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— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

May 2017

Cold brew kick start

Hormone and thyroid wellness

Fair trade fare

Connect with and nourish moms

DR. TORI HUDSON

Conquer fatigue with a nationally
recognized women's health lecturer!

Saturday, May 20 | 10 am – Noon, FREE | Federal Way



Inside this issue:

- 2 A  from Marlene
- 3 Coconut Rice Pudding
- 4-5 Conquer Fatigue: Hormonal Balance in Times of Change
- 6 The Root Causes of Low Thyroid
- 7 Hormones: The Good, the Bad, and the Fake
- 9 Laughter: The Best Medicine
- 10-11 Speakers & Classes
- 13 DIY Cold Brew Coffee
- 14-15 Focus on Fair Trade
- 16-22 In-store Sales
- 23 May Calendar of Events



from Marlene...

May has finally arrived and the gardens are in full swing. Gardening always gives me much more than vegetables and fruit. Growing and caring for plants is a wonderful reminder of our connection to nature.

This month we celebrate women's health. My goodness, we have so many interesting classes to attend. And Dr. Tori Hudson is bringing her wisdom to us, too, which is a rare treat. Don't miss out!

Ladies, I encourage you to practice patience and self care. Everyone and everything around you benefits when you look after your own health and happiness. I am thankful for it all.



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A top-down view of a dark-colored bowl filled with a thick, white, creamy rice pudding. The pudding is garnished with several large, light-colored cashew nuts and clusters of small, golden raisins. Some cashews and raisins are scattered on the light-colored, textured surface around the bowl. The lighting is soft, highlighting the textures of the pudding and the nuts.

Coconut Rice Pudding

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

2 cups	whole milk
2 cups	coconut milk
1 cup	long grain rice (My favorites are jasmine or basmati)
½ cup	organic cane sugar
⅛ tsp	sea salt
½ tsp	vanilla extract
½ cup	golden raisins (optional)

In a heavy suacepan, combine: milk, coconut milk, rice, sugar, and salt. Bring to a boil and reduce heat. Simmer for 20-30 minutes until thickened and rice is cooked. Remove from heat and add vanilla extract. Serve warm or chilled, garnished with a dusting of cinnamon or nutmeg. You can also add slices of your favorite fruits and nuts on top for extra nutrients and refreshing flavors.



Conquer Fatigue: Hormonal Balance in Times of Change

by Tori Hudson, ND

We have all experienced fatigue in our lives at one time or another. On the other hand, chronic, persistent fatigue can be both debilitating and a sign of serious illness. In between short-term bouts with fleeting issues and the lingering fatigue of something more serious, there lies a recurring fatigue that can happen according to the different cycles and phases of a woman's life — premenstrual, pregnancy, and perimenopause.

Pregnancy is demanding in its own unique way: hormonal changes, increased nutritional demands, and changes in sleeping and eating patterns can take an exhausting toll on a mother-to-be. Regular exercise, healthy eating habits, a prenatal supplement, regular sleep, and moderating one's work load are usually enough to maintain energy throughout the pregnancy. Some women may become anemic during pregnancy or develop shortages of some vital nutrients. Simple tests can detect these deficiencies that can be corrected with nutritional supplementation. At times, other health problems emerge during the pregnancy that can cause fatigue, such as hypothyroidism and diabetes. With good prenatal care, these issues can be detected and treated appropriately.

The cycles and phases of hormonal change, such as the monthly premenstrual time and the perimenopause transition, can challenge what is called our stress adaptation mechanism. There are three phases to this stress response, which are generally regulated by our adrenal glands. The initial phase is the alarm reaction, commonly known as our fight-or-flight response. This alarm phase is usually very short lived. The next phase is the resistance reaction, which allows us to continue to deal with stress after the fight-

or-flight response has worn off. Lastly, in the exhaustion phase, our adrenal glands have become depleted of the hormones called glucocorticoids, our bodies lack potassium, and cells and tissues do not receive enough glucose or other nutrients to function properly. We become fatigued.

Premenstrual syndrome and perimenopause are their own kind of stress on the system. During these times, many women find that their stress tolerance threshold decreases. The complicated interaction between hormones and brain chemistry challenges our stress adaptation mechanisms, resulting in fatigue. The fluctuating levels of hormones such as estrogen, progesterone, cortisol, and thyroid interact with brain neurotransmitters such as serotonin, dopamine, GABA, and others that affect our emotional and physical responses to life, environmental stressors, to insults, and even infections.

Different circumstances call for different approaches, and if persistent fatigue is something that plagues you, it is important to consult with a licensed health care practitioner to determine the cause. A good medical history, physical exam, and selected laboratory tests can determine if the cause is low thyroid, anemia, an infectious agent, low or high blood

sugar, or a serious illness. Licensed alternative practitioners will also have tools and perspectives to consider food sensitivities or intolerances, toxicities, neurotransmitter imbalances, and hormonal status.

Nutritional and herbal support can play a critical role in supporting the adrenal glands when a person displays symptoms of intense prolonged stress or a “burned-out” stress adaption mechanism. Insufficient or excessive adrenal hormone release can usually be addressed with key nutrients such as pantothenic acid, B6, zinc, magnesium, and vitamin C. As these nutrients are critical for optimal adrenal function and the manufacture of adrenal hormones, their levels can be diminished during times of stress. For example, a deficiency of pantothenic acid results in fatigue, headaches, insomnia, and more.

Eleutherococcus and panax ginseng are notable botanicals for their ability to support adrenal function and enhance resistance to stress. They belong to a category of general tonic herbs known as adaptogens. Adaptogens have been shown to act as tonics and anti-stress agents, enhancing the ability to cope with both physical and emotional stressors.^{1,2,3}

Rhodiola is well known in Eastern Europe for its ability to enhance energy, stamina, and endurance. Rhodiola appears to increase the chemicals that provide energy to the muscle of the heart and to prevent the depletion of adrenal hormones induced by acute stress.⁴

Ashwagandha is another adrenal and immune supporting adaptogen. Its active constituents are called “withanolides” and have been shown to support pain relief, have antioxidant effects, reduce inflammation, as well as stimulate thyroid, respiratory, and immune function. It appears that it may also support optimal dopamine levels in the brain.⁵

Astragalus has historically been used as a tonic for strengthening and regulating the immune system. Astragalus extracts seem to be able to restore or improve immune function in immune deficient cases.⁶

Holy basil, another adaptogen, is also a rich source of vitamin C, calcium, magnesium, potassium, and iron. Experimental studies with humans display promising blood glucose effects. Moderating glucose levels, including after meals, is another positive effect of the basil.⁷ Many individuals with adrenal dysfunction have increased glucose levels due to stress-induced elevated cortisol.

Schisandra is a Traditional Chinese Medicine solution for many common problems including physical fatigue, immune function, recovery after surgery, increasing physical performance and endurance, and for increasing resistance to disease and stress.⁸

Maca may be one of the most important plants for the female reproductive system. It has diverse effects on the female reproductive system including enhancing stamina and overall energy. The peoples of Peru and elsewhere have traditionally used it to enhance fertility, regulate the menstrual cycle, treat common menopause symptoms, and to increase libido.

Symptoms such as fatigue, low vitality, low libido, depression, anxiety, poor memory, low stamina, and difficulty handling the premenstrual phase and perimenopausal transition are key indications of adrenal fatigue. Some women who have premenstrual or perimenopausal fatigue, due to no other cause that has been ruled out with testing, may need additional hormonal support, as well.

MARLENE'S SOUND OUTLOOK

The best approach to overcoming fatigue is discovering the root cause. Don't just ignore your fatigue while you tough it out, and don't make assumptions about the cause.

Instead, seek out a naturopathic physician, a medical doctor, or other qualified healthcare practitioners. A good healthcare team will respect your insights and choices and will assure that you understand the cause of your issue and present the best solutions.

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Tori Hudson is the Director of Research and Development at Vitonica and has been a naturopathic physician specializing in women's health since 1984. She is the Clinical Professor at the National University of Natural Medicine and Bastyr University, as well as the Medical Director at A Woman's Time health clinic in Portland, OR. Dr. Hudson is the author of Women's Encyclopedia of Natural Medicine and several scientific journals. To learn more visit drtorihudson.com.

Alleviate premenstrual and menopausal symptoms, balance hormones, and conquer fatigue with Dr. Tori Hudson on May 20, in Federal Way. Details on page 11.



Holy Basil, also known as “Tulsi” or “The Uncomparable One,” is one of India's most sacred plants and has been used in ancient systems of healing including Ayurveda, Greek, Roman, and Siddha for thousands of years.



The Root Causes of Low Thyroid

by Noah Lebowitz, DC

Over 70 million prescriptions are written for thyroid medications in the United States every year. Low thyroid symptoms most often include fatigue, cold sensitivity, constipation, dry skin, depression, and unexplained weight gain. Many of us have had one or more of those conditions at one time or another, but that doesn't necessarily mean you have low thyroid hormone levels. Let's look at the true causes of an underactive thyroid and how you can help in a natural and effective manner.

Foods Sensitivities

Those with Celiac, as well as other gluten issues, tend to have an increased rate of hypothyroidism. The nightshade group of vegetables, including eggplants, tomatoes, and potatoes, contain alpha-solanine, which has a tendency to be stored in the thyroid gland and can cause hypothyroid-type symptoms, as well.

Toxicity and Low Thyroid

Women with higher levels of mercury were shown to have thyroid disorders. Cadmium, among many other heavy metal toxins, have also been shown to induce hypothyroidism. Studies in England have shown twice the number of hypothyroidism events in areas where fluoride is added to the water compared to areas with no fluoride added. Other chemicals such as PCBs, flame-retardants, BPA, and other environmental chemicals have all been shown to contribute to hypothyroidism.

Infection

Dysbiosis (an altered gut bacteria ratio), especially fungal, has been shown to alter thyroid function. Evaluation for bacterial, parasitic, and other microbial infections is a key part of helping to restore proper thyroid function.

Get to the root of low thyroid with Dr. Lebowitz on Tuesday, May 30 in Tacoma. Details on page 11.

What Causes Hashimoto's Thyroiditis?

Hashimoto's thyroiditis is classified as an autoimmune disease, and is seven times more common in women. Many factors can induce or increase autoimmune diseases including chemical toxicity, microbial infections, and food sensitivities. Nightshades are a major food group associated with autoimmune conditions, but many others including wheat, dairy, corn, eggs, etc., can contribute.

Case Study

I recently had one patient come in with feelings of fatigue and weight gain. Lab testing from her doctor the previous year showed low thyroid hormone levels and a TSH (thyroid-stimulation hormone) level at 12, when 0.5 - 5.5 is normal. Because of this she was prescribed synthetic thyroid hormone. After working with her we were able to decrease her fatigue and help her lose over 10 pounds. She then told her doctor she wanted to get off her thyroid hormone, and she was able to gradually stop over 2 weeks. They re-did her blood work three weeks later and her new lab results showed a TSH of 2 (.5-5.5) and her thyroid hormone was normal. She was thrilled!

How to Help Low Thyroid, Naturally

When one has low thyroid, nothing should be taken out of context. All of the above causes of thyroid dysfunction should be evaluated to make sure that you are able to get to the root cause of the problem.

1. Get some extra iodine. High quality seaweeds such as dulse or kelp are a rich sources of iodine; which is essential for the production of thyroid hormone.
2. Keep your gut microbiome in check. Some of my favorite broad spectrum antimicrobials for controlling overgrowth situations are noni, neem, olive leaf, and goldenseal.
3. Thyroid function can be impacted by vitamin and amino acid deficiencies. L-Tyrosine is used by the thyroid to make thyroid hormone and the adrenal glands to make adrenaline. Vitamin B6 enables the thyroid to efficiently use available iodine. A health professional can help identify and supplement deficiencies.
4. Have your neck evaluated by a chiropractor and Applied Kinesiologist. If one of the nerves going from the neck to the thyroid becomes displaced, the thyroid can become sluggish.
5. Stay warm when outside, especially over your neck.
6. Decrease stress in your life by relaxation, praying, or meditation.

If you are experiencing symptoms of low thyroid, I suggest seeing a doctor who is well-equipped to pin-point deficiencies or identify any of the above-mentioned issues. Applied Kinesiology is a beneficial tool since it helps your doctor determine what the true cause of your thyroid issue is while treating it in a fast and effective manner.

Dr. Noah Lebowitz is a second-generation licensed chiropractor and certified Professional Applied Kinesiologist who practices in Fircrest, Washington. For more information visit DrNoahLebowitz.com or call 253.302.3131.



HORMONES: The Good, the Bad, and the Fake

by Andrew Iverson, ND

Join Dr. Iverson on
May 2 and 3 in Tacoma
to learn whether fasting
and herbal cleansing
are the right healing
methods for you!
Details on page 10.

Phytoestrogen-rich foods such as soy and mung beans (isoflavonoids), flax seeds, alfalfa, oats, barley, lentils, yams, carrots, and apples, can help restore estrogen balance. In addition, cruciferous vegetables like broccoli, cauliflower, Brussels sprouts, collards, kale, and more, are high in the chemical indole 3 carbinol (I3C) which converts to diindolylmethane (DIM) in your body and are excellent mediators in balancing hormone levels.

Television commercials tout the symptoms of “Low T” and talk shows exemplify the discomfort of menopause. It is no surprise to me that recapturing the robustness and energy of our youth is so often a topic of conversation in my office.

Our bodies naturally produce healthy hormones, such as estrogen, progesterone, and testosterone. These hormones act as “keys” and fit specifically into the “locks” which are receptors found on our cells to produce a desired result. However, there are hormone “look-alikes” which are similar in shape to the hormone “estrogen,” lock and block the receptor so that no other natural hormones can work upon it. These fake hormones are called xenoestrogens. Xenoestrogens are often found in pesticides and herbicides, conventional personal care products, soft plastics, meats, and non-stick cookware. Be on the lookout for acronyms like PFC, PFOA, PCB, DDT, and BPA.

Estrogen dominance is a condition referring to excess levels of estrogen; natural or otherwise. This imbalance can cause several biological disruptions in a woman’s life, both early on and further down the road. High estrogen levels have been known to lead to early sexual development in young girls, severe menstrual complications, ovarian cysts, infertility, and

most concerning – cancers of the sex organs: breast, ovary, and uterus. Women who are pregnant, considering pregnancy, or nursing should be particularly aware of the effect of estrogen dominance caused by xenoestrogen exposure. They can result in many different birth defects of the sexual organs. In men, the increase in estrogen is associated with a decrease in testosterone and higher incidences of cancers of the prostate and testes, as well as all cancer types in general.

Synthetic hormones, such as birth control pills or hormone replacement therapy, can also lead to estrogen dominance since they increase estrogen levels, as well. Alcohol intake, excess sugar intake, and being physically overweight are all causes of estrogen dominance. Producing too little progesterone or too little testosterone can also result in excess estrogen ratios in comparison to the other hormones.

Estrogen dominance can be most pronounced for post-menopausal women as they seek relief from the symptoms associated with menopause. The chemical xenoestrogens block the estrogen receptor sites preventing the diminished levels of “true estrogen” to function. Hot flashes, night sweats, insomnia, mood changes

and other symptoms can all be treated by reducing the excess levels of xenoestrogens and supporting the healthy, natural estrogen levels.

So what do we do? Avoid exposure to chemical and material toxins; begin clearing them from your body through fasting, herbal preparations, and saunas. Drink only filtered water and avoid water stored in plastic. Be cautious of conventional meats that have been treated with antibiotics or growth hormones; favor grass-fed and organic.

In addition to this, increase your intake of plant estrogens, or “phytoestrogens,” which have the dual properties of blocking estrogen receptors when estrogen is too high or lightly stimulating receptors when estrogen is too low. Once you begin to carefully evaluate your diet, it will become easier to avoid hormonal interference.

Dr. Andrew Iverson is the founder and director of Tacoma Health, a successful holistic health clinic in Tacoma, Washington. Find comprehensive guides to xenoestrogen detoxification and implementing healthful diet changes in Dr. Iverson’s books Nature’s Detox and Nature’s Diet. For more information on fasting, cleansing, nutrition, and natural medicine please visit tacomahealth.net or call 253.752.7377.


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Laughter: The Best Medicine

by Elizabeth Bloom, founder of Elizabeth Essentials

May is synonymous with Mother's Day. The very thought brings the words nurturing, nourishing, caring and unconditional love to mind. That is a lot of responsibility! I remind myself daily that "filling up the well" is a necessity. As nurturing caregivers, we cannot give unconditionally and forever without taking care of ourselves first.

In the late '70s I studied various meditations with numerous Spiritual Teachers in India. One that I'd like to share with you today has had many incarnations throughout the years and is as powerful now as it first was back then. It's called the Laughing Meditation. It is one of the most precious tools in my arsenal. It doesn't cost anything, you don't have to be certified to practice it, and you don't have to go to a practitioner. It's FREE!

Upon waking in the morning, sit up in bed and laugh for 5 minutes continuously. If you have a mirror handy, it's useful to look into it while doing the exercise. In the beginning you will have to force yourself, but with practice it will come automatically.

The act of laughing stimulates the release of a group of hormones called catecholamines, which in turn release the happy juice – endorphins. With endorphins surging through our bloodstream, we're more apt to feel happy and relaxed. Each laugh relieves stress, reduces anxiety, and increases our stores of personal energy. All of these psychological and physiological results are wonderful to cope with illness, a hospital stay, or even a cranky coworker.

Much research has been done on this phenomenon and several businesses sprung up out of its existence. That could be because laughter has been called internal jogging, and it may confer all the psychological benefits of a good workout.

Norman Cousins (1915 – 1990) was an American political journalist, author, professor, and world peace advocate. He served as Adjunct Professor of Medical Humanities for the University of California, Los Angeles, where he researched the biochemistry of human emotions. Cousins long believed

MARLENE'S SOUND OUTLOOK

emotions were the key to human beings' success in fighting illness. It was a belief he maintained even as he battled heart disease and arthritis.

After being told that he had little chance of surviving, Cousins developed a recovery program incorporating mega doses of Vitamin C, along with a positive attitude, love, faith, hope, and laughter.

"I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep," said Cousins.

In 1995, Dr. Madan Kataria, an Indian physician, was researching an article for his medical magazine. So impressed by Norman Cousins' book *Anatomy of an Illness*, he was inspired to found Laughter Yoga. Laughter Yoga is now practiced in schools, prisons, homes for senior citizens, offices, and hospitals. Today, there are more than 6,000 "laughter clubs" in 60 countries.

Studies have found that while laughter isn't necessarily the best medicine, it's pretty darn good. For example, a study conducted at UCLA found that watching funny shows increased children's tolerance for pain, which could be helpful when tiny patients have to

undergo big procedures. At the University of Maryland, researchers found that groups that watched humorous films experienced an increase in blood flow compared to groups that watched downers.

Researchers at Texas A&M University found that humor leads to increased hopefulness. The researchers believe that laughter can help fight negative thoughts in the brain, and with an increase of positive emotions, people begin to see a way out of their misery. Free from the shackles of negativity, people begin to see how to form a plan of attack to deal with the given situation.

I trust this meditation will assist you in discovering the true potential that lies in all of us for inner peace and immense joy. I encourage you to practice regularly for at least one month to reap the full benefits. Thereafter, I believe you will want to continue because of the positive affects you have discovered. The power to heal lies within all of us.

Elizabeth Bloom, DHI, DI Hom, is founder of Elizabeth Essentials. Her Serene collection can be found at Marlene's Market & Deli and offers therapeutic blends of essential oils that help ease stress and replenish wellness. She can be reached at elizabethessentials.com or by calling 888.575.0272.

Join Elizabeth to nourish and support moms with essential oils on Tuesday, May 9 in Tacoma. Details on page 10.



May Speakers & Classes

at Marlene's Tacoma & Federal Way



Fasting and Botanical Detox

with Andrew Iverson, ND,
Tacoma Health

Part one:

Tuesday, May 2, 6:30 pm

Part two:

Wednesday, May 3, 6:30 pm

FREE, Tacoma

Powerful, deep, and safe detox can be done at home. Dr. Iverson will share his perspective and insights on how superb nutrition, regular detoxification, and fasting pave the way to true health. Learn to use fasting and botanicals to facilitate the use of alternate energy sources and digest redundant tissues, fats, and wastes.



Nourishing Moms with Essential Oils

with Elizabeth Bloom,
DHI, DI Hom.

Tuesday, May 9
6:30 pm, FREE

Tacoma

Celebrate a mother's unconditional love by treating her (and yourself) to a powerful essential oil experience that helps balance anxiety, fatigue, grief, and more. Join Elizabeth and learn how to alleviate stress and replenish wellness with the physical and emotional benefits of therapeutically blended essential oils.



Stress and Anxiety Busters

with Ana Maria Sierra, PhD
Wednesday, May 10

6:30 pm, FREE

Tacoma

Do you feel like you're on high alert most of the time?

Do you avoid certain activities or social events due to stress, anxiety, or exhaustion? Dr. Ana, a stress and anxiety specialist and therapeutic yoga educator, will teach you some simple and transformative evidenced-based practices and lifestyle adjustments that you can do immediately to calm and turn down the volume on your life.



Holistic Moms – Connecting Parents in the South Sound

with Crystal Kanarr
Thursday, May 11

6:30 pm, FREE

Federal Way

Join Crystal, a Holistic Moms

Network representative, and experience what makes their organization so special! Learn about the local chapter of the national, non-profit organization aimed at connecting parents who are interested in holistic health and green living. Get acquainted with some Holistic Moms community members (and dads too!) and find out how easy it is to connect with like-minded parents.



Vegan Breakfast

with Nina Osberg

Saturday, May 13

10 am – Noon, \$20

Tacoma

Start your morning off right with simple and scrumptious vegan meals.

Watch and learn while Nina prepares plant-based dishes for more energy, better health, and a smaller carbon foot-print. Samples and recipes included!



Emotional Freedom Technique

with Gwen Orwiler,

founder of Your Strongest Self

Tuesday, May 16

6:30 pm, FREE

Tacoma

Emotional Freedom Technique (EFT) is a combination of ancient Chinese medicine and modern psychology that provides significant relief from stress and anxiety, pain, negative self-talk, fears, phobias, and limiting beliefs. Join Gwen, an Emotional Freedom Coach, as she shares this powerful, well-researched, and easy to learn and use technique.



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Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at classhost@marlenesmarket-deli.com



Reflexology for Women's Health
with Linda Frank, RF,
NBCR
Thursday, May 18
6:30 pm, FREE
Federal Way

Reflexology has been shown to help with symptoms of several common women's health conditions, such as menopause, PMS, lymphedema, fertility and even labor-induction! Though Linda will be addressing men's health in June, men are still encouraged to join in! Learn how reflexology has helped reduce pain and symptoms from ailments of all genders.



Conquer Fatigue: Hormonal Balance in Times of Change
with Tori Hudson, ND
Saturday, May 20
10 am – Noon, FREE
Federal Way

During phases of hormonal changes in a woman's life, adrenal fatigue can become a chronic and persistent condition. Join Dr. Tori Hudson, naturopathic physician and Director of Research at Vitonica, as she shares herbal and botanical options for alleviating common premenstrual and menopausal symptoms that are a burden on your adrenal system. Conquer your fatigue today!



Facial Rejuvenation
with Oksana Mulyukova, ND,
EAMP
Tuesday, May 23
6:30 pm, FREE
Tacoma

Reclaim your youthful appearance! Join Dr. Mulyukova to learn how to naturally boost collagen, diminish the appearance of lines, and refine pores. By utilizing dietary modifications, supplements, and acupuncture many people experience improvements in their ability to deal with stress, increased energy, and over-all wellness.



Women: Managing Many Hats
with Jessica Scales, LMFT
Tuesday, May 25
6:30 pm, FREE
Federal Way

Women wear many hats: wife, partner, mother, sister, daughter, friend, employee, and self. With all of these demands on us, we often feel like we are not doing enough, or even failing. Join Jessica, a Licensed Marriage and Family Therapist in a discussion on how to balance and integrate these many roles and remember to take care of yourself!



Delicious, Healthful Goat Milk
with Marcia St. John, founder
of St. John Creamery
Saturday, May 27
10 am – Noon, FREE
Federal Way

Curious about the health benefits of raw goat milk? St. John Creamery founder, Marcia, will discuss the differences and strengths of goat and cow milks. Discover how goat milk can help with nursing babies, balancing pH, and easing stomach issues. Learn how easy it is to turn this incredible, versatile alternative to cow milk into raw kefir or even a simple chevre!



Identify and Balance Thyroid Issues
with Noah Lebowitz,
DC
Tuesday, May 30
6:30 pm, FREE
Tacoma

Low thyroid hormone can produce many symptoms: chronic tiredness, weight gain, hair loss, and constipation. Join Dr. Lebowitz as he discusses the main causes of thyroid disorders, how to get to the root issue, and naturally restore balance to the thyroid.

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CHRISTIE BRINKLEY

She's Got Looking Beautiful, Youthful, and Healthy Down to a Science!

"Ladies, It All Starts with Regaining Your Lost Collagen!"

"It's a scientific fact, after the age of 21, we women lose about 1% of our collagen every year," says Christie. Collagen, of course, "plumps" your skin and makes it smooth and youthful looking. In addition, collagen gives your skin its vital youth-promoting elasticity. Plus, collagen is responsible for helping to make your hair thicker and stronger. It makes your nails stronger, too.

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As demonstrated versus placebo in the published clinical trials: † Barel et al. 2005, Archives of Dermatological Research 297, 147-153. ** Wickett et al. 2007, Archives of Dermatological Research 299, 499-505. Results may vary.

"Put the Science of Beauty to Work for You!"


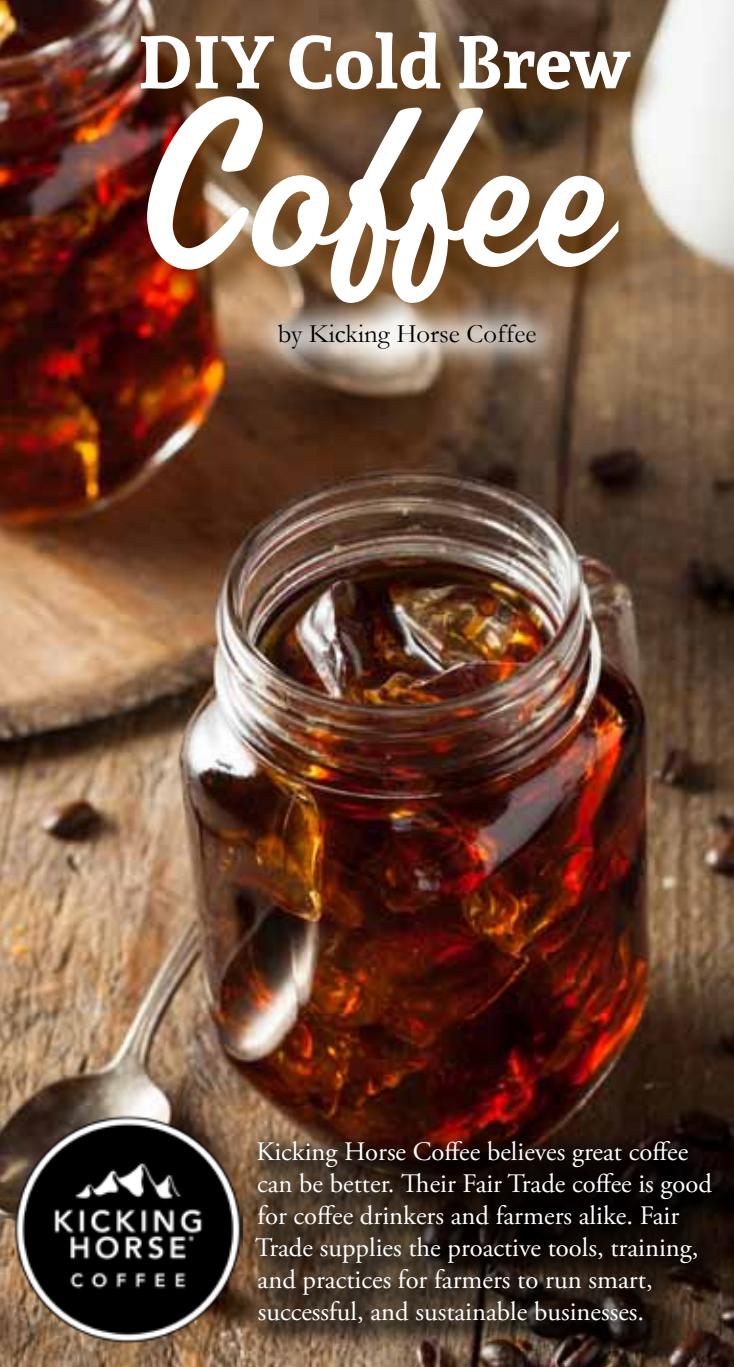
Try BioSil and experience the real science at work in your skin, hair, and nails. You'll be happy to know BioSil works naturally and contains no animal parts whatsoever. Discover more of Christie's beauty secrets at www.BioSilUSA.com

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

DIY Cold Brew Coffee

by Kicking Horse Coffee



Kicking Horse Coffee believes great coffee can be better. Their Fair Trade coffee is good for coffee drinkers and farmers alike. Fair Trade supplies the proactive tools, training, and practices for farmers to run smart, successful, and sustainable businesses.

Nothing like a nice icy cold... you probably thought we were going to say beer, but at least we've got your attention! Now, imagine a favorite coffee blend as a cold brew, made at home and enjoyed for weeks.

Cold brew coffee, sometimes referred to as cold press coffee, is not to be confused with iced coffee and blended drinks. It's not just about adding ice to coffee. Cold brew requires a different extraction method. A great cold brew requires cold filtered water, coarsely ground coffee and a long steep time. Other than that it's actually incredibly simple.

Here's How

The easiest way to brew cold brew at home is to stick with a trusty French press. A standard mason jar and some sort of filter will work great too. The beauty of cold brew is not needing any fancy equipment, just a little time.

1. Grind the beans! A coarser grind will make the filtration process easier and the coffee far less bitter. Grinding too fine can heat up the grounds, which can negatively affect the cup.
2. Stir the grinds in the water to make sure they are fully saturated. Use a four to one ratio of water and coffee, four cups of cold filtered water to one cup of coarsely ground beans.
3. Add the grinds to a French press or jar.
4. Cover the brew to avoid absorbing any other aromas. If using a French press – don't plunge. Place in the fridge for 12 to 14 hours.
5. Filter. If a press has been used, plunge as normal. Otherwise, recommended filtration methods include, old shirts, a mesh or fine colander, pour over cloth filters, paper coffee filters, nylon stockings, or cheese cloth... the possibilities are endless!

Prize Winning Filtration Method

What gets the prize for the best filtration in our book? Don't mix the coffee straight with water. Instead construct a homemade tea bag and try a double filtration method. First, tie up the coffee in a paper filter. Then put the wrapped coffee in a nut bag, the kind that might be used when making almond milk at home. Plop it in the Mason jar and enjoy a clean bright cup of cold brew coffee.

What happens if you filter it too soon?

Since we are not using hot water for extraction we're relying on saturation time. All the coffee flavor, all the dissolved solids are going to influence our cup. In that sense, premature filtration may result in lack of flavor and a weaker cup.

More or less caffeine in cold brew coffee?

Caffeine is water soluble so all the caffeine would inevitably be extracted during a lengthy cold brew process. The question then becomes how much coffee we are using relative to our water. Since cold brew generally uses more coffee than conventional hot methods, we typically notice more caffeine. This is why many people use cold brew as a concentrate to mix with ice and cream, made into a frap-a-something.

Cold Brew Benefits

- Less acidic. Cold brew coffee naturally seems sweeter because of its lower acid level. Not to be confused with acidity, which is often used to describe the lively, sharp, tangy flavor of a first sip of coffee.
- The use of cold water extracts the flavor of the coffee and leaves the bitter compounds behind.
- Cold brew drank today and then a few days later should taste the same. Keep it covered. We don't want it absorbing any funkiness from the fridge. Cold brews can last up to two weeks in the fridge.
- Even though it may take more coffee to make, none goes to waste with a cold brew.
- A cold brew makes for a very smooth cup which highlights the coffee's various flavor profiles.
- A little bit of cream and we have a lovely post-meal option.

The Kicking Horse Coffee blog can be found at kickinghorsecoffee.com/en/blog.

Celebrate World Fair
Trade Day on May 13!

Focus on Fair Trade

Choosing Fair Trade products ensures decent wages and living conditions for workers and small producers in developing countries. Marlene's is proud to offer many Fair Trade options and supports small-scale farmers and artisans around the world.



Equal Exchange is rooted in the belief that true Fair Trade keeps small farmers an active in the world marketplace, and aims to empower consumers to make purchases that support their values. Find a wide variety of Equal Exchange Fairly Traded products at Marlene's.



Theo Chocolate believes that the finest artisan chocolate in the world can (and should) be produced ethically, sustainably, and in Seattle. The first organic and Fair Trade chocolate factory in the country hasn't stopped honing their craft. Try their newest chocolate-y additions, including Cinnamon Horchata and Root Beer Barrel!



Sambazon believes Fair Trade is more than just fair wages. Partnering with ECOCERT, they helped develop the rigorous guidelines they and subsequent açai producers must follow. Look for their antioxidant and healthy omega rich frozen sorbets, energy drinks, and juice blends.



Guayaki Fair Trade Certified yerba mate teas are grown, harvested, and dried according to time honored traditions and adhere to the highest environmental and sustainable business practices. Visit the tea section to find loose leaf Guayaki and the cooler for ready to drink cans and bottles!

Alaffia was established to alleviate poverty and empower communities in West Africa through the fair trade of shea butter and other indigenous resources. Find their new Coconut Reishi line in our body care department.



Maggie's Organics has been committed to providing Fair Trade, certified organic cotton and wool socks, leggings, hair bands, clothing and more for 25 years. Treating people and the planet with dignity and respect is at the core of what they do, and is the secret ingredient in a really great pair of socks!

Maroma creates luxurious body care and fragrance products with a mission to provide Fair Trade working conditions and livable wages for communities in India. Explore their wide array of incense and cologne, including Cedar Lavender, Olibanum Citrus, and Tonka Vetiver.



We make our organic wines with a little help from our friends.

Our Indian Runner Ducks keep the vines pest-free while fertilizing the soil. Combined with our commitment to organic farming and fair trade practices, we are one thing above all: truly unique.

stellarorganics.co.za

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MAY 13, 2017

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CLIF Nutrition Bar



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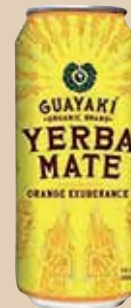
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15.5 oz.
Assorted varieties
Reg. 2.45

\$1⁹⁹



LUNDBERG Rice Chips

6 oz.
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14 oz.
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24 oz.
Assorted varieties
Reg. 4.79

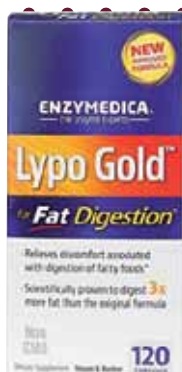
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MAY

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
	 1	Fasting and Botanical Detox, Part 1 with Andrew Iverson, ND 6:30 pm, FREE Tacoma2	Fasting and Botanical Detox, Part 2 with Andrew Iverson, ND 6:30 pm, FREE Tacoma3	 4	 5	 6
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 7	Uniform Monday! 10% off to all firefighters, police, and military (active and veteran)! 8	Nourishing Moms with Essential Oils with Elizabeth Bloom, DHI, DI Hom 6:30 pm, FREE Tacoma9	Stress and Anxiety Busters with Ana Maria Sierra, PhD 6:30 pm, FREE Tacoma10	Holistic Moms – Connecting Parents in the South Sound with Crystal Kanarr 6:30 pm, FREE Federal Way11	Meaningful Movies The Best Democracy Money Can Buy 6:30 pm, Gig Harbor12	Vegan Breakfast with Nina Osberg 10 am – Noon, \$20 Tacoma World Fair Trade Day! 13
Mother's Day 14	 15	Emotional Freedom Technique with Gwen Orwiler 6:30 pm, FREE Tacoma16	 17	Reflexology for Women's Health with Linda Frank, RF, NBCR 6:30 pm, FREE Federal Way18	Meaningful Movies Time to Choose 7 pm, Tacoma19	Conquer Fatigue: Hormonal Balance in Times of Change with Tori Hudson, ND 10 am – Noon, FREE Federal Way20
 21	 22	Facial Rejuvenation with Oksana Mulyukova, ND, EAMP 6:30 pm, FREE Tacoma23	 24	Women: Managing Many Hats with Jessica Scales, LMFT 6:30 pm, FREE Federal Way25	 26	Delicious, Healthful Goat Milk with Marcia St. John 10 am – Noon, FREE Federal Way27
 28	Memorial Day Open 10 am - 6 pm 29	Identify and Balance Thyroid Issues with Noah Lebowitz, DC 6:30 pm, FREE Tacoma30	 31	<p>Join us next month for: Hands Up for Health! with Genuine Health Saturday, June 3 11 am – 2 pm, FREE Tacoma This fun kids' event will feature health and environmental stewardship education, a reusable bag decoration station, samples and coupons, and each child that visits will have a tree planted in their name!</p>		

BODY WORK

Schedule



TACOMA

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

FEDERAL WAY

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

FEDERAL WAY

Reiki & Energy Work with Windy Stabile
Monday, Tuesday, Wednesday, and Thursday – By appointment only.
Please call 206.917.6000 to make an appointment.



FEDERAL WAY

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Federal Way 98003
253.839.0933

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

HOURS

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

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feedback! Write to us at:**

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MAY 2017

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