



Marlene's™

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

October 2016

Building the food supply chain with

HUMMINGBIRD WHOLESALE

RECIPES

Easy Ginger Beets

Pumpkin Cheesecake

Join us for

Non-GMO Day

October 8, 11 am - 3 pm

Federal Way & Tacoma

Save on Non-GMO supplements

Non-GMO Do's & Don'ts

FAIR TRADE

Choose socially and
environmentally sustainable

PREVENTION

Detox with Dirk

Breast Cancer Awareness

NATURAL

groceries

ORGANIC

supplements

GLUTEN-FREE

deli

GLUTEN-FREE

body care

NON-GMO

catering

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Hello folks!

This year is flying by! Christmas themes are showing up in the stores, Thanksgiving is almost upon us and football is taking over the TV. It can be hard to keep up.

Have you noticed our signs for Non-GMO Day on October 8? We do our best to keep genetically modified ingredients out of our stores. Many of our suppliers and farmers work hard at it as well. Raising organic and grass-fed livestock is an expensive and exhausting job! Whenever possible, buy meat or eggs that strictly come from animals raised in fields or fed organic ingredients. This supports the businesses that are dedicated to keeping you and the planet happy.

Come to the store on Saturday, October 8 and see how our hard work has made buying organic and non-GMO an easy part of healthy living.

Hope you enjoy the colorful autumn we're having this year. We are so lucky to live in the Northwest.

Have a good month – see you in November.

Go Hawks!

Marlene



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Detox : Don't Skip a Beet

Usually the topic of detox is brought up in Spring, when young, fresh, green shoots emerge after a cold winter. But did you know that your body detoxes every night? While you sleep, your liver is working hard to process the toxins you've accumulated during the day, from sub-optimal choices such as processed foods, medications, including chemotherapy, and even from the air and water.

Beets have long been considered excellent liver support, due to the iron, calcium, B vitamins and antioxidants that protect the liver from damage. The simple act of eating beets can be considered part of the detox process.

Since there's no escaping toxins in our world today, here's a tasty beet recipe you can enjoy year round!

Easy Ginger Beets

- 4-6 beets, peeled and quartered
- 5-6 fresh ginger slices, or 1 tsp ginger powder
- 1 orange rind (just peel it and save the orange for a snack)
- pinch sea salt

Place ingredients in saucepan and cover with water.

Simmer until beets are tender.

Remove ginger slices and orange rind and discard.

Serve warm or store in fridge in cooking water.

Slice or cube for salads or side dishes or add to your morning smoothie. Beet juices can be enjoyed as a beverage or added to savory soups or stews.

Resolute Michaels, Nutritional Therapy Practitioner, operates Primal Perspectives health consulting. Reach her at RSM@PrimalPerspectives.com or by calling 206.910.4922.

The Montana Emu Ranch

by Don Collins



Over 80 million years ago, emu could be found roaming the endless outback deserts of Australia. Much like the Native American's historical relationship with the bison, the Aborigines of Australia looked upon the emu as the core of their existence. The emu provided them with food, clothing, shelter, medicine and spiritual subsistence. As time went on, these birds were poached to the brink of extinction. Since then emu have become more popular in our modern lifestyle and culture, but their peculiar appearance and prehistoric roots still spark our curiosity.

Fortunately, emu are now protected in the wild, resulting in their thriving population today. They are not an endangered species, no longer threatened, and none of the birds produced in the United States are taken from the wild. Today, the emu's popularity is on the rise. Their oil has been found to contain skin-relieving, cholesterol-controlling and anti-aging properties.

After over 15 years working for wholesalers, my wife Penni and I decided it was time for a change. Our interest in natural health and experience with animals ultimately led us to start our own emu ranch in 1993. The Montana Emu Ranch was born; 40 acres of grasslands surrounded by the Rocky Mountains in northwest Montana. We introduced a product line, including personal care items, nutritional supplements and first aids, as well as pet and livestock products. Our company monitors every step of the process to produce the finest quality all-natural emu oil products on the market today.

Emu oil is a complex of many valuable fatty acids, including Omegas 3, 5, 6, 7 and 9, that combine to bring balance to the body, inside and out. Emu oil is a natural anti-inflammatory and trans-dermal carrier; this makes it extremely beneficial when combined with other nutrients. With an almost identical

oil lipid structure to humans, our bodies gladly accept emu oil. Studies from the University of Massachusetts have proven that emu oil will transport other supplements into the bloodstream, enhancing the efficacy of any nutrients with which it is mixed. This oil also has superior wound healing and anti-aging properties. It aids in normalizing tissues, controlling fatty acid levels and balancing the skin's natural lipids. Combined with nutritional supplements, emu oil is even proven to reduce bad cholesterol as much as 30-50 points, while raising good cholesterol and improving the HDL/LDL ratio.

Montana Emu Ranch provides ample space for emus to roam in half-acre pens, shelter and fresh water, as well as locally sourced feeds from Great Falls, Montana. All of our birds are fed free choice whether they are baby chicks, yearlings or breeders, allowing them constant access to various types of feed that helps balance their diets. Respectably, our emus live a long and nourished life and are processed for more than just their oil. We utilize every part of the animal we can. Emu were initially established in American

zoos in the 1930s, but because of their more prolific breeding habits, zoos began to sell them to accepting ranches across the country as a source of lean red meat. Their red meat, recommended by the American Heart Association, is nutritionally similar to chicken and 97% lean. Many people eat emu meat to reduce saturated fats in their diets due to a variety of health concerns.

All animals, including emu, store toxins in their fat, so it is critical that we feed them a very clean and balanced diet that is completely free of toxins. We never use antibiotics or growth hormones as emu are already very hearty specimens. No petroleum, artificial coloring or fragrance, or chemical preservatives are ever used in our products. Our goal is to provide nutritional balance to the skin while reducing toxicity in the body. Whether your needs are topical or internal, incorporating emu oil into your skin care and supplement routines will help bring harmony to your body once again!

Don Collins, founder of Montana Emu Ranch Company, has owned and operated the ranch with his wife Penni since 1993.





Marlene's
MARKET & DELI
shop local, eat organic

40%* OFF in October

Celebrating
40
years

Thank you
for staying well
with us since 1976.



Your body was created to eat, process, and derive its nutrition from food — real, healthy food.

Since the beginning, Garden of Life believed in the benefits of clean, real, certified organic, whole foods. So, when Garden of Life creates their products, they start by looking at food for its potential to impact and empower, extraordinary health!

Garden of Life sets the standard by which clean, natural food is judged by offering over 92 different products that are Certified USDA Organic and Non-GMO Project Verified. Their leadership in the the natural food & supplement marketplace is backed up by the committed family of organic farmers, who provide the ingredients that go into Garden of Life supplements.

*40% off regular MSRP. In-store prices reflect discount.



Stay True to Non-GMOs

Over 64 countries worldwide require the clear labeling of genetically modified organisms (GMOs) on food packaging. The signing of the GMO labeling bill (S. 764) will establish national standards on labeling foods made with ingredients that contain GMOs, but this bill may make it even *harder* for consumers to distinguish between organic and processed foods while shopping for groceries. Opponents of this legislation are calling it “the DARK Act” -- “Deny Americans the Right to Know”-- and it seems rather dark, indeed.

The Grocery Manufacturer’s Association (GMA), composed of members such as Monsanto and Coca-Cola, proposed their “compromise” to legislature. Instead of simply stating on the package whether or not a product contains GMOs, this bill will require food distributors to disclose the presence of GMOs in a product through a quick response (QR) code, trademarked as “Smart Label” by the GMA. Scanning the QR code with a smartphone would guide the consumer to a list containing the GMO status of ingredients, as well as additional promotional material for the product.

This sheds light on further pressing issues regarding the DARK Act. Requiring a smartphone would discriminate against nearly one-third of the American population who don’t own smartphones. Beyond that, the bill itself is vague on its definition of bioengineering. Many GMOs may not even qualify for the QR label. For example, if an ingredient is only derived from a GMO, the DARK Act doesn’t require a QR code on the product. This is one of the many loopholes that are waiting to be exploited by the GMA.

What are they trying to hide behind their “Smart Labels”? The lack of transparency from these big corporations is a red flag. As consumers, we have the power to make a statement with our words and our wallets.

Follow these easy tips to support the local and sustainable businesses that support you:

- Shop at your locally-owned organic foods market for the freshest in-season produce.
- Buy products labeled “Certified Organic” (which, by definition, cannot contain GMOs) or “Non-GMO Project Verified”.
- Bypass scanning the “Smart Label,” as it will only give companies access to customer locations, personal information and more.
- Encourage sustainable and honest companies you trust to reject the “Smart Label” and to be up-front with their labeling.

The fight for GMO labeling is not over yet! Keep pushing for the mandatory labeling of GMOs *on the packages* and keep supporting businesses that do the same.



Stop by during Non-GMO Day on Saturday, October 8, to sample some of Marlene’s favorite Small Vineyards Non-GMO wines from noon – 2 pm.

Look for the Non-GMO Project Verified Label! (Here’s an easy way to start...)

Since an estimated 80% of all packaged goods now contain GMOs, consumer demand for products that are free of GMOs is increasing dramatically. Marlene’s is delighted to be able to support a healthy food system by providing Non-GMO Project Verified wines, in addition to other items already found throughout the store. Non-GMO Project Verified wines proudly display their “butterfly badge” on shelf or neck tags so that consumers can easily identify the products.

Why choose Non-GMO Project Verified wines?

- Only indigenous, non-GMO yeast is used in wines.
- The rigorous verification process requires authentication of every ingredient used throughout the entire winemaking process to make sure they are not at risk for GMOs.
- No animal by-products are used in the production of the wines, so they are vegan friendly. Only bentonite clay, a naturally occurring mineral, is used as a fining agent.
- The effervescence in the wines occurs naturally or is derived from natural, non-GMO sources.

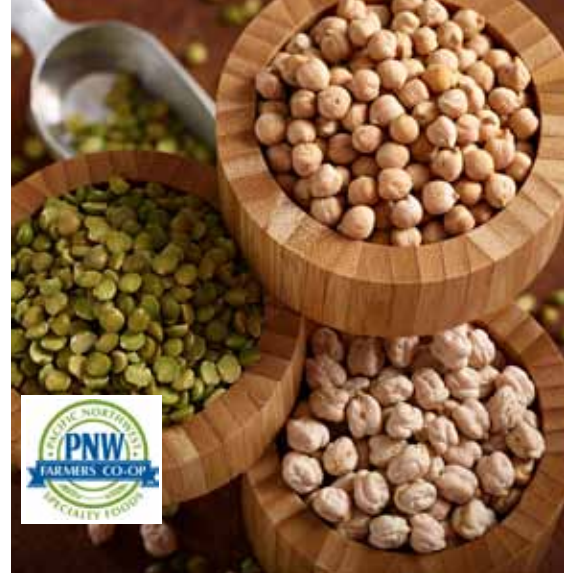
These tips and information provided by:

<http://www.nongmoproject.org/blog/flawed-gmo-labeling-bill-signed-into-federal-law/>
<http://articles.mercola.com/sites/articles/archive/2016/04/12/monsanto-organic-wine.aspx>
<http://www.nongmowines.com>



Ingredients with purpose from a family on a mission! - **Jackson's Honest** is driven to help snackers (re)discover the benefits of traditional fats. Preparing their chips with a proprietary “low and slow” cooking method preserves the nutritional value of the organic and non-GMO potatoes and coconut oil and produces a surprisingly satisfying crunch that is full of authentic potato flavor.

Looking for healthy fast food? Savor the homegrown goodness of **Pacific Northwest Co-op's** lentils, garbanzo beans and green split peas. Grown on 100-year-old family farms near Pullman, WA, these unique legumes are non-GMO Project verified, easy to cook and packed with protein. For recipes and more info, visit EatRealPNW.com or stop by Marlene's bulk section!



Choosing Non-GMO is easy at Marlene's!



GMO? No Go! Every **KeVita** drink is Non-GMO Project Verified, meaning you get your ingredients the way nature intended them. KeVita is the leader in fermented live probiotic beverages, offering three unique product lines that support your digestive and immune health, so you are revitalized - from the inside.

Trilogy's belief that you don't have to sacrifice performance for natural has earned them an international reputation for high-performing skincare that is ethically and environmentally responsible. Designed around the trilogy of simplicity, purity and vitality, Trilogy natural skincare contains unique blends of certified organic rosehip oil and pure botanical ingredients to deliver real results and restore skin to radiant health.



Imagine offers a wide selection of premium, Non-GMO soups and broths. Their imaginative recipes artfully combine real vegetables with herbs and spices to deliver the rich, authentic flavors you would expect from your own kitchen. Take your favorite recipes to the next level with flavors like Savory Golden Beet, Savory Sipping Broths, and more exciting new flavors coming this fall!



Employee-owned **Once Again Nut & Seed Butters** began in 1980, producing a few thousand pounds of peanut butter in an 800 square foot basement. Today, they produce millions of pounds of non-GMO, organic, and gluten-free nut and seed butters. They are proud to pass their accomplishments and quality on to you. Try some Creamy Cashew Butter with your favorite local apple variety!

STRAUS FAMILY CREAMERY SAYS NO TO GMOS



When Straus Family Creamery was founded in 1994, we became the first 100% certified organic creamery in the United States. We have worked for 22 years to ensure the organic label has integrity and is worthy of consumers' trust. Part of that commitment to organic integrity means fighting to keep GMOs out of farming, and out of our food system.

Prevalence of GMOs

It has been estimated that upwards of 80% of processed foods on supermarket shelves, from soup to crackers to condiments, contain genetically engineered (GE) ingredients. American consumers have no way of knowing if and when they are eating GE foods, unlike consumers in the European Union, Australia, New Zealand and China, where GMO labeling is required.

Impact on the Environment

GMOs negatively impact farmers and the land they cultivate. There is a high risk of contamination of non-GMO crops through cross-pollination from neighboring fields planted with GMO crops. A growing body of scientific evidence shows that GMO crop production leads to increased pesticide and fertilizer use, compromised soil quality, and contributes to the rise of herbicide-tolerant "superweeds." Genetically engineered crops are also hard to eradicate once they take root. After escaping from field trials in Oregon 13 years ago, bentgrass that was genetically engineered to withstand repeated applications of glyphosate has become an environmental threat, clogging irrigation ditches and taking over the countryside. Farmers worry bentgrass contamination will affect shipments of crops to countries that don't accept GMOs.

Testing for GMOs at Straus Family Creamery

Organic certifiers don't allow GMOs in products or in crops used to feed cows, but there is no testing or verification requirement

currently built into organic standards. Without testing and verification, how can GMO contamination be ruled out?

In 2006, when Founder and CEO Albert Straus started testing certified organic feeds for the cows, he found that there was contamination from GMOs in some purchased feeds. It made it urgently necessary to develop and implement a non-GMO testing system on the farm. We wanted to make absolutely sure that all Straus Family Creamery milk and dairy products remained 100% pure and organic.

Every source of feed for cows, both on the Straus dairy and on the eight other local, organic family farms who provide milk to the creamery, is tested for GMOs and verified GMO-free. We also verify every single ingredient that goes into any of our products is GMO-free, whether it's live, active cultures for our Organic Yogurt, chocolate for our

Organic Ice Cream, or enzymes for culturing our Organic Sour Cream. When the Non-GMO Project emerged in 2010, we took it to the next level and became the first creamery in the U.S to verify our products through the Non-GMO Project.

Consumers Make Change Happen

We strongly believe that consumers make change happen, and we would love to see our food system be completely GMO-free. Polls show that more than 90% of Americans believe that we have a right to know which foods contain GMOs. A new federal GMO labeling bill passed into law falls short of providing a clear, consistent, on-package label that consumers deserve. Instead, food companies will only be required to label GMOs with a QR code or an 800-number for more information, limiting access for many Americans. If you believe consumers deserve transparency in GMO labeling, we encourage you to lobby retailers and manufacturers to make your voices heard.



Straus Family Creamery founder, Albert Straus, works tirelessly to prevent GMOs from reaching our food supply.



OUR 40TH ANNIVERSARY CELEBRATION CONTINUES...

Marlene's
MARKET & DELI
shop local, eat organic

Together, let's celebrate
Non-GMO DAY

Saturday, October 8

11 am - 3 pm

Federal Way & Tacoma

Demos, Gift Baskets, Sampling & more!



Proudly supporting organic
family farming for over 20 years

STRAUS
**Organic
Ice Cream**

16 oz.
Assorted varieties
Reg. 6.19

\$ **4** ⁶⁹

New Flavors!



MILK • YOGURT • BUTTER
ICE CREAM • SOUR CREAM

LEARN MORE:
www.strausfamilycreamery.com
[facebook/StrausFamilyCreamery](https://facebook.com/StrausFamilyCreamery)



speakers & classes

at Marlene's Tacoma & Federal Way



Optimizing Immunity with Medicinal Mushrooms with Doug Walsh, MA, NTP
Tuesday, October 4
6:30 pm, FREE Tacoma

Medicinal mushrooms are important allies that help us optimize the function of our immune system. Join Doug Walsh, nutritional therapist practitioner, as he explains how not all medicinal mushrooms supplements are created equal. Learn which qualities to look for in a medicinal mushroom supplement in order to get the most potent formula and the quickest results.



Simple Strategies for the ADD Lifestyle with Resolute Michaels
Thursday, October 6
6:30 pm, FREE Federal Way

Is ADD distracting you from planning and organizing the life you want? If your thoughts are blocked by static, your actions will reflect it. Learn how to clear the static with Resolute as she shares her five simple strategies to get back on track. More importantly, students will be encouraged to join the discussion on how to implement these strategies into their daily lives in a way that works for them. Attendees will also complete a short quiz and receive helpful materials to take home.

Saturday, October 8
11 am - 3 pm
Federal Way & Tacoma
Wine tasting noon - 2 pm!

Non-GMO DAY



The Lymphatic System and Breast Health with Nicole Wirth
Tuesday, October 11
6:30 pm, FREE Tacoma

If inflammation is the cause of all diseases, then lymph is the healer! The lymphatic vessels that drain congestion in our bodies are the same vessels that bring our nutrition in. Our lymph impacts our digestion, skin, brain, and so much more. In this lecture, Nicole will focus on how lymph affects our skin and breast health. Students will learn the proper drainage techniques for breast tissue, Nicole's recipe for an herbal breast salve, and leave with a better understanding of how lymphatic drainage can help your whole body.



Trace Minerals Within Your Body with Darrin Starkey, ND
Wednesday, October 12
6:30 pm, FREE Federal Way

Ionic trace minerals are essential for optimum health. Dr. Starkey joins us from Trace Minerals Research in Utah to discuss how chronic mineral deficiency sabotages your health, how ionic trace minerals function in the body, how to increase absorption and reduce acidity, and why supplementation is vital even if you eat raw fruits and vegetables regularly.

THERMOGRAPHY

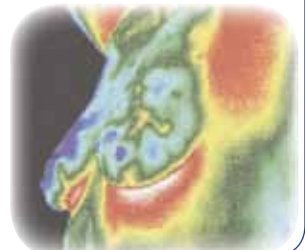
• 97% Accuracy • No Compression • No Radiation

As with the oral thermometer that has been used from the beginning of medical history, changes in temperature indicate disease processes. Finely tuned technology can find abnormalities in human wellness long before the body's sensory organs can identify them.

October being Breast Cancer Awareness Month
(Proactive Breast Health Month)

Lenna Shepard CTT
253-686-0565
Call or Text

Website:
lennashepard.com
 Email: lennashepardctt@gmail.com



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



**Bread Pudding (Her Way)
with Julie Martin
Saturday, October 15
10 am - 1 pm, \$30
Tacoma**

The founder of Oly-Cultures, Julie Martin, will be sharing one of her family's favorite seasonal creations: bread pudding (made her way). Considered a "poor man's" pudding in the 11th century, it was a great way for families to use their stale bread instead of throwing it out. Julie will make her bread pudding in the traditional manner, with the addition of some unusual ingredients of her own. Bread pudding samples will be served with a warm whiskey sauce at the end of the class. Bring your appetite!



**Breast Cancer Prevention and Survivorship
with Paul Reilly, ND
Tuesday, October 18
6:30 pm, FREE
Tacoma**

Already the second leading cause of death in the U.S., the American Society for Clinical Oncology predicts that cancer mortalities will exceed those of heart disease within 20 years. Join Dr. Reilly as he discusses breast cancer risk factors, natural remedies for prevention and survivorship, as well as support for patients currently undergoing treatment for cancer. What we're learning about the changes in cancer cells today gives us promising new ways to reduce our risk of this insidious disease.



**Constipation and Breast Disease
with Dirk Yow
Thursday, October 20
6:30 pm, FREE
Federal Way**

Ancient healing philosophies combined with modern research have found a link between the colon's optimal function and the body's reliance upon this function for the daily removal of toxins. Studies show that women who have irregular bowel movements are four times more likely to develop breast disease than women who have regular (daily) movements. Join PIOH Practitioner and Medicine Man Dirk Yow as he discusses the build up of mercury, arsenic, and aluminum in the environment and better ways to relieve their toxic burden on your body.



**Health is Fragile - Handle with Food
with Steven B. Fry,
CHFS and Sherry Fry,
NTP, CHFS
Saturday, October 22
10 am - Noon, \$10
Federal Way**

Steve and Sherry Fry of Common Sense Nutritional Therapy will help you truly understand what real food is! Learn how to sustain optimal health by conquering the "grocery jungle" and identifying those edible imposters. Recover from the unsuspected effects of today's modern diet! The ever-changing landscape of food in America has been a moving target, but there are traditional food choices that still stand tall. Come taste, see, and learn how to incorporate them into your life. Deliciously healthy samples provided.



**New Leaf Hyperbaric Therapy
with Sara Anderson and
Cat Redinbo
Tuesday, October 25
6:30 pm, FREE
Tacoma**



Got air? Hyperbaric therapy can safely and comfortably increase your oxygen levels as much as ten times their original level! This improves sleep, expedites healing, decreases inflammation,

and boosts your immune system, all while providing an outstanding detox. Hyperbaric therapy has helped with numerous conditions including autism, stroke, fibromyalgia, diabetes, athletic injuries, and so much more! Join New Leaf Hyperbarics in Tacoma to see a chamber up-close and get answers to the questions you've been meaning to ask!



**Breast Cancer Detection and Prevention with Thermography
with Lenna Shepard, CCT
Thursday, October 27
6:30 pm, FREE
Federal Way**

Approximately 1 in 8 women will develop invasive breast cancer in their lifetime, and this number is on the rise. Explore the dietary and lifestyle factors that impact breast cancer risk, including a look at genetically modified organisms. Thermography can detect changes in breast cells years before they can be seen with mammography and can also identify abnormalities in thyroid, brain, heart, lymph and other areas of the body without invasive medical procedures. Join Lenna Shepard, CCT for a discussion of breast cancer prevention tips, insight into early detection methods, and natural treatment techniques.

Marlene's

Celebrating 40 years



CALIFORNIA OLIVE RANCH



**Extra
Virgin
Olive Oil**

16.9 oz.
Reg. 12.15

\$7⁹⁹

MADE IN NATURE

**Organic
Dried Fruit**



3 - 9 oz.
Assorted varieties
Reg. 6.35

\$4²⁹

BARBARA'S BAKERY

**Cheese
Puffs**



5 - 5.7 oz.
Assorted varieties
Reg. 3.49

\$2¹⁹

PROBAR

**Whole Food
Meal Bar**



3 oz.
Assorted varieties
Reg. 3.69

\$2⁴⁹

EREWHON

**Wheat Free
Cereal**



10 - 11 oz.
Assorted varieties
Reg. 5.35

\$3⁷⁹

ZEVIA

**Stevia
Sweetened
Soda**

6 pk., 12 oz.
Assorted varieties
Reg. 6.99

\$3⁹⁹



LILY'S SWEETS

**Stevia Sweetened
Chocolate Bar**



2.8 - 3 oz.
Assorted varieties
Reg. 4.75

\$3¹⁹

RHYTHM

**Kale
Chips**



2 oz.
Reg. 5.69

\$3⁸⁹

BEANITOS

**Skinny
Dippers
Chips**

Bean & Rice
10 oz.
Reg. 5.25



\$3²⁹

SPECTRUM NATURALS

**Organic
Shortening**



24 oz.
Assorted varieties
Reg. 8.79

\$6³⁹

BOBO'S

**Gluten Free
Oat Bars**



5 pk., 1.3 oz.
Assorted varieties
Reg. 5.95

\$4²⁹

Marlene's

Celebrating 40 years



GARDEN OF EATIN'

Tortilla Chips



8.1 oz.
Assorted varieties
Reg. 3.99

\$2⁶⁹

SUNSPIRE

Baking Chips



9 - 10 oz.
Assorted varieties

35% off

In-store prices reflect discount

SEVENTH GENERATION

Laundry Detergent Packs



45 ct.
Reg. 20.45

WOW!
Look at
the
savings!

\$10⁹⁹

LOTUS

Organic Rice



15 oz.
Assorted varieties
Reg. 4.65

\$3¹⁹

LUCINI

Salad Dressing



8.5 oz.
Assorted varieties
Reg. 6.09

\$3⁸⁹

GREEN MOUNTAIN GRINGO

Salsa



16 oz.
Assorted varieties
Reg. 6.49

\$3⁹⁹

AUNT PATTY'S

Organic Coconut Oil



12 - 34 oz.
Assorted varieties

15% off

In-store prices reflect discount

NATURE'S PATH

Organic Eco-Pac Cereal



32 oz.
Assorted varieties
Reg. 9.85

\$7⁴⁹

ODWALLA Juice & Smoothies

15 oz.
Assorted varieties
Reg. 3.29

\$2⁴⁹





Marlene's

Celebrating 40 years



**EQUAL EXCHANGE
Bulk
Coffee**

Assorted varieties
Reg. 12.49 lb.

**\$9¹⁹
lb.**



**EQUAL EXCHANGE
Chocolate
Bar**

Assorted varieties
Reg. 3.19

**2 \$5
for**



**EQUAL EXCHANGE
Bulk Almonds**

Assorted varieties
Reg. 14.95 - 15.69 lb.

**\$11⁹⁹ - \$12⁴⁹
lb. lb.**

FORAGER PROJECT

**Organic
Cashew
Milk**

28 oz.
Reg. 6.59

\$5⁹⁹



DR. BRONNER'S

**Organic Fair Trade
Coconut Oil**

14 oz.
Reg. 11.95

\$7⁹⁹



NANCY'S

**Organic
Kefir**

32 oz.
Reg. 6.19

\$5¹⁹



EARTH FRIENDLY

**ECOS
Laundry
Liquid**

100 oz.
Reg. 14.95

\$9⁶⁹



SILK

**Cashew
Milk**

64 oz.
Reg. 5.19

\$4¹⁹



RUDI'S

**Organic
Sliced Bread**

22 - 24 oz.
Reg. 5.69

\$4⁶⁹



Marlene's

Celebrating 40 years



**MONTANA EMU RANCH
EMU Oil
Facial Care**

Assorted varieties
& sizes

**15%
off**

In-store prices reflect discount

Learn more
about the history of the
emu and
benefits of their oil
on page 4!

**MYCHELLE
Selected Skin
Care**

Assorted varieties



**20%
off**

In-store prices reflect discount

**CRYSTAL
Body
Deodorant**

Aluminum
Free!

4 oz.
Stone
Reg. 6.99



\$3⁹⁹

**DERMA E
Hydrating
Day Crème**

2 oz.
Reg. 29.49



\$21²⁵

**EARTH SCIENCE
Ceramide
Care**

Shampoo or Conditioner
10 oz.
Reg. 10.95

NEW!

**30%
off**

In-store prices reflect discount



**EO
Everyone Liquid
Hand Soap**

12.75 oz.
Assorted varieties
Reg. 5.99

Fair Trade &
Non-GMO!

\$4³⁵



**GIOVANNI
2 Chic Shampoo or
Conditioner**

Avocado & Olive Oil Ultra -Moist
8.5 oz.
Reg. 8.99

\$5⁹⁹



**KISS MY FACE
Active Life
Deodorant Stick**

2.48 oz.
Assorted varieties
Reg. 5.99

Aluminum
Free!

\$4³⁵



**SHIKAI
Selected
Lotions**

3 - 8 oz.

**25%
off**

In-store prices reflect discount



**SOUTH OF FRANCE
French Milled
Soap**

6 oz.
Assorted varieties
Reg. 4.59

\$3³⁵



Marlene's

Celebrating 40 years

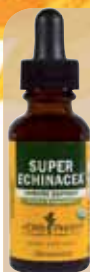
FLORA
Udo's Choice
Adult
Probiotics

60 caps
Reg. 20.99



\$16⁷⁹

All Flora Probiotics
on sale for 20% off
In-store prices reflect discount



HERB PHARM
Herbal
Extracts

Assorted varieties

25% off

Stock up now on
Seasonal Support!

In-store prices reflect discount



HEALTHFORCE
MycoForce
Immunity

15% off

In-store prices reflect discount

HEALTHFORCE
Truly Natural C..... 15% off
In-store prices reflect discount



Carlson
Supplements

Assorted varieties & sizes

25% off

In-store prices reflect discount



Reserveage
nutrition

Supplements

Assorted varieties & sizes

25% off

In-store prices reflect discount



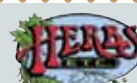
HERBS ETC

Osha Root
Complex

4 oz.

Responsibly sourced osha
supporting indigenous family
wild crafting.
Reg. 14.99

\$10⁹⁹



Loviral

60 soft gels
Promotes immune
& respiratory health

Reg. 27.99

\$19⁹⁹

ALL REFRIGERATED RENEW LIFE PROBIOTICS ON SALE



RENEWLIFE
Men's or Women's Complete
Ultimate Flora

Supports digestive & immune health
90 billion, 30 caps, Reg. 49.99

\$35⁹⁹



Marlene's

Celebrating 40 years



All-Star line up of Chestal® Homeopathic Medicine

100%
natural
ACTIVE
INGREDIENTS

30%
off

In-store prices reflect discount



LILY OF THE DESERT

Aloe Vera Juice



Gallon
Whole leaf or inner fillet
Reg. 27.99

\$19⁹⁹

MANITOBA HARVEST

Organic Hemp Pro Fiber Powder



32 oz.
Reg. 26.99

\$18⁹⁹

AMERICAN BIOSCIENCE

Sugar Solve 24/7



60 ct.
Reg. 29.95

\$24⁹⁹

MICKELBERRY GARDENS

Local Herbal Honey Tonics



Assorted varieties
& sizes

20%
off

In-store prices reflect discount

TRACE MINERALS

Stress-X Powder



Non-GMO relaxation
support. Raspberry
or lemon. 50 servings
Reg. 29.89

\$19⁸⁹

TRACE MINERALS

NO! Muscle Cramps

Promotes proper electrolyte
balance & hydration to
support muscle cramp
free nights

4 oz., Reg. 17.49

\$11⁹⁹



Learn about the
importance of trace
mineral supplements with

Dr. Darrin Starkey

Director of Education

at Trace Minerals

Research on

Wednesday, October 12

-- details on page 10.



LiverCare

90 vcaps
Reg. 24.96

\$18⁹⁹



HIMALAYA
LiverCare 180 ct., Reg. 41.95.....**29⁹⁹**



Triphala

60 ct.
Reg. 18.95

\$14⁹⁹



HIMALAYA
Triphala 90 ct., Reg. 24.95.....**18⁹⁹**

Marlene's

Celebrating 40 years

PURE PLANET Organic Amla Plus
Non-GMO source of vitamin C
200 tabs
Reg. 18.79

\$13⁷⁹

PURE PLANET Red Marine Algae Plus
Formula for healthy immune response
90 caps
Reg. 41.19

\$29⁹⁹



COUNTRY LIFE
Supplements

Complete line of
Country Life products.
Assorted varieties & sizes

30% off

In-store prices reflect discount

Looking for superior vitamins, herbs & supplements?

Guaranteed potency and purity
Developed by an extensive team of scientists
Assured quality – manufacturing GMP compliant & TGA certified

30% Off!

ON Sale NOW!
ALL NATURAL FACTORS PRODUCTS

natural Factors

Tranquil Sleep
RxOmega-3
Whey Factors

In-store prices reflect discount

40th ANNIVERSARY CELEBRATION CONTINUES...

Holiday Open House

Saturday, November 12

11 am - 3 pm

Federal Way & Tacoma

Help us finish out our
40th Anniversary with
gift baskets, dancing in the
aisles, wine tasting...
and more!



ORGANIC Yellow Onions

99¢ lb.

ORGANIC Russet Potatoes

99¢ lb.

The Lymphatic System & Breast Health

by Nicole Wirth, LMP

The immune system is a hungry one; it's the first in line to take a bite out of every meal we eat and the first to react to any questionable presence in our bodies. Skin is the physical barrier that supports this immunity, and in between the two we have our trusty messenger, the lymphatic system. Our immune and lymphatic systems are linked in such a way that, if malnourished in any manner, all of our bodily systems will be impacted. This relationship can be reflected in many ways, the most noticeable being on the surface of our skin.

In addition to being our body's largest organ, skin is often referred to as the third kidney. It's another outlet for waste to exit the body. The skin externally communicates how efficiently our organs are removing waste and how well nutrition is being absorbed. As our lymph vessels and nodes become decongested by cleansing practices (I will share some simple methods in my class), the skin is the first indicator that the organ decongestion process is getting back on track.


Fact: skin cells are one of the faster growing cells in the body! That is why lymphatic work is so important, especially after chemotherapy sessions. Along with killing cancerous cells, chemotherapy damages healthy cells and dramatically lowers our body's nutrient absorption. As nutrition becomes harder to absorb and inflammation develops in sensitive areas, our bodies and minds inherit a sluggish and exhausted indifference. Clearing lymphatic fluids of toxins and free radicals greatly improves the function and motility of our organs. Energy levels will be restored, and the immune system will once again be prepared to fight off illness.

Our lymphatic system needs to be stimulated in order to absorb the maximum amount of nutrients and healthy energy. Each organ is represented on a certain area of the skin, which can reflect the performance of that respective organ. Our skin is the last area to absorb nutrition, as well as the last to release toxins. All growth in the body (like hair and nails, for example) are reflected by the

health of our kidneys. Helping your cellular health with the cleansing of your lymphatic vessels and nodes, which results in optimally functioning organs, is crucial to fighting any health issue.

When the lymphatic system is clean, brown marks, discolorations, rashes, and hives will diminish; your skin will be void of itchy, red or irritating spots. Skin will not sag or be thin; no more fatty lumps, tumors or cellulite. All scarring will diminish over time and nails will be one color without any ridges or curves to them. Any one of these symptoms reflects problems within the lymphatic fluid being moved throughout our bodies, but with improved lymphatic health, your skin will literally glow. Open your lymph channels and experience a more energetic and toxin-free lifestyle.

Nicole Wirth has a small, private practice focusing on lymphatic and craniosacral health via bodywork, nutrition, self-care and emotional health. She can be reached at beautythroughlymph@gmail.com or 253.906.1582.



Learn more about the importance of your lymphatic system during Nicole's class on Tuesday, October 11 in Tacoma – details on page 10.



Hooked on Good Health: Omega Essentials



Nordic Naturals has been privately owned since our founding, and we are committed to remaining that way in order to successfully manage every aspect of product quality. Established in 1995, Nordic Naturals remains focused on every step of the manufacturing process to achieve the highest-grade omega-3 and essential nutrient products. We have over 200 products to choose from to meet each customer's individual nutritional needs and supplement preferences. From our ability to source the finest raw material and non-GMO ingredients, to our state-of-the-art, green manufacturing plant in Arctic Norway, Nordic Naturals' product quality begins, and ends, with family ownership.

Remaining privately owned allows us to focus on the details of supplement manufacturing. Because of this, our products have won over 60 awards for taste, product quality, and brand excellence. Many of our most popular products are national best-sellers in their respective categories. These include perennial favorites like Ultimate Omega, Children's DHA, Baby's DHA, Nordic Berries, Algae Omega, and many more. As we look beyond omega-3s, we've begun to offer a wider selection of nutrients that are essential to

health, while maintaining the primacy of premium ingredients—always effective, scrupulously sustainable, and non-GMO.

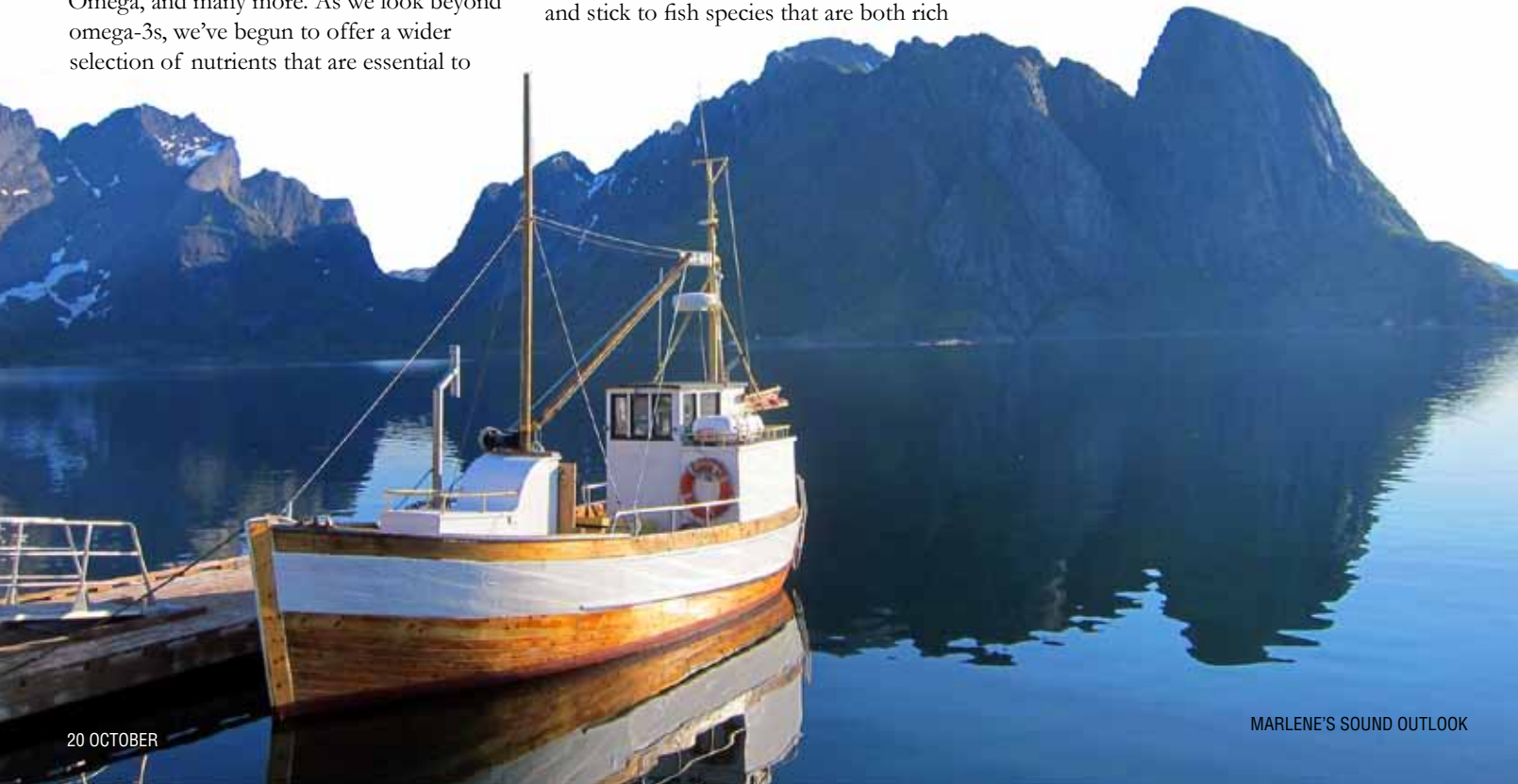
The effectiveness of omega-3s and other nutrients depends in large part on what form they're in when they enter the body. Omega-3 products are often sold as ethyl esters, which research routinely shows is less well absorbed than the triglyceride form—the same form in which omega-3 fats are found naturally in fish. Decreased absorption means fewer benefits. For this reason, Nordic Naturals manufactures all our omega-3 products in the natural, triglyceride form. Other ingredient selection choices that focus on bioavailability and quality include vitamin D3, curcumin, lutein and zeaxanthin, red yeast rice, and many more.

Sustainability is also another key feature of Nordic Naturals ingredient selection process. You can't feel good about a supplement brand if you know that your savings comes at the expense of others, or the health of the planet. That's why we source all our fish from Friend of the Sea (FOS) certified fisheries, and stick to fish species that are both rich

in omega-3s and that have a record of long-term population health. Historically, these species have included Arctic cod from the Norwegian Sea, and sardines and anchovies from the South Pacific and Atlantic oceans. Additionally, 100% of our fish is sourced in compliance with the Norwegian fisheries management system, which has been a model of sustainability for over 30 years.

Nordic Naturals product ingredients have been non-GMO since before most people cared about GMOs—since we began making supplements in 1995. Back then, it was easy to source non-GMO nutrients by sticking with the highest-quality ingredients, and sourcing from smaller suppliers. Today, we ensure our products are fully non-GMO, by testing all ingredients for the absence of GMOs through the Eurofins Scientific Genescan program.

Long ago, Nordic Naturals made a commitment to support great health through better nutrition. We're proud to continue this legacy, over twenty years later, as a family-owned supplement company.



Detoxification and Breast Cancer

by Dirk Yow

"I feel so overwhelmed; I don't know what to do!" -- a common response when someone finds out that their doctor has diagnosed them with cancer. To make matters worse, well-meaning friends and family often allow their loved ones to feel "crazy" for not immediately accepting their doctor's treatment plan, instead of researching alternative options such as acupuncture, herbs, diet changes, and bodywork of various kinds.

In my 40 years as a health practitioner and independent researcher, I have studied, developed, and marveled at purification techniques for the human body. One thing I can state unequivocally is that, given the tools and the opportunity, the human body, even in a severely compromised state, will often return to a relatively stable state of homeostasis. With breast cancer in particular, I have observed that reversing dehydration, restoring proper lymph flow, and increasing cell oxygenation can make all the difference.

As we age, our cell walls become rigid and less able to take in nutrients and expel wastes. Since tumors are anaerobic and cannot survive in a richly oxygenated environment, getting oxygen into the cells is essential. Precision Intestinal Oxidative Hydrotoning (PIOH™) ceremonies use highly purified structured water as a delivery system for polyatomic oxygen mixtures, which disperse oxygen to cells quicker than any other method.

they've really had time to digest the news. Well-meaning but fearful loved ones may also bring a sense of urgency into an already confusing situation (and according to drugless healing theory, emotions can be toxic as well). Most people do exactly as their doctors recommend, only questioning medical decisions long after they've been made.

As an appointed Medicine Man, it is heartbreaking to see people agree to surgery, chemotherapy, or radiation without exploring alternatives, particularly with cancer. I am currently working with a number of

women with breast disease (as diagnosed by their MDs) who have experienced dramatic turnarounds in their health status with little to no medical intervention. I will discuss their cases in detail at my talk this month, but I will share a few words from each of them in this article.

"In June of this year I was diagnosed with breast cancer. I started an intensive series of PIOH™ Ceremonies with Dirk Yow. To date I am still working, have lost weight and inches (including the lump in my right breast), and have increased energy! My health has greatly improved and I'm looking forward to my next test to document the progress!"
-Karen W.

"The lumps in my breast and armpit are gone and the pain is gone, too. The congestion in my lymph nodes contained a gray substance of mercury and arsenic."
-Joanna M.

"Four months after welcoming our fourth baby into the family, I was diagnosed with Follicular Non-Hodgkin's Lymphoma. My husband and I did a lot of research to find health care that would allow me to breastfeed our baby and treat the cancer at the same time... While the Vitamin C treatments were beneficial, PIOH™ assisted my body in the process of cleaning my blood and lymphatic system. What I noticed right away was not just the hydrating effects the PIOH™ session had, but the lightening of the load on my lymphatic system. I also noticed that the tone of my colon was improving after every session."
-Lisa E.

People who receive a cancer diagnosis are typically urged to meet with an oncologist and determine a treatment strategy before



Dirk Yow has a Bachelor of Science in Microbiology from The Evergreen State College and certifications in ozone therapy, herbalism and medicinal botany, and primal healing processes. His decades of study, training, and practice with brilliant minds in natural healing led Yow to develop his own hydrotherapy technique, PIOH™. Alaskan tribal elders of the Tlingit nation granted Yow official Medicine Man status in 2011.

MARLENE'S SOUND OUTLOOK



To learn more about PIOH™ check out Dirk Yow's book *Wheels of Wellness* and come to his class on Thursday, October 20 in Federal Way – details on page 10.

Absorption -- The Key to Protein Powder Performance

Protein supplements are not breaking news. There are literally thousands to choose from in today's market – so why would we create a new one? Because something is missing from protein supplements – and that something is superior absorption.

Sure, some formulas contain sprouted ingredients or added enzymes to help the body break the supplement down for digestion. But we knew we could do something better! We turned to a time-honored, natural process that amplifies the amino acid profiles and nutritional components of protein sources – fermentation!

With our latest addition to the Genuine Health line, we started with grass fed dairy, a complete protein by nature with nutritional advantages due to the pasturing of the cows. But it is what we do with it that makes it exceptional, and highly absorbable. Fermentation takes super ingredients and makes them even more super.

The key is the technique. Fermentation is a careful process utilizing live bacterial cultures that are integral to the quality of the finished product. Traditional techniques best harness the unique health benefits that fermentation offers and we use them in our fermented products, in conjunction with a carefully controlled and methodical process perfected over years. Our experts know when the nutritional “sweet spot” is achieved, and precisely when to halt the process for maximum nutritional value. Once dried, we ensure a stable

finished product, devoid of any undesirable microorganisms and the nutritional benefits of yogurt that were held in captivity within the refrigerated dairy case are made available in fermented Greek yogurt proteins+.

So... how do we know this makes a difference in the way your body absorbs the protein? First, fermented foods are well established to be better tolerated, with less digestive disturbances than unfermented counterparts. In fact, for this very reason the intake of fermented dairy products has more than doubled over the last several decades, as yogurt is incredibly well digested, tolerated and maintains high protein and calcium levels.

Secondly, there is an actual measurement that goes beyond what you see on the label. Sometimes amino acid profiles can look fabulous on paper, but does it always translate? The “gold standard” for protein quality is known as the protein efficiency ratio (PER) which represents the ability of a protein to actually promote growth; to build and maintain a lean body. Impressively, the PER of fermented yogurt is 25% higher AFTER microbial fermentation versus unfermented!

The absorption benefits are two-fold – with the protein powder's bioavailability increased, the body's ability to absorb the food is increased because fermented foods nurture gut health! The highly absorbed protein contributes to the integrity of the gut lining, as well as to the bacteria diversity of our microbiome. As Tracy Beaulne, ND explains, the bacteria used to ferment dairy “do not need to be living in order to exert important effects on the ecology of the digestive tract. In fact, yogurt with the bacteria that had been heat-inactivated was very capable of having a beneficial influence on the growth of other good bacteria just as surely as the yogurt with living bacteria. Our immune system can recognize the structural parts of beneficial bacteria and this can work to our advantage whether or not they are actually alive.”

Genuine Health has proudly led the charge in fermented supplements, and is thrilled to share our latest innovation. With so many options flooding the shelves in the protein supplement aisle – we're here to make it easy for you: fermented protein = better absorbed protein, and with 20g of fermented protein from grass fed dairy, fermented Greek yogurt proteins+ has provided the most complete, absorbable protein yet.





Breast Cancer Prevention and Integrative Therapy

By Paul Reilly, ND, L.Ac, FABNO

The Salish Cancer Center (SCC) opened a new facility in Fife, where they continue to provide

a full spectrum of oncology care including leading edge conventional therapies, genetic testing to determine the best treatments, nutritional testing to identify risk factors, and supportive care including naturopathic medicine, acupuncture, and skilled nursing. Although many centers claim to have integrated cancer care, the SCC team is the only center in the Puget Sound area where all the providers meet every morning to review patients and share ideas from all the healing disciplines on how best to help patients beat their cancer and manage symptoms.

At SCC the patient is included in making decisions about their treatment choices. Some of the unique treatment options we offer are gene testing to identify unique treatment options, IV Vitamin C, immune support, botanical medicines, guidance on the best diet for the type of cancer each patient is dealing with, and most importantly, a sense of hope and control. Patients are happy to learn that there are approaches that improve outcomes and survival, while reducing the side effects of conventional treatments.

Almost every cancer patient is low in vitamin D, and many also show signs of insulin resistance or pre-diabetes. These are factors that, when corrected, can reduce the risk of cancer developing or progressing. Other risk factors include heavy exposure to environmental chemicals and pesticides, some heavy metals, and even beneficial nutrients like iron or copper, if their levels are excessive.

Studies done on pairs of identical twins show that approximately 50% of risk for most cancers is strongly linked with diet and lifestyle. Simple changes can reduce risk significantly. Here are a few tips to reduce risk for most common cancers:

1. Increase intake of vegetables.

Aim to include many colors including green, red, yellow, orange and purple. These colors indicate the presence of beneficial compounds called phytochemicals. This diverse group of powerhouses can reduce processes that help cancer cells to grow.

2. Reduce intake of sugar and refined carbohydrates.

Sugars directly stimulate cancer cells and also raise levels of the hormone insulin, which independently stimulates growth of cancer cells.

3. Exercise for 45 minutes daily.

Regular exercise has been shown to reduce risk of cancer and reduce recurrence rates in some cancers like breast cancer and colon cancer by almost 50%.

4. Use supplements to support cellular repair and immune function.

Some of the best include fish oils, vitamin D, vitamin C, curcumin, green tea and medicinal mushrooms like maitake and turkey tail.

Dr. Paul Reilly is a Naturopathic Physician and co-founding staff physician at The Salish Cancer Center. He is co-author of How to Prevent and Treat Cancer with Natural Medicine, wrote the chapter on Integrative Oncology for The Textbook of Natural Medicine, has taught at Bastyr University, and has been a board member of the Washington Association of Naturopathic Physicians (WANP). He can be reached by calling 253.382.6300.



Join Dr. Reilly as he discusses more about breast cancer prevention on Tuesday, October 18 in Tacoma – details on page 10.

Marlene's Market & Deli is proud to partner with Fair Trade organizations like Equal Exchange!

EQUAL EXCHANGE

FARMER IMPACT REPORT

July 2015–July 2016



114,924 CUPS = 1.5 FAMILY FARMS

Total cups of Equal Exchange coffee consumed by Marlene's Market & Deli customers

Number of small farms whose entire coffee crop was purchased by Marlene's Market & Deli



ON SALE IN OCTOBER!
ORGANIC BULK COFFEE



\$9.19/lb

~~\$12.49/lb~~ regular price

Average amount of coffee produced by one small farm in a week:

40 

Average amount of coffee consumed per week at Marlene's Market & Deli:

60  = 2,210 

LEARN MORE AT: equalexchange.coop

Trade up for Fair Trade!

Wholesome! is committed to providing the most delicious Fair Trade Certified, Organic, Natural and Non-GMO Project Verified sweeteners sourced from ethically and environmentally responsible growers and manufacturers. Acting on the belief that the farmers who feed the world every day deserve a fair price for the crops they grow, Wholesome! sweeteners are produced with respect for food safety, the environment and human welfare.



Maroma incense and fragrance products are a concert of French and Indian aromatic traditions. Committed to Earth-friendly ingredients and environmentally responsible manufacturing practices, Maroma's superior and diverse products are designed to refresh while promoting a sense of well-being and balance. Their products are guaranteed Fair Trade through the World Fair Trade Organization.



Dr. Bronner's is committed to making socially and environmentally responsible products of the highest quality, and by dedicating our profits to help make a better world. Pure-Castile Liquid Soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients, packaged in a 100% post-consumer recycled bottle. Dr. Bronner's 4-in-1 Organic Pump Soaps are good for washing hands, face, body & hair – place by your sink or in the shower!



Eco Lip's Mongo Kiss organic lip balms feature certified organic ingredients and Fair Trade Certified™ Cocoa Butter infused with Mongongo Oil, a nutrient rich oil from Zambia, Africa. Used for centuries to cleanse and moisturize, Mongongo Oil is high in Vitamin E and other nutrients perfect for nourishing skin. A natural humectant (attracts and retains moisture), Mongo Kiss contains essential fatty acids necessary for your skin to create a flexible barrier that can prevent and repair skin damage.



Numi is a leading brand purchaser of Fair Trade Certified teas. Fair Trade guarantees farm workers are paid a minimum fair wage for their labor and empowers them to lift themselves out of poverty by investing in their farms and communities. Stop by Marlene's "Spot of Tea" to check out Numi's extensive selection of teas including Pu-erhs, Greens, Reds, and Turmeric Teas.



In July, Marlene's Bulk Department employees Michelle and Kenneth visited the Hummingbird Wholesale facility, Hunton's Farm, and Camas Country Mill in Eugene, OR.

By Michelle Vaughan,

Marlene's Market & Deli Bulk Category Manager

Hummingbird Wholesale is driven to make organic agriculture so attractive that more and more farmers will convert every year. They reduce the financial risk to organic farmers by giving them creative options that can turn a bad year into a better year. For example, a corn that doesn't pop well could be milled into polenta and be enjoyed as a specialty item on a local restaurant's menu! Hummingbird Wholesale's bottom line is community; not what can make them the most money.

If you shop Marlene's bulk section, you have probably purchased one of the many unique and sustainably sourced commodities we get from Hummingbird Wholesale. On the forefront of transparency as a business, Hummingbird Wholesale supports every effort to get genetically modified foods labelled and strives to preserve the natural world.

A Trip to Hummingbird



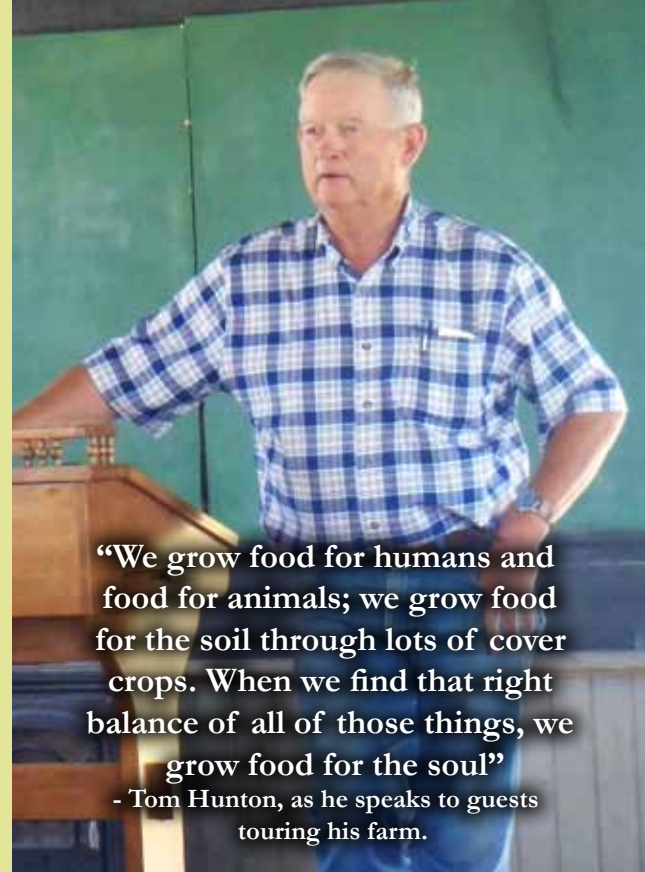
Charlie and Julie Tilt chose the hummingbird as their mascot because of its delicate nature; it sips nectar without harming the flowers.



Third generation Oregon farmer Tom Hunton is busy building the connection between community and food. He and his wife Sue decided that shipping grains 160 miles round trip for processing didn't make sense. By partnering with Hummingbird Wholesale and investing their life savings, they opened Camas Country Mill in 2011. Today, the size of their local market is up by 80% as they grow and process their own crops.



Tom Hunton in his mill as they prepare to package goods for shipment.



"We grow food for humans and food for animals; we grow food for the soil through lots of cover crops. When we find that right balance of all of those things, we grow food for the soul"

- Tom Hunton, as he speaks to guests touring his farm.

Hummingbird Wholesale



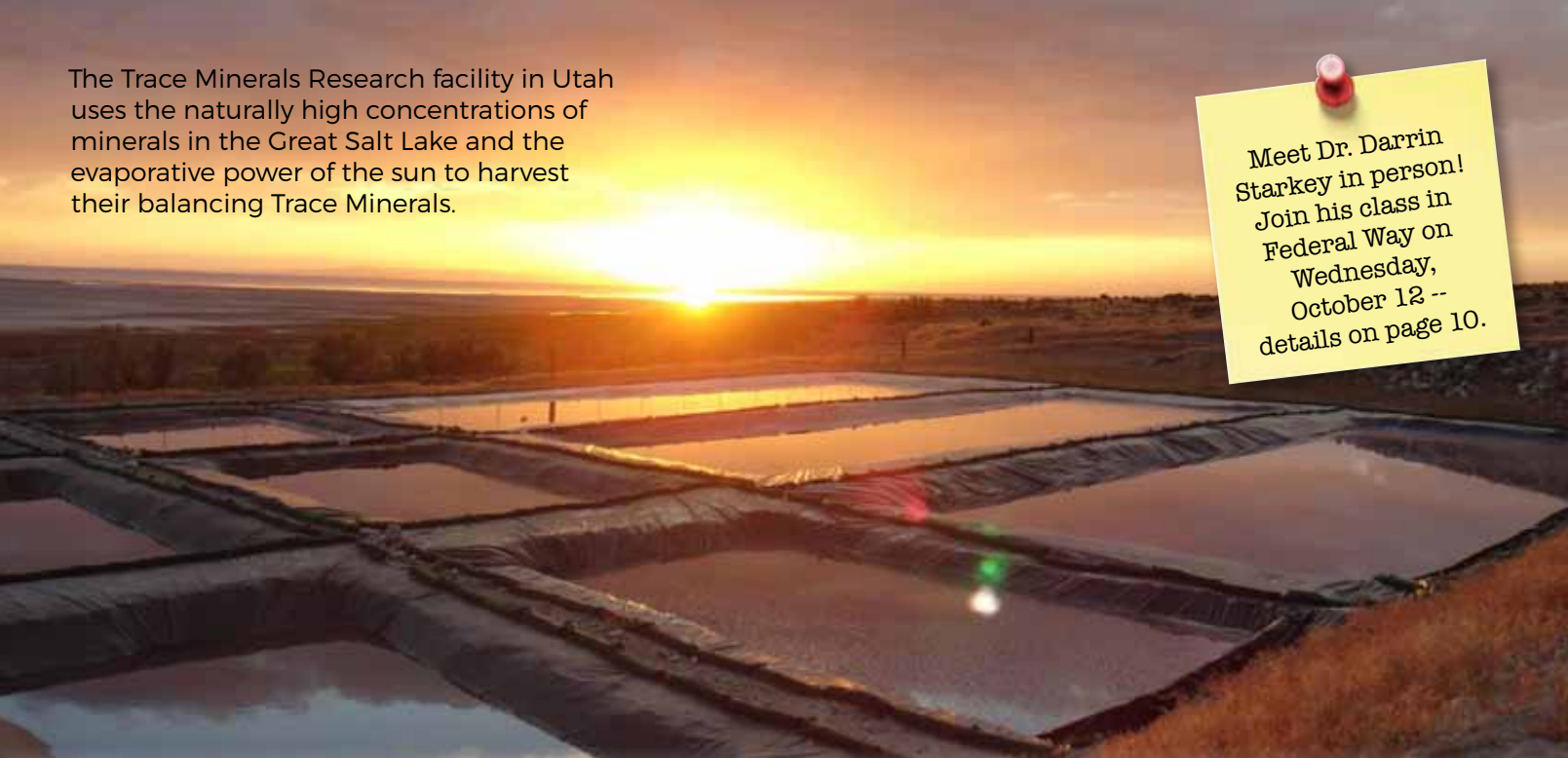
Have you ever seen a fresh organic chickpea on the vine? Camas Country Mill grows a huge variety of crops including: grasses, cereals and brassica, food and forage legumes, and cover crops.



Hummingbird's warehouse uses solar power for electricity and heat. Employees even use a solar oven located right in the front of the building to heat their meals!

Whenever possible, Hummingbird chooses the low environmental impact option. Eugene customers look forward to their shipments arriving by bicycle! In 2015 Hummingbird Wholesale delivered almost a quarter of a million pounds of food by bike.





The Trace Minerals Research facility in Utah uses the naturally high concentrations of minerals in the Great Salt Lake and the evaporative power of the sun to harvest their balancing Trace Minerals.

Meet Dr. Darrin Starkey in person!
Join his class in Federal Way on Wednesday, October 12 -- details on page 10.

The Importance of Trace Minerals within the Human Body

by Darrin Starkey, ND

Ionic trace minerals are amazing little atoms that have either a positive or negative charge; simply, they conduct electricity. These atoms help keep the electrical responses within organs, such as the heart and brain, functioning properly. Additionally, they help balance out the body's other systems, such as the immune system, which supports the overall health of an individual.

Science is still learning what the function of each trace mineral is, but we know that each one plays an important role in our body. For instance, the function of many trace minerals now considered important, were at one time deemed unnecessary or their function unknown by science. Most likely, more trace minerals will be added to that list of "essential nutrients for health" as techniques develop and become more sophisticated at studying body tissues and food components. Molybdenum is just one such trace mineral. As science improved its technology, this obscure little mineral's important role has only recently come to light. All the iron in the world does us no good if there is a shortage

of molybdenum within our body. It helps free iron from the liver so that it (iron) can help deliver oxygen through the blood to cells and tissues. This is also a good example of how trace minerals work intricately together.

Most locally sourced trace minerals are found within the Great Salt Lake in their naturally occurring and balanced state. And as such, are much like the amounts you would find naturally in the foods you consume. However, due to soil depletion, accelerated farming techniques, pollution, etc., trace minerals are being leached out of the soil that produces the foods we eat. Hence the need for supplementation of trace minerals.

The Great Salt Lake is surrounded by mountain ranges that, on average, get approximately 500 inches of snow a year. As the cold weather gives way to warmer temperatures in the spring, the snow gradually melts, and this "spring runoff" washes down the mountainsides, drawing minerals and trace minerals from the soil.

The Great Salt Lake then becomes a kind of catch basin for various streams and rivers. However, the lake does not have an outlet, so the minerals and trace minerals build in their concentration within the lake's water. Then, under the summer sun, the water evaporates off the lake, leaving behind the concentrated minerals and trace minerals. This also creates a higher concentration of brine -- another advantage to production of trace minerals -- as brine helps immobilize the heavy metals in the sediments at the bottom of the lake.

Understanding the relationship between these trace minerals helps us form a better idea of how they work. They literally keep each other "in check" so that none of them get out of balance; this is assuming the trace minerals are taken in balance to begin with.

Trace minerals help aid with the absorption, assimilation and activation of vitamins, macro minerals, enzymes, herbs, and other nutrients that we take in from our diets or supplements. Without trace minerals, vitamins would be rendered useless. Trace minerals are essential to optimal health within the human body.

Dr. Darrin Starkey is the Director in Training and Education for Trace Minerals Research (TMR) and considered an expert in the field. He specializes in trace mineral nutrition, balance, and deficiency, while focusing his training and education on the building blocks of a healthy diet and the important role trace minerals play in health and nutrition. Dr. Starkey has been a board certified naturopathic physician since 2000 and is a member of the American Alternative Medical Association (AAMA).



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

40% OFF in October

Celebrating
40
years

Thank you
for staying well
with us since 1976.



Our nutritional supplements are at the leading edge of today's Wellness Revolution. This transformation in health consciousness also includes new perspectives in diet, lifestyle, emotional and spiritual development, and complementary health care. Source Naturals' Strategy for Wellness™ is to provide education that empowers individuals to take responsibility for their health, rather than relying solely on outside medical authority. The result is people who are more productive and fulfilled, and a world that is stronger and healthier.

*40% off regular MSRP, in-store prices reflect discount.



Marlene's Market & Deli Food Service Director Mary W. brings you this rich, creamy and perfectly spiced pumpkin cheesecake recipe straight from her kitchen to yours. Try it served with a Fair Trade latte or bring one to a birthday or Halloween party!

Crust:

Combine:

| | |
|---------|-----------------------|
| 1 ¾ cup | graham cracker crumbs |
| 3 Tbl | brown sugar |
| ½ tsp | cinnamon |
| ½ cup | melted butter |

Using a 9 inch springform pan, press the crust filling into the bottom and ½ way up the sides. Keep in the refrigerator until filling is ready.

Filling:

| | |
|--------------|--------------------------------|
| 2 lbs | cream cheese, room temperature |
| 1 ¾ cup | organic cane sugar |
| 1 15 oz. can | pumpkin puree |
| 4 eggs | room temperature |
| 1/3 cup | sour cream |
| 1 tsp | cinnamon |
| ½ tsp | nutmeg |
| 2 Tbl | organic cornstarch |

Cream together the cream cheese and cane sugar until well blended, add pumpkin and mix to combine. Add eggs one at a time and mix before adding the next one. Do not over mix. Add sour cream, spices and cornstarch. Pour into crust and bake at 350 degrees for 1 hour. Leaving cheesecake in oven, turn off oven and leave door ajar for 30 minutes. Remove cheesecake and continue to cool in refrigerator for at least 6 hours. Serve with sweetened whipped cream.

Mary Walukiewicz is a graduate of the California Culinary Academy in San Francisco. She worked as head pastry chef for Stanford University in California before becoming Food Service Director at Marlene's.

MARY'S PUMPKIN CHEESECAKE



OCTOBER

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

| | | | | | | |
|--|--|--|--|---|---|---|
|  <p>Seated Massage with Sheldon Morton, LMP 11 am - 2 pm every Wednesday in Tacoma</p> <p>Seated Massage with Erica Seter, LMP in Federal Way Tuesdays 11 am - 2 pm Thursdays 2:30 - 7 pm Fridays 3 - 7 pm Saturday 1 - 5 pm</p> | <p>Licensed massage practitioners are available at both Marlene's locations. Appointments are first-come, first-served and are made directly with practitioner. Rates are usually \$1 per minute.</p> | | | | | 1 |
| <p>Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!</p> <p>2</p> | 3 | <p>Optimizing Immunity with Medicinal Mushrooms with Doug Walsh, MA, NTP 6:30 pm, FREE Tacoma</p> <p>4</p> | 5 | <p>Simple Strategies for the ADD Lifestyle with Resolute Michaels 6:30 pm, FREE Federal Way</p> <p>6</p> | 7 | <p>Non-GMO Day! 11 am - 3 pm Federal Way & Tacoma Wine tasting noon - 2 pm!</p> <p>8</p> |
| 9 | <p>Uniform Monday! 10% off to all firefighters, military, and police!</p> <p>10</p> | <p>The Lymphatic System and Breast Health with Nicole Wirth 6:30 pm, FREE Tacoma</p> <p>11</p> | <p>Trace Minerals Within Your Body with Darrin Starkey, ND 6:30 pm, FREE Federal Way</p> <p>12</p> | 13 | <p>Meaningful Movies: Before the Flood 7 pm, Gig Harbor</p> <p>14</p> | <p>Bread Pudding (Her Way) with Julie Martin 10 am - 1 pm, \$30 Tacoma</p> <p>15</p> |
| 16 | 17 | <p>Breast Cancer Prevention and Survivorship with Paul Reilly, ND 6:30 pm, FREE Tacoma</p> <p>18</p> | 19 | <p>Constipation and Breast Disease with Dirk Yow 6:30 pm, FREE Federal Way</p> <p>20</p> | 21 | <p>Health is Fragile - Handle with Food with Steven B. Fry, CHFS and Sherry Fry, NTP, CHFS 10 am - Noon, \$10 Federal Way</p> <p>22</p> |
| <p>23</p> <p>30</p> | <p>24</p> <p>31</p> | <p>New Leaf Hyperbaric Therapy with Sara Anderson and Cat Redinbo 6:30 pm, FREE Tacoma</p> <p>25</p> | 26 | <p>Breast Cancer Detection and Prevention with Thermography with Lenna Shepard, CCT 6:30 pm, FREE Federal Way</p> <p>27</p> | 28 | 29 |

*Marlene's is a co-sponsor of Meaningful Movies in Tacoma and Gig Harbor. For more information, go to meaningfulmovies.org.

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OCTOBER 2016

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