either primrose or borage oil.

My personal favorites: Ultimate Omega by Nordic Naturals (EPA + DHA), or Complete Omega by Nordic Naturals (EPA + DHA + GLA).

Thirdly, ensure you're getting digestive support, maximizing the benefit of your food and supplementation regime. Finding a good enzyme and shelf-stable probiotic combination is a great way to start. Enzymedica produces a wide variety of enzyme/probiotic combinations for the discerning consumer. Pick your favorite and take it every day!

Born at home in Ashland, Oregon, Corinna Bellizzi was raised on a communal organic farm where eating a healthy, nutrition-rich and varied diet was the familial norm. After college, she began working in the natural products industry, formulating and selling dietary supplements, protein blends and beverages. She spent nearly a decade as National Sales Manager for Nordic Naturals, becoming an expert in omega-3s and essential fatty acids along the way. Today she serves as Vice President of Sales for SuperNutrition, a family owned and operated California company that has produced dietary supplements with scientifically proven potencies since 1977.

Escaping Sugar's Grip

By Steven B. Fry, CHFS

What's to escape?

You're not imprisoned by sugar, right?

Um, let's get real for a minute, okay?

One hundred years ago, if you took all the pounds of sugar consumed in America in a year, and divided by the number of people in America, you would come up with 4 pounds of sugar consumed per person per year. Now, 100 years later, that same calculation would come to 160 pounds per person per year, which is over 13 pounds a month, or about a third of a pound of sugar consumed per American per day!

Where in the heck *is* all that sugar? Everywhere! Approximately 90 cents of every food dollar in America is spent on processed food and 80% of all processed foods contain added sugar. Could there be a correlation? Consider these facts:

One teaspoon of refined sugar (or one of its deadly cousins) can reduce the ability of the immune system to fight bad guys by as much as 50% for as long as six hours.

Every major disease plaguing America today is either caused by over-consumption of refined sugar or exacerbated by it.

Sugar overdosing causes pits in the blood vessels, which the body patches with cholesterol, making high cholesterol a sugar problem, not a fat problem (but that's another article!).

Sugar ruins the environment of the gut, and ruined gut health equals ruined overall health.

Sugar feeds cancer.

Sugar is said to be eight times more addicting than heroin.

Yes, you read that right: sugar is highly addictive.

If you want to get off sugar, you need to declare war on it. Know your enemy, identify your weaknesses, create a strategy, and attack! You won't win the sugar war overnight and your strategy must be implemented in stages. To identify your weaknesses, start by keeping a detailed food journal. Nothing less than a week will do, and 10 days would be better. During that 10 days, journal about your normal habits and create a strategy that confronts them. As part of your strategy, read the classic paperback *Sugar Blues* by William Dufty. You can read it in a couple of evenings. You'll want to tell others what you've learned about sugar and will be well equipped to escape sugar's grip.



Additional aspects of your strategy may include

High Impact Training (HIT). This can be accomplished at home with no equipment in short time frames.

A slow sugar elimination, leading up to a 21 day sugar cleanse, ending in a new lifestyle of limited but healthy and enjoyable sweets.

An increase in vegetables, clean water, and healthy proteins.

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

Steve and Sherry explore strategies for reducing your sugar intake Saturday, May 21 in Federal Way. Details on page 11.

MOTHER'S DAY GIFT IDEAS



Gift Mom with **Himalayan Bath Salts from Evolution Salt Co.**, known to improve the appearance of your skin, combat water retention, prevent muscle cramping, regulate sleep and even decrease stress! Purify her airspace with a negative ion-emitting Salt Lamp!



NOW Solutions cultivates relationships with staff and growers, and invests in state-of-the-art equipment to ensure the quality of their products. Romantic, uplifting and comforting, Rose Absolute essential oil blend is pre-diluted and ready for use. For a soothing headache-buster, add 3 drops each of NOW's Lavender, Peppermint and Chamomile oils to a diffuser and enjoy.

NOW Solutions Real Bamboo Ultrasonic Oil Diffuser unites aromatherapy with modern scientific innovation to create an essential oil diffuser that's perfect for your home or office. Using high-frequency ultrasonic vibrations, this diffuser preserves the integrity of precious essential oils by diffusing without direct heat!



Feeling laggy? Snap up a bottle of **Country Life's Easy Iron!** Non-constipating and easy on the tummy, this advanced iron supplement supports the red blood cells which deliver oxygen throughout the body for optimal energy levels!*

Honey Mama's Cacao-Nectar Bars are wildly delicious **raw honey chocolates** made from five whole foods that stimulate well being and bring a rich depth of flavor to your senses! Handmade in Portland Oregon, non-GMO, soy, gluten, dairy and grain-free.

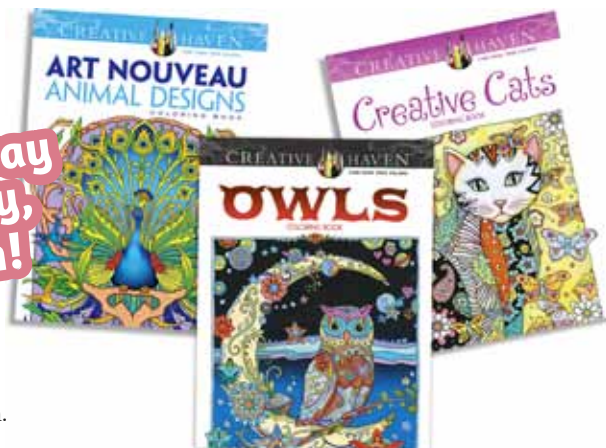


Safe Catch is a new mission driven company that makes canned tuna like no other. Moms can feel sure of their choice because Safe Catch is the only brand that tests every single fish for mercury, making it the official tuna of the American Pregnancy Association. Fully traceable and sourced from captains who use socially and environmentally responsible fishing practices.



Mother's Day is Sunday, May 8th!

The American Art Therapy Association suggests supporting the harried mom in your life with a **grown-up coloring book from Creative Haven** as a part of their self-care regimen. Most are printed on a single side of premium paper that's easy to remove and display when complete!



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

Trust and Transparency: MyChelle[®] dermaceuticals

MyChelle's progressive 360-degree approach to beauty is to provide clean, conscious, and comprehensive skin care products that are ethically sourced and formulated with bioactive, high performance ingredients for superior, professional results, and a lifetime of natural, healthy skin.

How and when was MyChelle started?

Founded in 2000 in Colorado, MyChelle Dermaceuticals creates scientifically advanced targeted treatments with natural bioactives, including cleansers, moisturizers, serums, oils, nourishing creams, and sun protection for unmatched, professional results.

What makes MyChelle products different?

From the beginning, MyChelle's formulating philosophy has been directed by combining principals of clean, eco-friendly, and sustainable ingredients with guidelines from US and EU national health and environmental groups. The brand is dedicated to finding the best nontoxic alternatives to the harsh chemicals commonly found in skin care products, no matter the additional costs and effort. MyChelle was the first in natural beauty to use anti-aging peptides, plant stem cells, and clinically proven dermatological ingredients.

Today, MyChelle continues its practice of using breakthrough research and technology to develop formulations that are all vegan or vegetarian, certified cruelty-free, and made without parabens, sulfates, artificial fragrances or color, petroleum, GMOs, and gluten. The company's sustainable and eco-friendly manufacturing practices include biodegradable ingredients and formulas, wind powered energy, and recyclable paper cartons, plastic tubes, and glass bottles and jars.

Can consumers trust a product's safety and ingredient claims?

There should never, ever, be a question in a consumer's mind as to the safety of the product they are applying to their hands, face, or body. But the reality is many consumer product companies are not required to fully disclose the ingredients in their products. According to the FDA, *"It is the manufacturer's responsibility to ensure that products are labeled properly."*

Since the FDA does not test or monitor skin care for safety and ingredients are minimally regulated, MyChelle voluntarily and properly labels and discloses the ingredients in its formulations.

The MyChelle team is passionate about creating clean and safe products that are as effective as they are natural, and their skin care products have been in the forefront of ingredient safety and transparency.

Is MyChelle skin care certified or verified?

Building on its 15-year commitment to developing naturally effective products, MyChelle was recently named a Founding Member of the EWG VERIFIED: For Your Health[™], the EWG's (Environmental Working Group) new verification program to help consumers quickly and easily identify personal care products, including cosmetics that meet the organization's strictest standards. The EWG VERIFIED[™] mark elevates the EWG's Skin Deep[®] rating system by requiring products to meet additional rigorous criteria, including avoiding EWG's

"unacceptable" ingredients, labeling that fully discloses its ingredients, and following good manufacturing practices. To date, 15 MyChelle products have been verified and will feature the EWG VERIFIED[™] brand mark beginning this spring.

The Power of 3

MyChelle, in accordance with most board-certified dermatologists, recommends an anti-aging regimen that includes topical antioxidant Vitamin C, followed by a broad-spectrum SPF in the morning, and a topical Retinal at night. Incorporating these proven and powerful ingredients, the company's Beauty Key 3 is a dynamic daily trio offering professional results with formulas shown not to compromise personal health and safety.

Step 1: EWG VERIFIED[™] Perfect C Serum, formulated with the only active form of Vitamin C (L-Ascorbic Acid)

Step 2: Sun Shield SPF 28 Unscented, an EWG Best Beauty & Sport Sunscreen

Step 3: EWG VERIFIED[™] Remarkable Retinal Serum



- ✓ Avoids EWG's ingredients of concern
- ✓ Full transparency
- ✓ Good manufacturing practices





speakers & classes



The Mineral Fusion Beauty Tour!
Make-up artists and estheticians from
Mineral Fusion
April 28 – May 15
12pm – 6pm daily
Federal Way

Ever wish you could try skincare products before buying them? Stop by for a free complimentary consultation, color matching or makeover with brand ambassadors from Mineral Fusion! Mineral Fusion's cosmetics, skin, hair and nail care products are gluten-free, hypoallergenic and cruelty-free and contain no parabens or artificial fragrances. Arrive early to claim your spot!



Beneficial Mushrooms and Human Immunity
with Jerry Angelini, MS
Tuesday, May 3
6:30 pm, FREE
Tacoma

With all-time highs in over-reactivity to environmental and seasonal triggers, exposure to pathogens and environmental toxins, and an increase in cell mutations, our personal and herd immunity are under attack like never before. Learn how special compounds in turkey tail, reishi, chaga and other mushrooms are uniquely supportive of the immune system, both by strengthening and bringing balance to our bodies.* Jerry Angelini, MS, 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. Sponsored by Host Defense Organic Mushrooms.



Mushrooms for Mind-Body-Heart
with Jerry Angelini, MS
Thursday, May 5
6:30 pm, FREE
Federal Way

Fungi Perfecti's national educator discusses cordyceps and its impact on lung

functioning and athletic performance, how lion's mane supports the brain and nervous system, the impact of chaga as an antioxidant and support for epithelial tissue, and reishi's tonifying effects on the cardiovascular system and whole body. Jerry Angelini has been educating the public on anatomy and physiology, herb-drug interactions, and psychology for over two decades and holds numerous certifications and post-graduate credentials.



Mother's Day Brunch
with Nicole Heart
Saturday, May 7
10 am – Noon, \$25
Tacoma

Daughters, daughters-in-law, sisters, aunts, grandmas and moms! Join the owner of Olympia's Love, Peace &

Raw restaurant for this fun class that teaches you to create an elegant raw brunch for special occasions or anytime a delicious breakfast is desired. As you sip kombucha mimosas, you'll learn to make banana cacao crepes with whipped cashew cream filling. All guests will learn to make homemade nut milk for everyday use and as an ingredient in a delicious chia pudding. Please pre-register.



Make Your Own Miso with Meghan Hintz, CF, LMP
Tuesday, May 10
6 pm, \$20
Tacoma

Miso is a delicious healing food that is easy to make with a few simple ingredients. Join Meghan Hintz, Certified

Fermentationist and Wellness Coach, to learn the history, health benefits, and how-to of miso fermentation. This class includes a demonstration, instructions for making miso from soy and other beans, and recipes for cooking with miso - it's not just for soup! Samples provided. Please pre-register



Ten Tips for Improving Women's Health
with Corinna Bellizzi
Wednesday, May 11
6:30 pm, FREE
Tacoma

Do you want to learn how nutrients and vitamins impact your long-term health? Join

SuperNutrition's natural products specialist when she talks about women's health imbalances and how to correct or improve them using nutrition and supplementation. By end of class, students will have a new toolkit of solutions to everyday health challenges unique to women and a better understanding of how dietary supplements—in optimal potencies—can help.



Take Control of Your Health
with Dr. Michael Lelah
Thursday, May 12
6:30 pm, FREE
Federal Way

Whether you live with blood pressure or blood sugar imbalances, cardiovascular concerns, immune deficiency,

or other health-compromising conditions, it is vital that your supplements be non-toxic and highly bio-available. Discounts and samples for all attendees. Dr. Michael Lelah, PhD, is Chief Research Scientist at Mercola premium supplements. Discover why supplements with enhanced bioavailability and non-GMO ingredients help deliver key nutrients to help manage a variety of conditions.

Tai Chi with Hānsie Wong
Saturday, May 14
10 am - Noon, FREE
details on page 31!
Federal Way



The Five Pathways of Elimination
with Nancy Coones
Saturday, May 14
2 pm, \$20
Federal Way

Autointoxication is a root cause of many diseases and illnesses.

No detoxification program will give you the benefits you desire if you have not first strengthened and opened the pathways that eliminate waste from the body. If the doors and windows are locked, you can't haul out the trash!

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.

Nancy Coones, a trained iridologist, will discuss how to keep the five pathways of elimination healthy, strong and fully functioning in order to rid the body of toxic waste. Nancy will offer private iridology sessions Saturday, May 14, Monday, May 16 and Tuesday, May 17. Contact her directly at windows2health@hotmail.com to register. Please pre-register for class to reserve your spot.



Thickies, Smoothies & Other Quick and Easy Breakfasts with Sloan Guisinger **Tuesday, May 17** **6 pm, \$20** **Tacoma**

Are you tired of eating cold cereal and toast for breakfast? Or do you skip breakfast

all together because you don't have time and don't know what to eat? Starting the day with nourishing foods that provide lasting energy is key to enjoying a healthy, whole foods diet and lifestyle. Health and nutrition educator, Sloan, as she teaches busy women how to create quick and easy breakfasts. She'll demonstrate a green smoothie, a Thickie, chia seed pudding, and overnight oats. Please pre-register.



Introduction to Pranic Healing with Meghan Kaul **Thursday, May 19** **6:30 pm, FREE** **Federal Way**

Learn to use Pranic Healing® to accelerate the body's ability to heal itself. After a brief

introduction to the basics of energetic anatomy, Meghan will discuss how to do a "body scan," give yourself a quick energy boost, disconnect with those who may be draining our energy, and lead a meditation that creates peace, stillness and bliss. Meghan Kaul is an Associate Certified Pranic Healer with 8 years of experience using principles taught by Master Choa Kok Sui.



Escaping Sugar's Grip with Sherry Fry, NTP, CHFS and Steven Fry, CHFS **Saturday, May 21** **10 am – Noon, \$10** **Federal Way**

Is sugar your primary addiction? Do you feel powerless to stop consuming

it? It's not only possible to reprogram your lifestyle and let sugar go—it's a lot easier with a plan of action! Join the Common Sense Nutritional Therapy team for this popular seminar that's part workshop and part food prep demonstration for guidance on how to lose inches, gain strength, enjoy greater mental clarity or just feel better. Please pre-register.

Plant Medicine when You Need it Most with Carol Trasatto, Herbalist **Tuesday, May 24** **6:30 pm, \$10** **Tacoma**



Holistic medicine offers a wealth of means to support yourself or to care for a loved one while dealing with life-

changing illness, undergoing treatments such as chemotherapy, radiation, surgery, or other intense medical procedures—or for traversing the dying process itself. Carol Trasatto, an experienced herbalist, is the author of *Conscious Caregiving: Plant Medicine, Nutrition, Mindful Practices to Give Ease*, a compendium of tools, approaches, and remedies for caregivers. In her first talk at Marlene's Carol, a cancer survivor, will present essential principles that support all those involved in critical illness scenarios and sign copies of her book (at 10% off purchase price for attendees only). Please pre-register.



Live Your Best Life: Learn to Love Yourself with Jessica Scales, MA, LMFT **Thursday, May 26** **6:30 pm, FREE** **Federal Way**

The most important relationship you have in the world is with yourself. All of your other relationships are built from this foundation and allow you to live your best life. When we don't

have a good relationship with ourselves we might feel worthless, a lack of confidence, and self-doubt. Join a licensed mental health counselor to learn about the common negative messages we tell ourselves and how to overcome them, so that you can live your best life.



Basics of Indian Cooking with Julie Martin **Saturday, May 28** **10 am – Noon, \$25** **Federal Way**

Coriander, cardamom, ginger, tamarind... the spices in Indian food make it one of the most popular ethnic

cuisine categories in the United States. Join the founder of Oly-Cultures and learn to combine fresh spices to create authentic Indian appetizers, chutneys and beverages from scratch. Julie will prepare Vegetable Samosas (a fried pastry with onions, potatoes and peas), two classic sauces typically served in Indian restaurants--Daniya cilantro chutney and Imli tamarind chutney. At class' end, students will enjoy all dishes while sipping Mango Ginger Lassis. Please pre-register.



Homeopathy and Allergies with David Gerhardt **Tuesday, May 31** **6:30 pm, FREE** **Tacoma**

Allergies, asthma, fatigue, psoriasis, arthritis, inflammation and chronic disease are all a byproduct of our environment,

where allergens and toxins are omnipresent. The air we breathe, the foods we eat, and the environmental toxins from our homes, offices, cars, carpet and furnishings all impact us. Join this discussion on homeopathic ways to detoxify and desensitize the body, strengthen the immune system, increase energy and get rid of unwanted negative health conditions for ourselves and our pets. All attendees will leave with an understanding of why FDA-registered homeopathic remedies are safe, fast and effective and do not cause any side effects or contraindications to over-the-counter or prescription medications.

There Is No Place Like Home

By Curt Beus

Colleen Lamb's passion has always been preparing amazing, healthy food. From her days as a high school food and nutrition teacher to the present day as she builds her organic farming and food business, she has dreamed of growing and creating amazing organic foods, a dream she is now realizing.

"There is no place like home" has deep meaning for Colleen and others at the Dungeness River Lamb Farm. Everything created by Colleen and her team is literally "home-made." Fresh, high-quality organic crops are grown just steps from the farm's commercial kitchen, and that kitchen is just steps from the Lambs' home along the banks of the Dungeness River near Sequim, Washington. And everything used in the kitchen that *isn't* grown on the farm is sourced as close to home as possible.

Today, much of the "organic" food found in supermarkets is grown on huge farms, processed in large, faraway factories, retaining few of the values that gave birth to the original organic food movement. Many so-called organic farms pay minimum wage (or even less) to employees, while at the Lamb Farm employees earn a living wage and participate as part of a close-knit production team. Organic is not just a list of farming practices, but a philosophy and a way of life at the Dungeness River Lamb Farm. With an emphasis on community, health, quality and sustainability, everything on the farm and in the kitchen is produced in small quantities with the maximum amount of attention to producing the finest, freshest food possible.

Colleen Lamb has been perfecting her recipes for over 30 years, and today works closely with the Food Science Department at Washington State University in adapting her recipes for commercial production. With the help of Dr. Girish Ganjyal, Colleen has developed recipes and production practices that are unsurpassed for food safety and quality. Lamb Farm Kitchen (LFK) fruit butters and other preserves are not "jams." Jams often contain more sugar than fruit..

Lamb Farm Kitchens' fruit spreads, butters and chutneys contain just enough sugar to satisfy the taste buds without masking the intense flavor of the fruit. These intense fruit flavors are the result of growing only the best tasting fruit varieties, and then harvesting that fruit by hand when it is perfectly ripe. This results in fruit butters, chutneys and spreads that are bursting with flavor. Because LFK fruit spreads are made with an average of 88% fruit and the absolute minimum amount of added sugar, they have fewer calories than most other fruit spreads and are ideal for those wanting to limit their sugar consumption.

Although some might consider the expression "There is no place like home" to be an overused phrase from a bygone era, Colleen, Joanna, Octavio, Yvonne, Ryan, Della, Willy and others at the Dungeness River Lamb Farm use this simple idea to guide everything done on the farm and in the kitchen. In his poem, History, the farmer-poet Wendell Berry wrote "I have made the beginning of a farm



intended to become my art of being here." With every tomato grown, every berry picked, and every batch of shortbread baked, Colleen and her team in Sequim are perfecting that art.

Dr. Curtis Beus recently retired after 20 years as an Extension Educator with Washington State University. Much of that time was spent as the Director of WSU Extension in Clallam County. Shortly after moving to Sequim, Colleen Lamb and her husband Bryon were among the first students to complete the course entitled "Cultivating Success" that Curtis taught in Clallam County. The 16 week Cultivating Success curriculum is designed for people who are beginning small-scale farming operations. While Dr. Beus and others from WSU assisted Colleen in starting her farming and food processing business, Colleen has taken her business far beyond what is typical most students who graduate from this program.





Hormones: Key to Women's Health

By Kim Ross MS, Certified Nutrition Specialist

Vitamins, minerals, omega 3s, antioxidants, and the list goes on of important things for your health. Every health segment on TV, blog or magazine article seems to have the “latest” and “biggest breakthrough” in health. They all convey a convincing story about how one “magic” ingredient or new product is the silver bullet you have been looking for to change your health forever.

Deep down we all know health is never that simple. Wellness is an intricate combination of factors influenced by our genetics, environment, diet, supplements, exercise and lifestyle. But all too often critical parts of the complete solution for your health are left out.

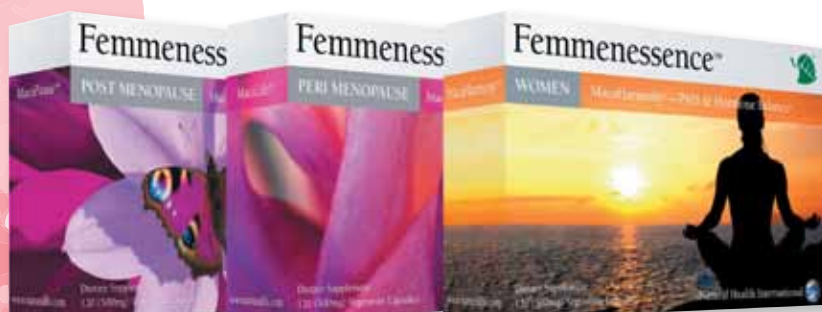
We all have heard why a yoga class is important for your health, why eating gluten free is important for a person who has celiac disease, why you should take your fish oil every day, why you should only choose a paraben free face cream or even why you now need a water filter in most cities! But when it comes to impacting osteoblast and osteoclast cells you probably have never even heard of them or how to positively influence their activity, yet that is probably the most important factor in supporting your bone health.

The reason being is that if there isn't a natural product that impacts a function in our body, it is often ignored or spoken about in very general terms. You hear about hormones but often times you are not informed about what they really do. That is because there has never been a natural product that has ever been

able to prove in published clinical trials a statistically significant impact on hormones in woman of all ages and demonstrating all the major health impacts they have. Until the clinical research on Femmenessence, that is.

Hormones are probably the most important aspect of a woman's health as they are the messengers of the body and control everything from energy, to sleep, metabolism, menstruation, hot flashes, cholesterol, hair loss, clear skin, mood, cramps and you guessed it... osteoblast and osteoclast cells - the most important aspect of bone health!

Kim Ross, MS, is a Certified Nutrition Specialist and Medical Educator for NHI.



Heart Health

Femmenessence, Omega 3s, and cardiovascular exercise (to support body weight, blood sugar, cholesterol and more)

Bone Health

Femmenessence, bone mineral supplement, and weight -bearing exercise (to supports osteoblast/bone growth, and slows osteoclast to minimize bone loss)

Mental Health

Femmenessence, Omega 3s, and exercise (to support cortisol and neurotransmitter transference)

Hair, Skin and Nails

Femmenessence, mineral supplementation, and hydration (to lessen hair loss, improve elasticity of skin, and strength of nails)

Menopausal Symptoms

Femmenessence (to support hot flashes, night sweats, vaginal dryness, libido and mood)

Sleep and Relaxation

Femmenessence (to support melatonin and cortisol)

Straight Talk about Stress and Sleep

Marita Schauch, ND

What do you do when you're late for work, you didn't get enough sleep, the kids are reenacting the barbarian invasion of Rome in the living room, and the world is against you? Easy, you bite the head off your spouse, throw back some caffeine and sugar, shake your fist at the universe, and you're off.

If that's your current strategy, you're suffering from exhausted adrenal glands and are in need of an intervention.

Every day in my practice I see patients with unrelenting fatigue. They report waking up exhausted, feeling unmotivated, irritable, and have often lost the joy in daily life. Activities that once gave them pleasure don't anymore, and most feel inundated with the slightest amount of stress. It's as if their body's coping mechanisms are completely exhausted. These patients also have an incredibly hard time losing weight. Even though they may exercise and eat healthy, they just can't seem to shed a pound.

Do these symptoms sound familiar? If so, you might have what's called "Adrenal Fatigue." The adrenal glands are the body's main stress responders. The body typically

responds to physical and emotional stress by producing adrenal hormones such as epinephrine, norepinephrine, and cortisol as a coping mechanism. When we trigger the stress response too often, problems arise as the stress hormones are continuously pumped out and the body becomes depleted and exhausted.

The good news is that there are key steps you can take to help optimize your adrenal function and alleviate the deteriorating effects of adrenal fatigue. Here are a few tips I recommend to combat the effects of adrenal fatigue.

1. Drink 8 (8-ounce) glasses of clean, filtered water daily.
2. Exercise daily. You won't believe what a difference 15 minutes will make. You don't have to run a marathon. Find an activity you enjoy doing and do it often.
3. If you sit at a desk, stretch for a few moments several times each day.
4. Avoid refined sugars, high fructose corn syrup, and all boxed, processed foods. Shop the outer aisles of the supermarket. Make better choices – choose fresh, ripe fruit and natural foods.
5. Reduce your exposure to pesticides and chemicals. And, don't think pesticides and chemicals are only found in the garden. Check labels on common items in your bathroom, like soap, deodorant, lotion, and shampoo. Visit the Environmental Working Group at www.ewg.org and search your favorite brands to see how they score. You might find yourself switching to earth-friendly, non-toxic brands. Another great organization that believes in prevention and reducing chemical exposure in the home is the Breast Cancer Fund at www.breastcancerfund.org.
6. Buy and eat organic whenever possible.
7. Limit alcohol and caffeine. Moderation is the key.
8. Take supplements designed to nourish tired adrenal glands and look for natural, well-researched ingredients like rhodiola, suma, Siberian ginseng, schisandra, and ashwagandha. Remember you want to reduce stress, promote energy and metabolism, balance hormones, and support a restful night's sleep to rebuild weak adrenal function.

Here's to your health!

*Dr. Marita Schauch is co-author of *The Adrenal Stress Connection* and the author of *Making Sense of Women's Health*. She is a graduate of the Canadian College of Naturopathic Medicine in Toronto.*

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Fermentation Amplifies Nutrition

By Tracey M. Beaulne, ND

Most people are very familiar with the two largest segments of the international fermented foods/beverage industry - alcohol and dairy (in that order!). Less well known is that fermented foods make up a very significant portion of the foods and beverages found within non-Westernized, traditional dietary patterns. In fact, whether one resides in Asia, South America, Eastern Europe, or Africa, fermented items make up approximately 1/3 of the foods and beverages consumed as part of traditional diets. These diets are of course very healthy and are in stark contrast to ultra-processed Westernized dietary choices.

Fermented items dominate traditional dietary patterns because properly conducted (artisanal) fermentation is a wonderful preservative. In addition, fermentation can magnify the nutritional quality of foods, especially plant foods where the nutrients are often embedded along with tough, fibrous

anti-nutrients that can otherwise compromise nutrient extraction. Protein extraction from plants - in the form of amino acids - provides the ideal case-in-point.


On paper the amino acid profile of a variety of many plant foods makes them look really suitable to support the building and maintenance of lean body mass (and all the other remarkable things that amino acids do for us, immune support, brain cell communication and so much more). But what looks good on paper may not translate unless the anti-nutrients that block amino acid absorption are first broken down.

How do we know that fermentation is so effective in breaking down anti-nutrients and getting the amino acids properly absorbed? Well, it's easy to assess protein quality - i.e., its „real-world“ ability to promote growth in living animals - this is called the protein efficiency ratio (PER).

Now let's consider sesame as an example. It has a wonderful array of amino acids, but don't expect to get maximum absorption in the raw form. Fermented sesame has a 44% higher PER compared to raw. This isn't just a sesame thing - fermentation has been shown to effectively transform many plant-based protein sources and ready them for absorption.

Consumers of fermented foods and supplements win in other ways, too. The same anti-nutrients that are broken down by artisanal fermentation are often responsible for digestive upset and bloating. Put simply, fermentation can also help to make dietary items better tolerated.

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



Fermentation
can magnify
the nutritional
quality of foods.

Homeopathy for Allergy Season

By David Gerhardt

In the United States, the number of people with allergies is higher than all physicians from all disciplines combined. Causing a broader spectrum of both physical and mental symptoms than once believed, allergies affect over 35 million Americans and that number is growing daily.

The truth is *allergies can be overcome permanently*. You naturally overcome the majority of problems you encounter in life. Think about this for a minute. What if headaches didn't come and go, they just came and *stayed*? Or, imagine if you still had every cut, scrape and injury you've ever gotten--you'd be a mess! Obviously, you recover naturally from most acute conditions because your body has internal healing capabilities. Homeopathy stimulates your natural healing powers.

Allergy Treatments

You may believe that taking over-the-counter drug products is the best way to deal with allergy symptoms, but why use temporary solutions over and over again? When sufficiently strengthened, the immune system works so you do not have to live with allergy symptoms. Taking synthetic chemicals for allergies is like throwing a wet blanket over a problem so you can temporarily ignore it. Consumers should be aware of the possible side effects of antihistamine, the primary ingredient in many over-the-counter anti-allergy medications. Even taken as directed, antihistamine products may lead to nervousness, insomnia, dry mouth, negative reactions to other substances, stomach upset and over sensitivity to sunlight. In contrast, homeopathy helps your body naturally overcome allergy symptoms with no side effects while you stay fresh and alert.

The Purity of Homeopathy

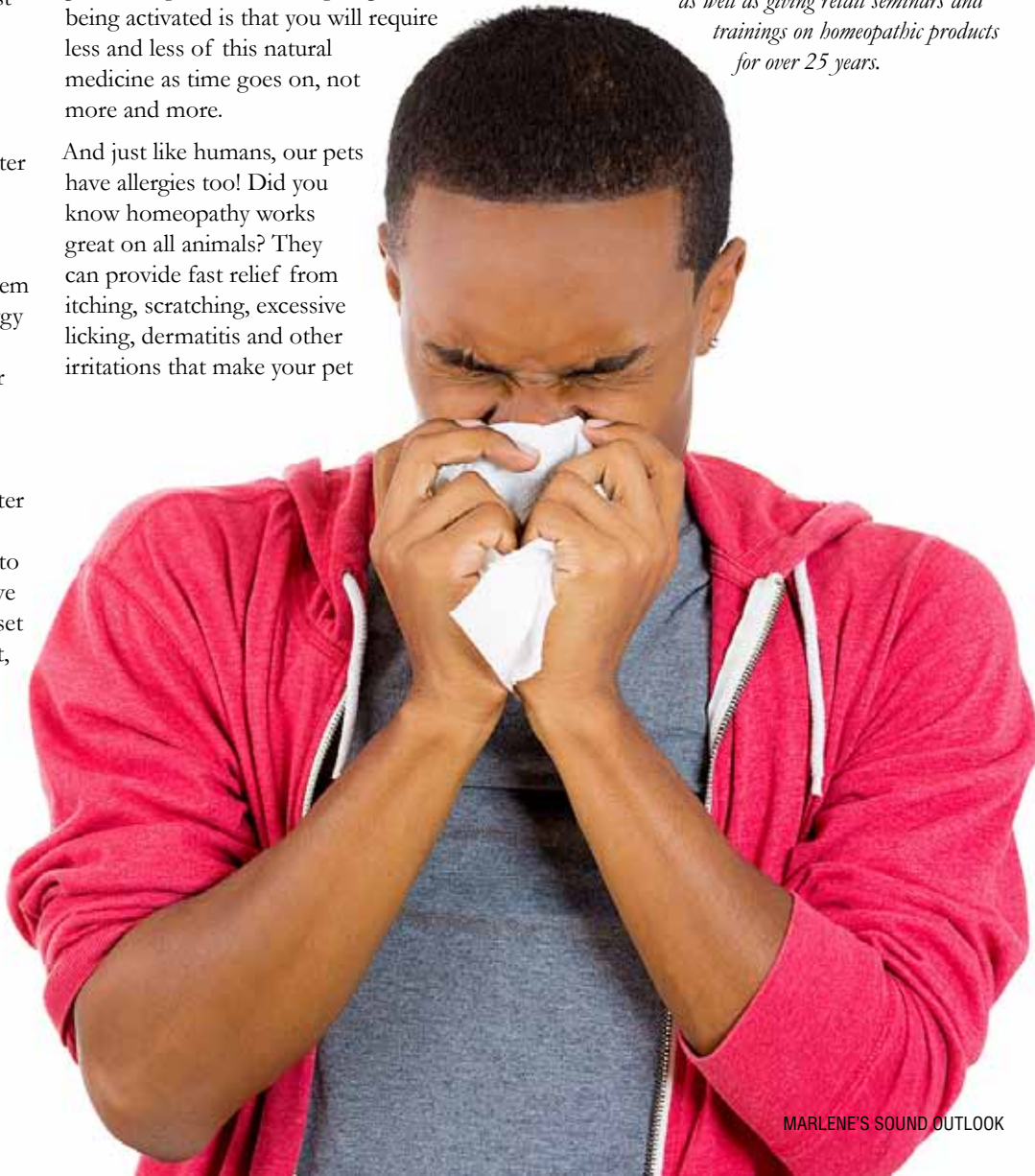
In over 200 years of clinical use, no negative side effects from homeopathy have been reported, no known reactions with other drugs have been recorded, there are no contraindications for use and the remedies are non-habit forming. These outstanding, time-tested results are unprecedented in the history of medicine.

Homeopathics are designed to work very quickly. Most people will notice initial results as early as 30 seconds to 3 minutes. Others may see results in a few minutes to a few days. Besides fast symptomatic relief, you may notice a sense of physical, mental and emotional well-being while taking homeopathy. Many people report feeling invigorated with energy. Others experience a sense of lightness, accompanied by an emotional release. The corresponding sense of well-being or an increase in overall energy, alertness and awareness indicates the healing response is taking place within you. Another positive sign of the healing responses being activated is that you will require less and less of this natural medicine as time goes on, not more and more.

And just like humans, our pets have allergies too! Did you know homeopathy works great on all animals? They can provide fast relief from itching, scratching, excessive licking, dermatitis and other irritations that make your pet

feel miserable. Our Natural Pet formulas are simple, safe and smart. A taste-free, pure water based medicine with no alcohol or sugar. Just add the dose to your pet's water bowl. Now your pets can truly enjoy taking medicine, and you can enjoy peace of mind.

David Gerhardt, Vice President of King Bio Homeopathics and President of Aqua Flora, has over 20 years of experience with homeopathic products and manufacturing. He is a graduate of the American Association of Clinical Homeopathy and also is a member and spokesperson for the Natural Medicine Institute. David has been lecturing on homeopathy to community groups, hospitals, and doctors, as well as giving retail seminars and trainings on homeopathic products for over 25 years.



Six Natural Alternatives to Manage Feelings of Depression

By Jessica Scales, MA, LMFT

Depression takes many forms, from a sense of sadness to loss of energy to extreme irritability. In recent years, more and more studies are showing the link between inflammation and depression¹. Inflammation might appear as digestive discomfort or skin issues (like eczema), and is the body's way of protecting itself against perceived danger. In today's world, our perceived danger comes in the form of traffic, feeling we are constantly running late, that we are not measuring up to expectations, and that the person next to us is better than us.

Anti-depressants are helpful for many who feel the effects of depression, but they are not your only option. Here are six alternatives to medication:

1. **Talk Therapy:** Therapy has been shown to be very beneficial in managing feelings of depression. A therapist can work with you to identify the underlining causes of depression whether it be certain beliefs (or doubts) about yourself and your abilities or maybe a particular relationship or life situation. For instance, if you are feeling down because you are experiencing a lot of stress, therapy can help you develop tools to manage your current stress level helping you feel more in control.
2. **Healthy Diet:** Have you noticed how eating certain foods might leave you feeling sluggish? The food we eat powers every part of us, including our moods. By eating a well-balanced healthy diet that includes Omega-3 fatty acids and vitamin D, you might begin to notice an improvement in your mood.
3. **Flower Essences:** Many of us seek nature out for its ability to re-energize or ground us when we are overworked and burned out. Flower essences, such as, Altruria Springs can be a great way to bring nature to you when you are stuck in the office and need a pick-me-up.
4. **Exercise:** Exercise is a natural way to release endorphins that will lift up your mood. Whether you prefer something fast paced, like running, or something more calming, like yoga, adding movement into your daily life will increase your endorphins and lift your mood.

5. **Spending Time with Loved Ones:** Nurturing and growing your relationships with others by spending time with them in person can lift your mood and build a strong support system, so when life gets you down you have people to turn to who can lift you up.
6. **Doing Something For Others:** While it might seem odd to go out of your way to do something nice or helpful for someone else when you are down, it can actually bring you joy. When we do something for others we see them be happy which makes us happier, it gives us a sense of purpose, and a sense of control through our actions when we might be feeling powerless in other areas of our lives.

These are just some of the many alternatives to medication to help improve your mood. While these alternatives might work for some who feel mild depression periodically, they may not be helpful for people with more severe and chronic feelings of depression. Depression is a serious condition and should not be ignored. If you feel like it is making your life or a loved one's life unmanageable, then encourage them to speak with a therapist about how they are feeling and possibly be evaluated for medication while they work with a therapist to develop tools to manage their symptoms.

Jessica Scales is a licensed marriage and family therapist in Federal Way. She can be reached at jessica.scales@nextleveltherapynm.com. See her article on page 28.

Jessica discusses
self-worth issues
Thursday,
May 26 in
Federal Way.
Details on page 11.



1 O'Connor, J.C., Lawson, M.A., Andre, C., Briley, E.M., Szegedi, S.S., Lestage, J., Castanon, N., Herkenham, M., Dantzer, R., and Kelley, K.W. Induction of IDO by Bacille Calmette-Guerin Is Responsible for Development of Murine Depressive-Like Behavior. Journal of Immunology 2009 Mar 1;182(5):3202-12. PMID: 19234218

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

Dining Deena

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Oregano Oil for Allergy Relief

By Deena, The Deceptive Chef

It is that time of year again. Allergies are blooming in your nose as the buds are blooming on the branch. Allergies can cause real havoc in our lives but because their symptoms are of short duration, it may not occur to us there's an ongoing, underlying cause. Even more rarely do we realize we have the power to improve our physiology so we don't have histamine reactions during the seasonal changes.

Oregano oil is a powerful antimicrobial that can help fight off infections. This herbal oil also has antibacterial, antiviral, and antifungal properties. A perennial herb, oregano is a member of the mint family and its name comes from the Greek words, "oros" and "ganso" which translates to "joy of the mountain." While there are over 40 species of oregano, the plant that offers the most therapeutic results come from wild oregano of the Mediterranean region.

The benefits that oregano oil can offer are plentiful and include topical applications for nail fungus, internal application to reduce infections and parasites, to alleviating sinus infections and common colds. Much like nature, oregano's benefits don't stop there. It

is a great cleaning agent when combined with lemon, vinegar and water.

Listing oregano's benefits is well and good but *how* is oregano oil so good for you? This herbal oil contains phenols which are natural phytochemical compounds with antioxidant effects. Thymol is your antifungal and antiseptic properties. Carvacrol, the other phenol, is what works against bacterial infections. But this amazing plant doesn't stop there--it offers many key micronutrients along with many other antioxidant, antibacterial and anti-cancer growing compounds like Naringin.

Not only is oregano oil great for internal immunity by fighting the negative effects of free radicals, it also helps prevent foodborne illness like listeria, salmonella and E.coli. Adding a few drops of it in a dilution of coconut oil can be used to lessen the sting of bug bites, dandruff and other skin conditions. It has even been lessening acne when diluted.

Like so many things in nature, oregano oil has amazing properties. However, as with everything, one should use it in moderation, avoiding applications at full strength and being taken for short periods. Some healers suggest that olive *leaf* oil is a great alternative

to oregano oil, offering consistent benefits in a less concentrated form.

From ages 18-38, one of my biggest health issues was seasonal allergies. I would sneeze from April to July! I suffered such long bouts of continuously violent sneezing that I almost had to go on disability because I could barely breathe, let alone talk to anyone. Since clearing up my system many years ago, I have but a few sneezes here and there if the wind picks up.

For practically any relief I need from skin issues, respiratory problems, colds and flu, or when something I eat doesn't agree with my tummy, the first thing I reach for is oregano oil.

I have found such benefit from having this amazing oil on hand that it sits front and center in the nutritional supplement area of my pantry. I hope, you too, can find the beneficial relief this incredible oil has to offer.

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

Homemade Oregano Oil

Oregano leaves, chopped or crushed

Sanitized jar with lid

Olive oil, almond oil or grape seed oil

- Boil some water in a sauce pan. Once it has reached a rolling boil, turn off the heat.
- Place your oil of choice and chopped oregano leaves in the jar.
- Put the jar in the hot water and let it sit for about five to 10 minutes. This heats up the oil and helps the oregano release its natural oils.
- Remove the jar from the water bath and place beside a sunny window for one to two weeks. Shake the jar every few days.
- Once the two weeks is up, strain the oil from the leaves and place into a sanitized jar. Store the oil in a dark, cool place.
- To preserve the oil, add a few more drops of grapefruit seed oil.



The Truth About Vitamin C That Hardly Anyone Knows

By Joseph Mercola, MD

As popular as vitamin C supplements may be, few people realize that they may only be absorbing a fifth *or less* of the oral vitamin C they're taking. And the 80 percent or so of the unabsorbed supplement may be the culprit behind vitamin C's occasional, yet frustrating side effects: upset stomach and other gastrointestinal distress.

But there's a new kid on the block that's helping to change all that... Thanks to the newest liposomal technology, poor absorption and occasional intestinal discomfort are quickly becoming a thing of the past.*

When you want to take high doses of vitamin C, liposomal should be your number one choice. Once in the gut, phospholipids surround the vitamin C molecules, creating "liposomes" that protect the active ingredient and help it cross over cell membranes with greater ease for enhanced absorption potential. Greater absorption often translates into reduced potential for gastrointestinal distress.*

My team and I spent over 18 months developing our criteria and selecting our manufacturer to create my **Liposomal Vitamin C**. I wasn't willing to cut corners – the vitamin C had to be pure, high quality, free of genetic engineered ingredients, and harsh chemicals, and formulated using cutting edge technology for optimal efficacy and bioavailability.

With my **Liposomal Vitamin C**, you get enhanced bioavailability potential and protection against occasional intestinal discomfort.* More efficient absorption of vitamin C may help you avoid intravenous applications when higher dosages are desired.* All in all, **Liposomal Vitamin C** provides a more convenient and practical way to complement your diet.

For those who like to avoid soy, you'll be pleased to know that I use a sunflower lecithin emulsifier in our formula, so it's 100 percent soy free.



Protecting the product before it even gets to you is important, too. I use high-quality, tightly-sealed "Licaps" capsules for my **Liposomal Vitamin C** instead of softgels or capliques. Innovative "Fusion Technology" hermetically seals the 2-piece capsules without the use of banding, creating a "freshness bubble" inside. This precise method reduces the possibility for leakage to virtually zero while it guards against oxidation and spoilage.

Once you've discovered all the benefits that **Liposomal Vitamin C** offers, there's no going back to traditional oral vitamin C. Why put up with lower absorption and a greater potential for uncomfortable side effects when there's a better option?

Joseph Mercola is creator of the number one rated natural health website in the world, mercola.com.

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Reg. 18.69

\$11⁸⁹

R.W. KNUDSEN
**Juice
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32 oz.
Assorted varieties
Reg. 4.25

\$2⁹⁹

R.W. KNUDSEN
**Just
Juice**



32 oz.
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Reg. 8.89

\$5⁹⁹

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**Multigrain
Chips**



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HEAVENLY ORGANICS
**Organic
Honey**



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Assorted varieties
Reg. 8.95

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FORAGER PROJECT Drinks & Smoothies

Forager is a juice company working to produce a healthier juice that's less processed, contains less sugar, and focuses on vegetables just as much as fruit.

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Assorted varieties
Reg. 6.59

\$5⁶⁹



DANDIES Vegan Marshmallows



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PURELY ELIZABETH Organic Hot Cereal



10 oz.
Original flavor
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Organic Yogurt

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Reg. 6.15

\$5¹⁵



LIFEWAY
Organic Kefir

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LIVE SODA

Live Kombucha Soda

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ORGANIC Cantaloupe

\$1²⁹
lb.

ORGANIC Blueberries

\$3⁹⁹
6 oz. ea.



Flowering into Wellness, Part 2

By Laird Desmond

Flower essences carry the healing energy of plants, as expressed through their most potent creative aspect, their flower. Flower essences don't carry the smell of the flower, as essential oils do, nor the nutritional or medicinal aspects of a flower, as herbal tinctures do. Rather, they carry only the energy of the flower, released into water placed in sunshine as it opens from a bud.

Each essence radiates a different vibration, or energy, based on the genetics and life experience of its flower. As there are different notes in music, and as different instruments will create different sounds completely, so the vibration, or energy, of each flower differs. And further, the same type of flower grown in different regions, or even in different conditions in the same region, will carry a different vibration or energy, much as humans raised in different conditions will carry a different energy.

It is this energy that is captured and expressed through flower essences.

Flower essences are natural remedies that provide emotional, mental and spiritual support. They can be mood lifters, energy grounders, productivity enhancers. They can be soothing, energizing, cleansing. Flower essences can improve just about any emotional state.


It is easy to lose our balance when there are so many pressures to produce, to move quickly and efficiently and to multi-task, and when we spend so much time focused on screens. The pace of modern living can leave us feeling stressed, disconnected and dispirited.

Being in nature can provide the perfect antidote. In fact, there is a term – Nature Deficit Disorder – for the behavioral problems many children experience when they spend too much time indoors. We know that children function better cognitively and emotionally when they spend time playing in green areas. And most adults will tell you they find it relaxing or uplifting to walk in the woods or work in

the garden. One of the reasons it is healing to be in nature is that we are absorbing the energy of the plants and trees all around.

It is this energy – the healing energy of plants – that is found in flower essences. Not that flower essences can or should replace being outdoors! But it is true that the healing energies of different plants can be combined to create remedies that will provide emotional, mental and spiritual support for humans. Flower essences offer a natural, non-chemical, way to bring ourselves back into mental/emotional/spiritual balance.

Laird Desmond has been working with flower essences for 25 years. She makes Altruria Springs Healing Flower Essences with flowers grown organically in her garden near Tacoma and works as a flower essence practitioner, creating personalized remedies to provide emotional support and to assist people in achieving their intentions for growth and change. If you are not able to come to the Tacoma or Federal Way stores on Sundays, please feel free to contact Laird directly at 253-970-3829 or at www.altruriasprings.com.



Experience flower essences with Laird at Marlene's the 1st and 3rd Sundays of each month from Noon to 2 pm in Tacoma.

Supporting Ourselves while Caring for Others

by Carol Trasatto, herbalist

How do we effectively tend ourselves while also being available to tend others? For those who have raised children, that dynamic has certainly been tested; but this is a question for any who undertake nurturing roles. It can involve an extremely challenging balancing act and this may currently be one of the most trying personal challenges for many of us of a certain age.

The calls to support beloved friends and family members on their life journeys only seem to be increasing, as various forms of cancer, neurological disease, and other life-changing illnesses or injuries become more prevalent within all age groups.

And with average life spans steadily lengthening, as we ourselves age we may find that we are simultaneously dealing with personal health issues as well as the pressing needs of aging parents. Just when we may feel the imperative to turn more attention to our own lives and well-being, we remain on call for the elders in our midst. Though a gift, the pressure can feel enormous.

No matter what we are facing, we can recommit to support ourselves through natural means. Through time in nature, intentional movement, meditation, breath work, and how we relate to our physical and energetic natures, there is much that can help strengthen our resiliency.

Beautifully, the plant beings can profoundly nourish our innate capacity to adapt and cope with changing circumstances. Before looking elsewhere in the plant pharmacy, first consider the quality and nature of foods being eaten and how well they are being digested. Skillful choices and natural substances can enhance assimilation of dietary nutrients and proper


cellular metabolism, keys to renewal.

Plant allies can also aid in nourishing the nervous system, easing anxiety, addressing pain, or relaxing body and mind into restorative sleep.

Plant medicine can be useful in easing the processes of aging, helping prevent or mitigate chronic or debilitating disease, aiding recovery from illness, and as adjunct support to lessen the side effects of impactful allopathic therapies such as radiation, surgery, pharmaceutical agents including chemotherapy, etc.

Tonifying plants esteemed in global traditions reflecting thousands of years of clinical experience play an important role in holistic Western natural medicine. Used appropriately, they can help enhance the bodymind's capacity to respond more gracefully to stress of all kinds.

Sometimes called adaptogens, plants such as Asian ginseng [*Panax ginseng*], American ginseng [*Panax quinquefolius*], Eleuthero [*Eleutherococcus senticosus*], Ashwagandha [*Withania somnifera*], Schisandra [*S. sinensis*], He shou wu [*Polygonum multiflorum*], Holy basil [*Ocimum tenuiflorum*], Reishi [*Ganoderma lucidum*], and others can help the body maintain harmony and well-being. These



Caregivers! Meet Carol when she speaks at Marlene's for the first time Tuesday, May 24 in Tacoma. Details on page 11!

should be selected on an individualized basis, ideally with the guidance of a natural health professional.

There is so much to support us as we move along our paths in life and encounter new challenges to our ability to stay healthy and at peace with what is presenting. Whether for ourselves directly or for those who require our tending, wholesome foods and well-prepared plant medicines—skillfully employed—can be amazing allies.

Carol Trasatto will give a talk on these themes Tuesday, May 24 at 6:30 pm in Tacoma. An herbalist with 35 years of experience, Carol is the author of Conscious Caregiving: Plant Medicine, Nutrition, Mindful Practices to Give Ease, offering extensive support for oneself as well as for those going through illness, intensive medical treatments, or dying. Carol maintained a private health education practice for 20 years, has written articles and presented talks for the monthly Plants & Planets since 1998, teaches classes, and has worked as a community herbalist and retail herb/supplement buyer for more than 24 years. Contact Carol at www.caroltrasatto.com.

MAY

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
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! Altruria Flower Essences demo with Laird Desmond Noon - 2 pm Tacoma 1	2	Myco-Medicinals and Human Immunity with Jerry Angelini, MS 6:30 pm, FREE Tacoma 3	4	Mushrooms for Mind-Body-Heart with Jerry Angelini, MS 6:30 pm, FREE Federal Way 5	6	Mother's Day Brunch with Nicole Heart 10 am - Noon, \$25 Tacoma Please pre-register. 7
8	Uniform Monday! 10% off to all firefighters, military, and police! 9	Make Your Own Miso with Meghan Hintz, CF, LMP 6 pm, \$20 Tacoma Please pre-register. 10	Ten Tips for Improving Women's Health with Corinna Bellizzi 6:30 pm, FREE Tacoma 11	Take Control of Your Health with Dr. Michael Leilah 6:30 pm, FREE Federal Way 12	Intro to QiGong with Hansie Wong, MD 10 am - Noon, FREE Federal Way Learn some simple qigong ("chee gong") movements to connect the mind and body and promote healing. Learn to use your breath in a simple practice to help circulate your body's energy and connect with others. Wear comfortable, loose clothing. 13	The Five Pathways of Elimination with Nancy Coones 2 pm, FREE Federal Way Please pre-register. * Private iridology sessions 14
Altruria Flower Essences demo with Laird Desmond Noon - 2 pm Tacoma 15	* Private iridology sessions 16	Thickies, Smoothies & Other Quick and Easy Breakfasts with Sloan Guisinger 6 pm, \$20 Tacoma Please pre-register. * Private iridology sessions 17	18	Introduction to Pranic Healing with Meghan Kaul 6:30 pm, FREE Federal Way 19	20	Escaping Sugar's Grip with Sherry Fry, NTP, CHFS and Steven Fry, CHFS 10 am - Noon, \$10 Federal Way Please pre-register. 21
22	23	Plant Medicine When You Need It Most with Carol Trasatto, Herbalist Tuesday, May 24 6:30 pm, \$10 Tacoma Please pre-register. 24	25	Live Your Best Life: Learn to Love Yourself with Jessica Scales, MA, LMFT 6:30 pm, FREE Federal Way 26	27	Basics of Indian Cooking with Julie Martin 10 am - Noon, \$25 Federal Way Please pre-register. 28
29	30	Homeopathy and Allergies with David Gerhardt 6:30 pm, FREE Tacoma 31	JUNE Take Control of Your Digestive Health with David Gerhardt 6:30 pm, FREE Federal Way 1		Greens Are Super Food! with Michael Wohlfeld, ND 6:30 pm, FREE Tacoma 2	* Private iridology sessions with Nancy available in Federal Way on these days. Inquire at windows2health@hotmail.com.

Marlene's Sound Outlook May 2016



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 Federal Way, WA 98003
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TACOMA
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 Tacoma, WA 98409
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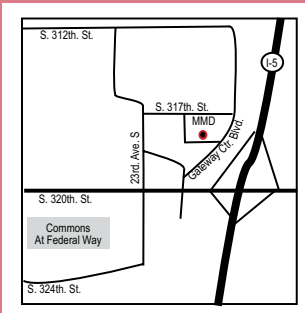
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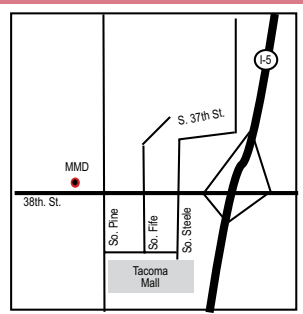
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MAY 2016

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Snow Pea and Red Pepper Coleslaw

(Serves 4 to 6)

When selecting fresh peas look for bright green specimens. Choose crisp, green pods and tender young vines for pea shoots or vines. Peas lose sweetness quickly so use all fresh peas within a day or two of purchase. Avoid cracked, wilted or yellowish pods as these indicate old age. To prepare: remove tips and strings from sugar snap and snow peas. Keep cooking to a minimum.

- | | |
|--------|---|
| 2 cups | snow peas (tops and strings removed) |
| 3 Tbs | vegan mayonnaise such as Nayonaise |
| 2 tsp | catsup |
| 3 Tbs | rice or berry vinegar |
| 1 tsp | fresh dill (optional) |
| 2 cups | shredded cabbage |
| 1/2 | red pepper, seeds removed and thinly sliced |
| | salt and pepper to taste |

- Blanch** or steam the snow peas for about 40 seconds to set the chlorophyll. They should be bright green and slightly crunchy. Dip pods in ice water to stop the cooking. Slice into thin strips and set aside.
- Combine** mayonnaise, catsup, vinegar, and dill in a small bowl. Blend well and add salt and pepper to taste.
- Mix** snow peas, cabbage and red pepper in a salad bowl. Gently toss the dressing with the vegetables, blending well. Add salt and pepper to taste.