



*Marlene's™*

MARKET & DELI

shop local, eat organic

# SOUND OUTLOOK

September 2016

## CURCUMIN

Overlooked Herbal Superstar? - p. 4

## KEEP SMILING!

Decoding Disease, Dentally! - p. 8

Products for Oral and Overall Health - p. 9

## UPGRADE YOUR HABITS

Acting With Intention - p. 19

## GET SLOPPY

Quick & Easy Tempeh Sloppy Joe's - p. 22

## A LIVELY FAREWELL

Sound Outlook Editor, Lori Lively  
signs off for the last time - p. 3

NATURAL

groceries

ORGANIC

supplements


GLUTEN-FREE

deli - body care

NON-GMO

catering

## inside this issue

- 2 A  from Marlene
- 3 A Fond Farewell
- 4 The Superstar Herb You're Overlooking
- 5 A Path You Can Trust
- 6-7 11 Most Common Nutritional Deficiencies
- 8 Decoding Disease, Dentally
- 9 Make Your Immune System Smile!
- 10-11 Speakers & Classes
- 12-18 In-Store sales
- 19 Taking Control of Your Habits
- 20 Moving Well As We Age
- 21 Five Simple Strategies for Managing ADD
- 22 Easy Green Veggie Wraps
- 23 September Calendar of Events

Hello to you all!

Well, folks, the blackberries are bursting on the vine once more. Hard to believe that our summer is drawing to a close. Here in the Northwest we have so many gifts with every season, it is a challenge to keep up with them all. I have found that it is so very important to take the time to be thankful.

We recently had the great fortune to take our ever-growing family to Hawaii. I was reminded of my first marathon in Honolulu-- at age fifty! Truly, building and maintaining one's health through the years is another key to happiness later in life.

On this subject, we have a seminar coming up this month with Tim Newton. It's all about staying active and preventing injuries in the later years. Don't let the natural process of aging keep you from playing!

While we are enjoying these last warm days of the year, I'm looking forward to the wonderful harvest filling our produce department. Stop by and ask us what's new. Our talented staff members are excited to share their favorites from this season's bounty.

*Marlene*



**Advertising & Marketing Coordinator** | Diane Sellers | [diane@marlenesmarket-deli.com](mailto:diane@marlenesmarket-deli.com)

**Copy Editor** | Delaney Dvorak | [delaney@marlenesmarket-deli.com](mailto:delaney@marlenesmarket-deli.com)

**Design** | Kobalt Design Group

**Education Coordinator** | Elizabeth Ashbrook | [classhost@marlenesmarket-deli.com](mailto:classhost@marlenesmarket-deli.com)

**Sound Outlook Coordinator** | Joe Moralez | [joemoralez@marlenesmarket-deli.com](mailto:joemoralez@marlenesmarket-deli.com)

Questions or comments? Contact us at [feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com).

The views expressed by our writers, instructors and advertisers do not necessarily reflect those of Marlene's Market & Deli and have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease. Information contained in this publication should not be used to replace qualified medical care. Consult your complementary health care practitioner if you have questions.

[marlenesmarket-deli.com](http://marlenesmarket-deli.com)



# A Fond Farewell

By Lori Lively

For almost 23 years I have had the honor of directing the customer education classes at Marlene's and serving as editor of this magazine, Sound Outlook. As I prepare for the next step in my personal and professional journey and take stock of the last two decades, I'm proud to have been part of this rich community resource for personal and planetary healing.

In 1994 I gravitated to Marlene's because it was (and other than publicly-owned food coops, still is) the only natural grocer selling *only* organic produce. I'm still grateful to this day that Marlene and I agreed that educating the public was key in growing the movement toward sustainable living. You know what organic means, right? Besides not containing any neurotoxic chemicals, that is? It means no GMOs. Because genetically modified organisms by definition are not organic.

And even though Washington State narrowly lost the 2012 campaign to label GMOs, I'm proud that Marlene's emerged as a natural leader on the issue, hosting educational events with speakers from around the country and donating time, money and energy to public education. As dedicated to food purity as ever, Marlene's policy is still to avoid bringing in new products that contain GMOs and to phase out older products that do, whenever possible.

I also count it as a success that so many of you have benefited from Marlene's guest speakers and food preparation classes. It was a constant source of inspiration to meet the naturopaths, acupuncturists, body workers, energy healers, health activists, nutritionists and chefs who've shared their gifts here through the years. They taught me that unless it's an emergency, most acute health problems are best dealt with by supporting nature, who does the real healing. To tell the truth, I learned most of what I know about cooking at Marlene's, too, from the creative inspiration of our guest chefs.

I will miss all this and much more about Marlene's, but then again, I'll be gravitating here often, just like you. In fact, if I could share one last observation, it would be that you might think you shop at Marlene's for the broad selection of local, natural and organic food, the carefully curated vitamins, herbs, and superfoods, or the insanely delicious deli food. You might love the fermented kombucha on tap or the fun stuff in the housewares department. Or perhaps you simply enjoy the attentive customer service. And who wouldn't?

But what makes Marlene's such a community treasure is something beyond all these elements. It's a caring that can't be communicated unless it's backed by the real thing. When you're here next, take a look at all the long-term employees who choose to stay year after year. As one of them, I know that Marlene's strives to make your experience a good one. Mine has been.

Onward,

*Lori*

P.S. I leave you in excellent hands. Joe Moralez will oversee Sound Outlook from cover design to file transmission; Delaney Dvorak will edit and write; Diane Sellers will continue to coordinate advertising and marketing; Laura Arkin will coordinate community outreach; Elizabeth Ashbrook will coordinate education and classes; and Jeanne Logman will assist with editing and moral support as needed. This team will make sure you stay connected to the best natural health care resources in the South Puget Sound. See you at a cooking class!



"Until there's labeling,  
the only way to be  
sure your food isn't  
GMO is to eat organic!"



# The Superstar Herb You're Overlooking

By Holly Lucille

Curcumin is the most potent component of turmeric, a plant that has been used in India as both a spice and a medicine for centuries. Besides adding a spicy kick to Indian curry, turmeric has been part of Ayurvedic medicine for millennia. However, there is very little curcumin in turmeric. By extracting curcumin from turmeric, we have an even more powerful way to treat disease. Enhancing the absorption of curcumin by blending in turmeric essential oil has resulted in a natural substance that is as potent – or even more potent – at treating disease as prescription drugs, but without the adverse effects. The addition of turmeric essential oil provides compounds called turmerones that make curcumin more powerful after absorption, too.

One of the reasons that curcumin works so well on such a wide range of diseases is because it is such a powerful anti-inflammatory. We know that almost all chronic diseases - from diabetes to heart disease, cancer to arthritis, even Alzheimer's disease - have something in common: unchecked, destructive inflammation. Unlike synthetic drugs, which typically work against only a single inflammatory pathway, natural curcumin reduces inflammation through its effects on *multiple* inflammation targets.

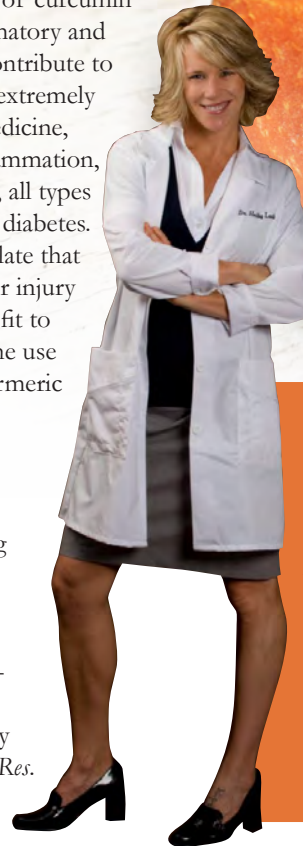
Curcumin is also a potent antioxidant, able to neutralize unstable, reactive free radicals. Free radicals are molecules with a missing electron that stabilize themselves by “stealing” electrons from neighboring molecules, creating another free radical in the process.

This chain reaction of free radical formation is known as a free radical cascade, and it can result in cellular damage (called oxidative stress) leading to inflammation and chronic diseases – including cancer. Free radicals can negatively impact all body systems, including the immune system. Curcumin, like other antioxidants, is able to stop free radical cascades without becoming unstable itself. Its ability to neutralize free radicals is extraordinarily strong. In fact, a specially prepared extract of curcumin

has an antioxidant (ORAC) value of over 1,500,000 per 100 grams. Compare that to blueberries at about 8,000 per 100 grams! The dual properties of curcumin as both anti-inflammatory and super antioxidant contribute to its reputation as an extremely powerful natural medicine, useful for pain, inflammation, depression, arthritis, all types of cancer, and even diabetes. Some experts speculate that there is no disease or injury that would not benefit to some extent from the use of curcumin and turmeric essential oil.

Reference used in this article regarding activity and disease applications:  
Goel A, Jhurani S, Aggarwal BB. Multi-targeted therapy by curcumin: how spicy is it? *Mol Nutr Food Res*. 2008;52(9):1010-30.

IN PERSON  
Dr. Holly Lucille  
speaks in Federal  
Way on Thursday,  
September 29—  
details on page 11.



*Dr. Holly Lucille, ND, RN is a nationally recognized and licensed naturopathic doctor and educator in natural products, an author of several books, and national educator for Europharma. As an expert in the field of integrative medicine, Dr. Lucille provides lectures on a variety of natural health topics and is regularly quoted in both consumer and peer journals. Her private practice, Healing from Within Healthcare, focuses on comprehensive naturopathic medicine and individualized care.*



The founders, Arran and Ratana Stephens with their children Jyoti, Gurdeep, Arjan and his wife Rimjhim.

## A Path You Can Trust

We're a family of organic farmers and their ilk, descended from more farmers and more ilk. The seed of our company was planted back in the '30s, when Rupert Stephens inherited the family farm: Mountain Valley Farm, 89 acres of hard living, a place to grow field berries and a family.

Even by Depression-era standards, where sheer inventiveness kept families going through times of scarcity, Grandpa Rupert was an odd duck. He horrified his neighbors by using sawdust as mulch. Rupert found ways to work with it, turning in rich crops of berries and vegetables. In 1951 his treatise on his unorthodox farming methods was published as *Sawdust is my Slave*.

Arran Stephens grew up on that unconventional farm and came away with a lifelong love of soil and nature. His fondest memories are of helping his parents gather and spread kelp on

the fields, planting corn with his father and wandering through the farm eating sun-ripened berries.

Arran followed a path that led from the farm to India and ultimately to becoming one of the pioneers in the organic foods movement. He and Ratana founded Nature's Path in 1985, and our family is still very much involved in the day-to-day operations of the company. The story of Rupert Stephens and his organic berry farm is well known around these parts. He taught his son – our founder, Arran – to care for the land, telling him to “Always leave the soil better than you found it”. Since we made our first tasty flakes in 1985, that wisdom has guided us here at Nature's Path. Our family-run business is passionate about organic farming and sustainably driven – and we always will be.

Our production facility is local to the Pacific Northwest, in Blaine, Washington.

As we celebrated our 30th birthday this last year, we are humbled and grateful to all of you who have given us your support over the decades. Organic has sprouted from a tiny seed to a global movement, and each of you has helped it grow.

At Nature's Path we live for healthy, great-tasting, organic foods. It's why we get up in the morning. We are also a company that wants to do more than just sell breakfast foods. We aspire to advance the cause of people and planet, along the path to sustainability. And we like to think we put our money where our mouth is. Or rather, where our heart is. Because growing organic, healthy foods in a sustainable way is our passion—the cornerstone of our family company. It's where, and how, it all began.

## ENVIROKIDZ®

**“We believe in the power of Kids to make the world a better place”**

Every time you buy one of our EnviroKidz products, 1% of the sales are donated to support endangered species, habitat conservation and environmental education for kids worldwide. To date, we have raised over \$1.6 million to help our partnering organizations with their educational and protection efforts! These organizations listed below are doing some pretty amazing work empowering children to change their present and future worlds by protecting endangered species and their environments:

Amazon Conservation Team

Australian Koala Foundation

Burns Bog Conservation Society

Defenders of Wildlife

The Dian Fossey Gorilla Fund International

Fauna & Flora International

Green Kids

Island Wood

Jane Goodall Institute

Lemur Conservation Foundation

SeeTurtles

### Nature's Path's BITE4BITE Program

Our new Love Crunch Granolas are not only delicious, but socially and environmentally responsible as well. For every bag you buy, we'll donate the equivalent in cash and organic food to the food bank, up to \$1 million a year! That's what the Bite4Bite model's all about. We bundle the goodwill of all the consumers buying Love Crunch into what we call “love miracles” by helping to ease hunger for those who need it most.



# Eleven Most Common Nutritional Deficiencies, Part Three

By Joseph Mercola, MD

Find Part One in our  
January 2016 Issue  
and Part Two in  
February 2016!

## #7: Vitamin A

Vitamin A is an essential fat-soluble vitamin that is important for maintaining healthy skin, teeth, bones, cell membranes, and vision. Vitamin A, like vitamin D, is also essential for your immune system. It's a precursor to active hormones that regulate the expression of your genes, and vitamin A and D work in tandem. For example, there is evidence that without vitamin D, vitamin A can be ineffective or even toxic. But if you're deficient in vitamin A, vitamin D cannot function properly either, so a balance of these two vitamins is essential.

Unfortunately, we do not yet know the optimal ratios between these two vitamins, which is why it's best to get them from food and sun exposure, rather than relying on supplements. It's also important to understand the difference between retinol and beta-carotene.

Both are important forms of vitamin A, but it can be very difficult to get sufficient amounts of vitamin A from beta-carotene alone. Unless your intestinal health is top notch, and you eat your veggies with healthy fat, getting your vitamin A in the form of retinol from organic animal products is your best bet, and here's why:

- Retinol is preformed vitamin A, found in animal products such as grass-fed meat and poultry, liver, fish, and raw organic dairy products like butter. This is the form of vitamin A your body can actually use.
- Beta-carotene is pre-vitamin A, found in plant foods like fruits and vegetables. In order for your body to actually use beta-carotene, it must first convert it into retinol, and to do this, you need to have a well-functioning digestive tract and sufficient bile produced by your gallbladder. Specific enzymes are also needed to break down the carotene for the conversion into retinol to occur.

Most people have poor gut health, which makes beta-carotene a poor alternative as a primary source of vitamin A. Also, to optimize the usable amount of vitamin A from your vegetables, you need to eat them with a bit of healthy fat, since bile is produced to help break down fat in your diet.

Vitamin A production is tightly controlled in your body, the source (substrate) being carotenoids from vegetables in your intestine.

Your body uses these carotenoid substrates to make exactly the right amount of retinol. When you take vitamin A as retinol directly, you intervene in this closed system and bypass the controls. Ideally, you want to provide all the vitamin A and vitamin D substrate your body would have obtained in a natural state, so your body can regulate both systems naturally. This is best done by eating colorful vegetables and by exposing your skin to sun every day.

#### #8: Iodine

Iodine is an important nutrient found in every organ and tissue, and many people are deficient in this nutrient. Worldwide, it's thought that up to 40 percent of the population is at risk of iodine deficiency. Along with being essential for healthy thyroid function and efficient metabolism, there is increasing evidence that low iodine is related to numerous diseases, including cancer. Iodine deficiency, or insufficiency, in any of these tissues will lead to dysfunction of that tissue. Hence the following symptoms could provide clues that you're not getting enough iodine in your diet. For example, iodine deficiency in:

- Salivary glands = inability to produce saliva, producing dry mouth.
- Skin = dry skin, and lack of sweating. Three to four weeks of iodine supplementation will typically reverse this symptom, allowing your body to sweat normally again.
- Brain = reduced alertness and lowered IQ
- Muscles = nodules, scar tissue, pain, fibrosis and fibromyalgia

There are potentially serious risks to taking too much iodine, however, which is why I generally do not advise taking large doses of iodine supplements over a long term. Your thyroid only transports iodine in its ionized form (i.e. iodide). As an alternative, toxin-free sea vegetables and spirulina are likely the ideal natural sources from which to obtain your iodine. Raw milk and eggs contain iodine, as well. At the same time, you'll want to avoid all sources of bromine (found in non-organic bakery goods, soft drinks and pesticides) as much as possible, as this appears to play a large role in the rising levels of iodine deficiency.

*Joseph Mercola is creator of the number-one rated natural health website in the world, [mercola.com](http://mercola.com).*

## DR. MERCOLA® PREMIUM PRODUCTS

# 40%\* OFF in September

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



## Celebrating 40 years





# Decoding Disease, Dentally

By Carla Yamashiro

We all experience various degrees of stress in our lives. Some amount of stress can be beneficial, while negative stress can cause headaches, produce an upset stomach, affect the quality of our sleep, and elevate our blood pressure. Stress can even cause us to wear down our teeth by grinding and clenching, as well as lead to temporomandibular joint (TMJ) dysfunction and pain.

Stress, emotions and our mind play an important role in the disease process. In a system called Biological Decoding, programs leading to disease are identified, bringing awareness to the individual in order to resolve issues from its emotional core.

We all have conflicts. Conflicts are a part of life. Most conflicts are easily managed; however, when conflicts are heightened, our brain knows we can tolerate only so much stress and begins to manage it. In Biological Decoding it is explained that the brain's function is for survival of the person, family and species. When there is a large amount of stress, the brain sends this stress to a particular part of the body or system corresponding to the type of conflict experienced. In this method, disease can be explained as a biological solution to a conflict. As such, the condition can be looked at as part of the healing process.

Our brain will often even send particular stressors to specific teeth. Biological Decoding has discovered that each tooth has been identified to correspond with a particular emotional conflict or stressor.

We are more than our physical body. We also have an emotional-mental body and an energetic body. As such, correcting only the physical problem may not be enough to create an optimum environment for healing. At times, the core issues reside at the emotional-mental and energetic layers of the body and may need to be addressed at these levels when physical treatments alone are unsuccessful.

A certified biological decoder will facilitate your discovery and awareness of the conflicts that the brain is expressing as a solution, causing continued issues with specific teeth. Awareness supports completing the healing process and may release stressors from the subconscious to create an overall sense of health and well-being.

Join Carla in her class  
about "mercury mouth"  
on Tuesday,  
September 20.  
Details on page 11.

## Biological Decoding®

Biological Decoding is a science which identifies humans, their illnesses and their behaviors as a whole, which goes beyond simple symptomatology. The concept brings together the knowledge of several scientific disciplines and the observation of humans, plants, animals and humans through the evolution of life on the planet.

*Carla Yamashiro, DDS, NMD, IBDM is a naturopathic biological dentist and energy practitioner whose focus is addressing the body, mind and spirit. To schedule a complimentary consultation with Dr. Yamashiro, call Ecologic Dentistry at 253.863.7005 or visit [www.ecologicdentistry.com](http://www.ecologicdentistry.com).*

# Make Your Immune System Smile!

Maintaining good oral health is crucial to preserving good overall health. Keep smiling brightly with oral care products from Marlene's!



**Desert Essence Mouthwash** clean with the inherent antiseptic properties of pure Eco Harvest® Tea Tree Oil. Whitening Plus is a dual-action mouthwash that freshens breath while it helps brighten teeth. Ultra Care has the minty fresh power

to help soothe gums and keep teeth healthy, and Neem Cinnamint is ultra-refreshing with "nature's toothbrush" - Neem, for healthy teeth and gums.



Five ingredients tops; **Redmond's Earthpaste** is made from water, Redmond Clay, Real Salt, essential oils and xylitol. And Earthpaste really works! Redmond Clay is a polishing cleanser that gently cleans with a high pH to counteract acidic levels in the mouth where cavities are formed.

Restore and balance with **Uncle Harry's Natural Tooth Powder and Toothpaste**. Designed to encourage the remineralization of tooth enamel, neutralize acids and bacteria, and gently whiten with powerful mineral clay, sea salt and plant essences. Made with 100% natural ingredients and no synthetic additives.



Give your immune system some extra *oomf!* this season with a few of Marlene's favorite immune system boosters.

**Epic** takes great pride in preparing their ready-to-heat Bone Broth by simmering for long periods of time to release maximum amounts of nourishing collagen, minerals and gelatin. Bottling fresh broth preserves all the goodness of traditional bone broth and makes this wholesome beverage convenient for on-the-go nourishment. Look for Beef Jalapeno Sea Salt, Homestyle Savory Chicken and Turkey Cranberry Sage. Learn more about Epic's commitment to honoring nature and animals at [blog.epicbar.com/the-whole-animal-project](http://blog.epicbar.com/the-whole-animal-project).



**Kettle and Fire Bone Broth** is made with marrow bones from 100% grass-fed, organically raised and pasture-grazed cattle, then slow simmered for a solid 24 hours with organic vegetables, sea salt and herbs. All that simmer-time extracts insane amounts of protein, not to mention glycine, glucosamine, calcium, magnesium, phosphorus and potassium. That's a long list of goodness, all of which your body converts into energy, stronger muscles, and a more effective immune system. Bone broth is also an amazing source of collagen, which is great for your skin, hair, nails and bones.



THE NATURAL CHOICE

- ✓ Safer mercury removal and detox
- ✓ Energy Medicine
- ✓ Ozone, Herbal, & Homeopathics

Pacific Northwest's  
Natural and Holistic Dentist

Dr. Carla Yamashiro, DDS, NMD, IBDM

253.863.7005  
[www.ecologicdentistry.com](http://www.ecologicdentistry.com)  
[thenaturalchoice@ecologicdentistry.com](mailto:thenaturalchoice@ecologicdentistry.com)  
 8412 Myers Rd E, suite 301,  
 Bonney Lake, WA 98391

---

**Energy Matters**  
Revitalizing Your Physical & Energy Field & Spirituality

For additional energy services:  
[info@energymattersseattle.com](mailto:info@energymattersseattle.com)  
[www.energymattersseattle.com](http://www.energymattersseattle.com)



# speakers & classes



**Reflexology for Pain Reduction & Better Health with Linda Frank, RE, NBCR**  
**Tuesday, September 6**  
**6:30 pm, FREE**  
**Tacoma**

Reflexology has been shown to help digestive and other processes, and a recent study showed a 40% reduction of pain after reflexology. Discover the art and science of this remarkable though lesser-known Complementary & Alternative Medicine (CAM) touch modality that research studies have shown to impact all body systems. Attendees will receive a free reflexology map and some points for self-care. Linda Frank is a state and national board certified reflexologist with offices in Federal Way, Tacoma, and University Place.



**Preventing Age-Related Sports Injuries with Tim Newton, MPT, ATC**  
**Thursday, September 8**  
**6:30 pm, FREE**  
**Federal Way**

In 2010, an estimated 7.2 million men and women had surgery for hip and knee replacements, but how many of those could have been prevented? Hip and knee pain are among the top musculoskeletal complaints that people see their doctors about. Much of this joint pain, usually associated with aging, may be addressed conservatively without any surgery at all. Join physical therapist Tim Newton as he discusses options for joint pain prevention and ways to ease your discomfort today. See Tim's article on page 20.



**A Moroccan Culinary Adventure and Wine Pairing with Mitra Mohandessi**  
**Saturday, September 10**  
**10 am - Noon, \$30**  
**Tacoma**

The cuisine of Morocco is a delicious blend of Jewish, African, Middle Eastern, and Mediterranean foods. In this culinary adventure you will learn about the essentials of Moroccan cooking, including the condiments, spice mixes and herbs used in everyday and special dishes. We'll begin by making the quintessential Moroccan condiment, preserved lemons. Next we'll make *Slada jazar wa jhan*, fragrant roasted carrots with cumin and goat cheese; *Djaj bil Bouanvid*, a tagine of chicken with caramelized baby onions, pears and plums; and *Berber Kesksou*, spicy couscous with dried fruit and nuts, and saffron. Students over 21 years of age will also enjoy a specially-chosen wine as they sample each dish. Please pre-register.



**Upshift Your Life and Unblock Your Energy with Denise Frakes, TLC, CHHS**  
**Thursday, September 15**  
**6:30 pm, FREE**  
**Federal Way**

Clutter is anything that blocks your spirit from its full potential. Removing clutter is more than just getting rid of your stuff. It is a spiritual practice in re-discovering your life's passion. Mental, emotional, spiritual and physical clutter all block our life force and energy. You can't think your way out of clutter, you must take action (and the bonus is that the more fun you have in the process, the better the results). Denise Frakes is a certified Transformation Life Coach, Certified Healthy Home Specialist, EFT practitioner, and clutter clearing consultant. One attendee will receive a complimentary coaching session!



**Do-It-Yourself Kombucha with Julie Martin**  
**Saturday, September 17**  
**10 am - Noon, \$40**  
**(includes an Oly-Cultures DIY Kombucha Kit, a \$26 value)**  
**Federal Way**

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



**Mucus, Acidity, and pH with Nancy Coones, Iridologist**  
**Saturday, September 17**  
**3 pm, FREE**  
**Federal Way**

Are "mucus swamps" throwing off your pH balance? Mucus serves as a great indicator for toxicity, but when it sits in your body it creates acidic "swamps" of inflammation that are the perfect living conditions for disease, yeast, bacteria and infection. Drain the "swamp," and you drain the toxic environment where these organisms thrive. Nancy will discuss effective ways to manage our mucus and rebalance our pH levels. **She is available for individual appointments Sept. 17 - 20, from 10 am - 7 pm. Email her at [windows2health@hotmail.com](mailto:windows2health@hotmail.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](http://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](mailto:classhost@marlenesmarket-deli.com)



**Do You Have 'Mercury Mouth'?**  
with  
**Carla Yamashiro, DDS,  
NMD, IBDM**  
**Tuesday, September 20**  
**6:30 pm, FREE**  
**Tacoma**

Mercury is more toxic than arsenic and lead, yet because it is relatively inexpensive, it is still widely used in the U.S. as a component for dental amalgam fillings, which often contain up to 50% mercury. Explore the harmful impact mercury has on our health and environment, why it has been banned in several countries, and what you can do to minimize your exposure to it. Dr. Carla Yamashiro practices holistic dentistry and integrative biologic dental medicine in Bonney Lake and is a board certified naturopathic physician.



**Taking Control of Your Habits**  
with **Jessica Scales**  
**Thursday, September 22**  
**6:30 pm, FREE**  
**Federal Way**

Our habits impact so many parts of our lives. Your ability to recognize your habits and your relationship with them influences not only your day to day life, but your ability to make the changes that you want in life. During this class you will gain awareness about your

habits, have insight in how your current habits serve you, and take Gretchen Rubin's Four Tendencies quiz to learn your strengths and challenges in building new habits. See Jessica's article on page 19.



**Worm Bin & Backyard Composting**  
with **Laura Matter**  
**Saturday, September 24**  
**10 am - Noon, FREE**  
**Federal Way**

A rind is a terrible thing to waste! Learn how to turn your food scraps into nutrition-rich compost with Laura Matter from Seattle Tilth. She will share how to set up and maintain a "red wiggler" worm composting bin, benefits of worm tea and castings, and resources to get you started. Get inspired to turn your lawn clippings, fall leaves and plant trimmings into compost too. One student will win their own home composting bin!



**Homeopathy 101**  
with  
**Sue Boyle, RN, HMC, CCH**  
**Tuesday, September 27**  
**6:30 pm, FREE**  
**Tacoma**

Homeopathy is an energetic healing modality that uses elemental substances from animal, mineral and vegetal sources to create like-cures-like

remedies suitable for people and animals. Learn the principles of homeopathy, how increased dilution maximizes potency, and how the Vital Force keeps our body, mind, and spirit in harmony when Sue, a homeopathic nurse, joins us for this fascinating talk with a special focus on children and ADD/ADHD.



**Not Your Mama's Turmeric!**  
with **Holly Lucille, ND, RN**  
**Thursday, September 29**  
**6:30 pm, FREE**  
**Federal Way**

With over 8,000 published papers, curcumin's diverse therapeutic powers on pain, arthritis, and cancer are reaching superstar status. However, there are many other clinical applications for curcumin that may be surprising! Curcumin has shown scientifically-proven benefits for hepatitis and other liver diseases, diabetes, HPV, depression, and Alzheimer's disease. In this rare opportunity to hear her in person, nationally recognized and licensed naturopath Dr. Lucille discusses the use of curcumin in ways you may not have expected! See Dr. Lucille's article on page 4. Sponsored by Europharma.

NATURE'S PATH		NATURE'S PATH		NATURE'S PATH	
Organic Love Crunch Granola		Gluten Free Granola		Organic Qi'a Sprouted Cereal	
	11 oz., Assorted varieties Reg. 4.89		11 oz., Assorted varieties Reg. 6.55		10 oz., Assorted varieties Reg. 4.95
\$3 <sup>69</sup>		\$4 <sup>49</sup>		\$3 <sup>79</sup>	

**BARBARA'S BAKERY**  
**Snackimals**  
**Animal**  
**Cookies**

2.12 oz.  
Assorted varieties  
Reg. 1.19



**89¢**

**SPECTRUM**  
**Organic Extra**  
**Virgin**  
**Olive Oil**

25.4 oz.  
Reg. 18.69



**\$12.69**

**THEO**  
**Organic**  
**Peanut Butter**  
**Cups**

1.3 oz.  
Assorted varieties  
Reg. 2.55



**\$1.69**

**SOURCE NATURALS**  
**Children's**  
**Immune**  
**Chewable**

30 ct.  
Reg. 12.25



**\$7.49**

**SVELTE**  
**Organic**  
**Protein Drink**

11 oz.  
Assorted varieties  
Reg. 2.79



**\$1.89**

**BEANITOS**  
**Bean & Rice**  
**Chips**

6 oz.  
Assorted varieties  
Reg. 3.55



**\$2.29**

**SANTA CRUZ**  
**Organic**  
**Juice**

32 oz.  
Assorted varieties  
Reg. 5.05



**\$3.89**

**PROBAR**  
**Base Protein**  
**Bar**

2.46 oz.  
Assorted varieties  
Reg. 3.29



**\$2.29**

**TERRA**  
**Exotic**  
**Vegetable Chips**

5 oz.  
Assorted varieties  
Reg. 4.19



**\$2.69**

**RUNA**  
**Organic**  
**Guayusa Tea**

14 oz.  
Assorted varieties  
Reg. 2.45



**\$1.69**

**R.W. KNUDSEN**  
**Organic**  
**Juice**

32 oz.  
Assorted varieties  
Reg. 5.65



**\$3.49**

**R.W. KNUDSEN**  
**Just**  
**Juice**

32 oz.  
Assorted varieties  
Reg. 8.89



**\$5.99**

Marlene's

Celebrating 40 years



**WESTBRAE**  
**Organic Beans**



15 oz.  
Assorted varieties  
Reg. 2.89

**\$1.99**

**CAFFE VITA**  
**Organic Fair Trade Coffee**



12 oz.  
Reg. 12.29

**\$2.00 off**

**GLORYBEE**  
**Raw Honey**



18 oz.  
Assorted varieties

**15% off**

In store prices reflect discount

**LOTUS**  
**Rice Ramen**



10 oz.  
Reg. 6.25

**\$3.99**

**LAUGHING GIRAFFE**  
**Organic Snakaroons**



6 oz.  
Assorted varieties  
Reg. 8.15

**\$5.89**

**GLACIER WATER**  
**Clear Alaskan Glacial**



Assorted sizes

**20% off**

In store prices reflect discount

**EARTH FRIENDLY**  
**Dishmate Dish Liquid**



25 oz.  
Reg. 4.19

**\$2.89**

**BIOKLEEN**  
**Hand Dish Liquid**



25 oz.  
Reg. 4.29

**\$2.69**

**30% OFF**

**All Calendula Products**



In-store prices reflect discount

**GEL**  
Scrapes

**LOTION**  
Sunburn

**CREAM**  
Chafing & burns

**OINTMENT**  
Chapped skin & burns



**Apis Mellifica 30C**  
Relieves swollen, itching, burning skin caused by bee stings

**Cantharis 30C**  
Relieves blisters from burns or friction

**Ledum Palustre 30C**  
Relieves swelling and itching caused by mosquito/insect bites

**BOIRON**

www.boiron.com

World Leader in Homeopathic Medicines

Marlene's

Celebrating 40 years

DESERT ESSENCE  
Shampoo or  
Conditioner

8 oz.  
Assorted varieties  
Reg. 8.99

\$6<sup>49</sup>

MYCHELLE  
Selected Skin  
Care Line

Assorted sizes &  
varieties

20%  
off

In store prices reflect discount

BADGER  
Body  
Care

Assorted sizes &  
varieties

20%  
off

In store prices reflect discount

RAINBOW RESEARCH  
Goin' Coconut Kid's  
Shampoo  
& Body Wash

12 oz.  
Reg. 8.99

\$5<sup>69</sup>



NATURULZ  
Pain  
Cream

14 oz.  
Assorted varieties  
Reg. 16.99

\$13<sup>59</sup>



TOPRICIN  
Topical Pain  
Relief Cream

2 oz.  
Reg. 16.95

\$12<sup>19</sup>



Aromatherapy on the go!

Keep them handy in your purse, backpack,  
car or gym bag!

\$11<sup>49</sup>



Here is an enjoyable way to build immunity against colds and flu, relax and rejuvenate the nervous system, refresh and cleanse the mind, brighten mood and promote feelings of well-being.

Pure essential oils in convenient inhalers. Our healing scents are easy to use and come in specially-capped inhalers to keep your fingers clean of oils.

ODWALLA  
Juice or Smoothies

59 oz.  
Assorted varieties  
Reg. 8.99

\$5<sup>99</sup>



Marlene's

Celebrating 40 years

GREEK GODS

**Greek Yogurt**



24 oz.  
Assorted varieties  
Reg. 4.79

**\$3<sup>79</sup>**

LIFEWAY

**Organic Kefir**



32 oz.  
Assorted varieties  
Reg. 5.05

**\$4<sup>39</sup>**

CEDARLANE

**Burrito Grande Entrée**



10 oz.  
Assorted varieties  
Reg. 5.55

**\$3<sup>79</sup>**

NANCY'S

**Organic Sweet Cream Yogurt**



8 oz.  
Assorted varieties  
Reg. 3.05

**\$2<sup>19</sup>**

HOPE FOODS

**Organic Hummus**



8 oz.  
Assorted varieties  
Reg. 4.45

**\$3<sup>49</sup>**

TOFURKY

**Deli Slices**



5.5 oz.  
Assorted varieties  
Reg. 3.39

**\$2<sup>79</sup>**



**MindCare**

60 caps  
Reg. 24.95

**\$18<sup>99</sup>**

180 caps  
Reg. 36.99

**\$29<sup>99</sup>**



**Bacopa**

30 caps  
Reg. 14.95

**\$11<sup>99</sup>**

60 caps  
Reg. 21.95

**\$15<sup>99</sup>**



SUNWARRIOR  
Transforming the Planet One Warrior at a Time

**Supplements**

The best organic protein powders and superfood supplements, made with all-natural, vegan ingredients to help unleash your inner warrior!

**25% off**

In-store prices reflect discount

HERBS ETC.

**ChlorOxygen**

Supports optimal oxygen uptake  
60 soft gels  
Reg. 14.99



**\$10<sup>99</sup>**

HERB ETC.

**Lung Tonic**

Promote healthy reparatory function  
60 soft gels  
Reg. 27.99



**\$19<sup>99</sup>**

Marlene's

Celebrating 40 years



## VEGA Vega One Supplements

Assorted varieties  
& sizes

**30%**  
off

In-store prices reflect discount

## FLORA Udo's Choice Oil Blend

3.6.9  
17 oz., Reg. 28.99

**\$22<sup>99</sup>**



FLORA  
Udo's Choice DHA Oil  
Blend 17 oz., Reg. 36.49.....**28.99**

## NEW CHAPTER Every Man's 40+ One Daily

With nutrients for energy,  
heart & immune support.

**30%**  
off



In-store prices reflect discount

## NEW CHAPTER Every Women's 40+ One Daily

With nutrients for bone, hormone &  
digestive support.

**30%**  
off

# WHOLE EARTH & SEA

The gold standard in fish oil

**Herring Gold™**

- Fast-absorption DHA and EPA omega-3 phospholipids
- 100% sustainably harvested Norwegian herring roe
- No fishy repeat

wholeearthsea.com



## HEALTHFORCE Supplements

Entire line on sale this month.  
Take home your favorite.



**25%**  
off

In-store prices reflect discount



## SUPER NUTRITION

Our antioxidant rich multivitamins include  
scientifically proven potencies to  
support energy, immunity,  
bone health and heart health.

**50%**  
off

In-store prices reflect discount



Marlene's

Celebrating 40 years



RENEW LIFE

**Advanced Herbal Formula**

3 Day Cleanse - total body reset!  
Reg. 7.99.....

**\$5<sup>99</sup>**



RENEW LIFE

**Total Body Cleanse**

14 Day Internal Cleanse  
Reg. 36.99.....

**\$26<sup>99</sup>**

HERB PHARM

**Kids Fast Asleep**



1 oz.  
Reg. 12.99

**\$9<sup>79</sup>**

HERB PHARM

**Entire Kids Line** Reg. 12.99.....

**9<sup>79</sup>**

**THE #1 SELLING  
PROTEIN\***  
*just got better!*

**NEW & IMPROVED TASTE & TEXTURE  
WITH 30% MORE PROTEIN PER SERVING**



**FREE  
GIFT**  
*With Purchase*  
(while supplies last)

**40%  
off**

In-store prices reflect discount



\*SPINScan Natural 3/20/16



Marlene's

Celebrating 40 years



**ORGANIC  
Fresh  
Cabbage**  
Eat raw or cooked  
**99¢  
lb.**

**ORGANIC  
Red  
Pears**  
Assorted varieties  
**\$1.59  
lb.**



**WELEDA  
Baby  
Care**  
Products that nourish &  
hydrate delicate skin.  
**25%  
off**  
In-store prices reflect discount



Marlene's

Together let's celebrate  
**Non-GMO DAY**  
Great Food • Gift Baskets • Education  
**Saturday, October 8**  
**11 am - 3 pm**  
**Federal Way & Tacoma**  
Featured partners: Caffé Vita, Skout, New Connections,  
Kicking Horse Coffee, Once Again Nut Butter,  
Host Defense ... and more!

# Taking Control of Your Habits

By Jessica Scales, LMFT

Chances are if you have ever set a goal for yourself like eating healthier, working out more, or losing weight, you have run into your own habits, some of which you weren't even aware. How many of us have brushed our teeth in the morning as part of our routine only to wonder later if we ever did it in the first place? By increasing your awareness and better understanding your habits, you can have greater success in changing them.

Habits are formed when we are triggered by a significant event. We respond to that trigger and experience some sort of reward. We may then repeat the behavior whenever we experience a similar trigger. For instance, if you are hungry (trigger), you may grab the quickest food available to you (action), which may not be the healthiest, but now your hunger is satisfied (reward). If you repeat this process enough, it becomes a habit. Later on when you are hungry you might find yourself subconsciously grabbing something quick and unhealthy to eat.

We'll look at this sequence of events in depth in my class this month, but in general, in order to change your habits you need to be aware of these four simple steps:

**Create awareness around what you do.** Like the brushing your teeth example, if you aren't aware you are doing something, you can't expect to have much success in changing your habits or reaching goals that are related to your habits. If you find yourself eating unhealthy food because you need something quick to eat, take a step back and look at the big picture. Do you start off with the best intentions by buying healthy food, but then forget to pack healthy snacks, and you find yourself going through a fast food drive-through? In order to change your habits, start by paying attention to what you currently do.

**Gain insight as to why you do it.** Now that you are aware of what you do, ask yourself *why* you do it. You buy healthy food, so why aren't you eating healthier? Are you feeling too busy to make healthy meals ahead of time or prep healthy snacks for when you're on the go? Do you have certain comfort foods that you turn to after a hard day?

**Understand your tendency.** Gretchen Rubin, author of *Better than Before* and *The Happiness Project*, "the four tendencies": The Upholder, The Obliger, The Questioner, and The Rebel. According to Rubin, each of us fall into just one of these categories, which we'll discuss in class. You will then understand what your strengths and challenges when it comes to creating habits.

**Act with intention.** Knowing what you do, why you are doing it, and how you operate are the foundational pieces to changing your habits, but you still need more. You need to act now with intention in order to create the habits you desire. Recognize what you want to accomplish and focus on the daily steps you can take that will get you closer to your goals. By following these four steps, you will have greater influence over your habits and therefore over your life.

*Jessica Scales is a Licensed Marriage and Family Therapist in Federal Way. She can be reached at [jessicascales@nextleveltherapynm.com](mailto:jessicascales@nextleveltherapynm.com).*

## Discipline in a Jar!

Try this easy portioning idea: Put a small amount of a favorite food at the bottom of a jar and bury it with roasted veggies or a nutritious salad. Your "reward" for eating all your veggies will be waiting for you at the end!

Take the Four Tendencies quiz with Jessica on Thursday, September 22—details on page 11.

# Moving Well As We Age

By Tim Newton, PT

Our bodies change as we age, and our exercise behaviors need to change as well. With age, tendons become less elastic and more brittle (as does the junction between muscle and tendons), leading to increases in tendonitis and strains; particularly at the calf muscle (gastrosoleus) and hamstrings. Patellofemoral syndrome—pain at the knee cap—also becomes more prevalent with age. Over time, the consistency of our tendons alters from more elastin, which allows for pliability, to higher collagen content, which increases rigidity and stiffness.

There is now speculation that the brittleness associated with age, in conjunction with multiple other factors, may be related to reduced microcirculation—the flow of blood in our capillary beds that directly interacts with cell tissue. The reason for this reduced flow is not yet fully understood, but may include the influences of diet, daily activity (or lack thereof) and stretching of the tissues involved. Particular wave frequencies\* have also been found to alter microcirculation. In any case, as we age we must address issues of flexibility, circulation, and overall health of our muscles and tendons.

Although stretching is widely considered important to health and running, the long-term benefits are poorly understood. While it has been debated that stretching doesn't necessarily seem to reduce the frequency of injury, it does seem to temporarily alter flexibility, but the gains dissipate once the stretching routine abates. How stretching works is not even fully agreed upon. It is suspected that overall flexibility may not truly be altered. Performing active movement oriented stretches (versus passive sustained) prior to workouts does seem to enhance nerve activity, awareness, and circulation at the region being stretched. This makes for healthier, smarter tendons and muscles.

VO2max, the body's ability to utilize oxygen during activity, has also been found to decline by up to 10% per decade after age 30. Why this happens may be related to the muscle's ability to utilize oxygen. Perhaps improving microcirculation would impact how capillaries deliver oxygen and carry away waste. A recent study from the University of New Hampshire found that running economy, a measure of how much oxygen someone uses to run at a certain pace, does not necessarily change with age. What does change is stride length, power, and VO2max, factors influenced by flexibility, muscle mass, and nutrition—all elements we have some control over as we age.

Reduced coordination impacts performance and balance and

increases risk of falls, factors associated with aging. Neural decline is likely a significant contributor to this. As we age the myelin sheaths surrounding our nerves thin. Myelin is the insulation that allows for rapid transmission and signaling in our nervous system, similar to power wires and their insulation. As we learn and master a behavior, the nerve pathway for that behavior becomes better myelinated. As young children learn such skills as crawling and walking, they wobble, misstep, and repeat until mastering the behavior. It is a process that is not only reinforcing the skill via myelination of the system, but allowing our brain to calibrate that system. There is a slight delay from our brain signal to our body parts. As we practice, the myelination improves and the delay is better accounted for. However, with age our myelination degenerates, changing the time between brain and body part, altering the signal delay and the calibration between brain and the moving limb. Balance becomes more challenging and discoordination occurs. Continuing to challenge balance to recalibrate our system is critical.

We are not built to sit at a job. Much research reveals the real, negative impact sitting has on our bodies, including balance, circulation, muscle bulk and health. Small amounts of periodic movement and exercise throughout our day, including balancing and challenging our larger muscle groups, is essential for healthy circulation, heart function, tendon and muscular health, and ultimately healthy running. Making movement and balance part of our lives every day will help us run, exercise and live well throughout our lives.

*Tim Newton, MS, PT, ATC, is a certified Athletic Trainer (ATC) in Federal Way. Learn more at [timnewtonpt.com](http://timnewtonpt.com) or by calling 253-237-0611.*

\*as researched by BEMER, a European manufacturer of electromagnetic machines

Learn more about preventing age-related injuries with Tim in Federal Way on Thursday, September 8--details on page 10.



# Five Simple Strategies for Managing ADD

by Resolute Michaels

We always start out with the best of intentions. This time, we tell ourselves, we have a fool-proof plan to get organized, feel amazing and never look back. This time, we say, it will stick! How wonderful life will be.

Then, the usual suspects show up.

Those with ADD (Attention Deficit Disorder) know that there is not just one set of symptoms that is experienced. For example, Dr. Daniel Amen notes several types of ADD: Classic, Inattentive, Overfocused, Ring of Fire, and Anxious. Just from their names alone you can imagine the symptoms associated with each type and the steps that one would have to take when organizing his or her life.

Implementing the five simple strategies discussed below is no exception. These strategies progress in a specific order, and cycling through them multiple times will allow you to constantly move forward rather than looking back in regret.

## The five strategies are Water, Food, Sleep, Exercise, and Supplementation.

Water is the elixir of life! And fresh water free of contaminants is the first strategy. Water improves oxygen delivery to your cells, transports nutrients, lubricates your joints, regulates your body temperature, and flushes toxins, including those that impinge on brain function.

Next is Food. It's well-known that an easy way to improve your health is to avoid processed foods. Pesticides, food additives and GMOs all

place a toxic burden on the body. They not only inhibit your body's maintenance, repair, and energy production, but also alter your brain chemistry.

Removing these stressors, however, needs to be matched with its corollary – improving the quality of the foods you eat. Protein from animals raised on their natural diet, or from beans and legumes, natural fats, and organic fruits and vegetables are what your body craves when it's not inundated with the static of poor food choices.

Just as there are many different types of ADD, there are many variations of a nourishing diet. Each person is unique, and your choice of foods will be too. While a food may be packed with nutrients, it may also contain natural substances that specifically and negatively affect your brain chemistry. These include gluten, casein, and soy, as well as salicylates, amines, phenols, and oxalates. Be aware of your body's allergies and sensitivities.

Once you've started working on upgrading your Water and Food choices, it's time to look at Sleep. While you sleep, your body does its maintenance and repair, and this includes your brain. Adequate sleep allows the time your body needs to be ready for the decisions of a hectic day. Seven hours of sleep on a regular basis is imperative and nine hours is optimal.

If you are dehydrated, low on nutrients, and exhausted from a short night of sleep, Exercise will only add to your stress. Such stress can cause your body to break down, rather than strengthen, which is what most of us look for in an exercise regime. On such days, take a break from the gym. Instead, return to the top of the list and get things in order.

Finally, Supplementation can support your body's healing efforts. It's been said that you can't supplement your way to good health. However, if you've worked through the first four steps and you still have brain fog, fatigue, insomnia, digestive distress, or general unease, supplementation may help.

A nutrition professional can pinpoint where your body is struggling. It may be adrenal strain, disrupted digestion, overtaxed detox pathways, or interrupted neurotransmitter function. They can also help you determine which foods enhance your unique body and brain chemistry.

Cycling back through the five strategies brings about incremental improvement in your life, enhancing your ability to complete what you set out to accomplish each day.

And remember -- it's only hard until it's routine.

*Resolute Michaels, Nutritional Therapy Practitioner, operates Primal Perspectives health consulting. Reach her at [RSM@PrimalPerspectives.com](mailto:RSM@PrimalPerspectives.com) or by calling 206.910.4922*

Learn how to put these strategies into action during Resolute's class on Thursday, October 6 -details in next month's issue!



# Easy Green Veggie Wraps

By Debra Daniels-Zeller

Raw collard greens and romaine lettuce make great veggie wraps.\* Inside try any spread or filling you like for sandwiches. Egg or tofu salad, hummus, marinated tofu, sliced raw or cooked vegetables, just about anything that goes in a sandwich can be made into a wrap. Remember to roll tightly and tuck the last loose end under.

## Tempeh Joe Collard Wrap

(Makes 6 to 8 wraps)

*Even when this filling cools, these wraps make great lunch alternatives. You can use regular tortillas if you like, but why not use the opportunity to try collards.*

2 Tbs	olive or coconut oil
1/2 cup	chopped shallots or onions
1/2 ea	red, green and yellow peppers, small diced
8 oz	package tempeh, any variety
2 cloves	garlic, pressed (or 1/4 tsp garlic granules)
1 Tbs	chili powder
1 Tbs	apple cider vinegar
1/2 tsp	molasses, maple syrup or agave nectar
15 oz	canned tomato sauce
pinch	salt and pepper
6 to 8	collard leaves (stems removed) or stiff romaine leaves

\* Though many recipes list blanched collards or kale, this process takes more time and can toughen leaves if they aren't cooked enough and make leaves too easy to tear if over-blanched.

1. Heat oil in a heavy skillet over medium heat. When oil is hot, add shallots and peppers. Stir and cook until vegetables soften. Crumble tempeh and stir into the vegetables. Add garlic, chili powder, apple cider vinegar, molasses and tomato sauce.
2. Stir, cover and cook for 20 minutes. Stir occasionally and add water if mixture becomes too dry. Season to taste with salt and pepper.
3. Lay collard or Romaine leaves flat. If they are large it's easier to cut the leaves in half along the stem. Spread 1/8 to 1/4 cup filling down each leaf and roll up from the shortest side, making sure each successive roll is tight.

*Hint:* Romaine leaves are more fragile than collard leaves. Roll carefully. Store these wraps, covered, in the refrigerator for a few days.

*Debra Daniels-Zeller is author of The Northwest Vegetarian Cookbook: 200 Recipes That Celebrate the Flavors of Oregon and Washington (Timber Press, 2010). She is a regular contributor to Vegetarian Journal magazine and writes a delightful food blog at <http://foodconnections.blogspot.com>. She can be reached at 425.776.4689.*




# SEPTEMBER

## 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](http://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](mailto:classhost@marlenesmarket-deli.com).

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p><b>Seated Massage with Sheldon Morton, LMP</b> 11 am - 2 pm every Wednesday in Tacoma</p> <p><b>Seated Massage with Erica Seter, LMP in Federal Way</b> Tuesdays, 11 am - 2 pm Thursdays, 2:30 - 7 pm Fridays, 3 - 7 pm</p>		<p><b>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.</b></p>				
				1	2	3
<p><b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!</p>		<p>Reflexology for Pain Reduction &amp; Better Health with Linda Frank, RF, NCBR 10 am - Noon, FREE Tacoma</p>		<p>Prevent Age-Related Sports Injuries with Tim Newton, MPT, ATC 6:30 pm, FREE Federal Way</p>	<p>Meaningful Movies: Pay 2 Play 7 pm, Gig Harbor</p>	<p>A Moroccan Culinary Adventure with Mitra Mohandessi 6:30 pm, \$30 Tacoma</p>
4	5	6	7	8	9	10
	<p><b>Uniform Monday!</b> 10% off to all firefighters, military, and police!</p>			<p>Upshift Your Life: and Unlock Your Energy with Denise Frakes, TLC, CHHS 6:30 pm, FREE Federal Way</p>	<p>Meaningful Movies: The Mask You Live In 7 pm, Tacoma</p>	<p>Do-It-Yourself Kombucha with Julie Martin 10 am - Noon, \$40 (includes an OlyCultures DIY Kombucha Kit, a \$26 value) Federal Way</p> <p>Mucus, Acidity, and pH with Nancy Coones, Iridologist 3 pm, FREE Federal Way</p>
11	12	13	14	15	16	17
		<p>Do You Have 'Mercury Mouth'? with Carla Yamashiro 6:30 pm, FREE Tacoma</p>		<p>Taking Control of Your Habits with Jessica Scales 6:30 pm, FREE Federal Way</p>		<p>Worm Bin &amp; Backyard Composting with Laura Matter 10 am - Noon, FREE Federal Way</p>
18	19	20	21	22	23	24
		<p>Homeopathy 101 with Sue Boyle RN, HMC, CCH 6:30 pm, FREE Tacoma</p>		<p>Not Your Mama's Turmeric! with Holly Lucille, ND, RN 6:30 pm, FREE Federal Way</p>		
25	26	27	28	29	30	

\*Marlene's is a co-sponsor of Meaningful Movies in Tacoma and Gig Harbor. For more information, go to [meaningfulmovies.org](http://meaningfulmovies.org).

### Implants- \$2,999 Special Offer

Includes CT Scan, Titanium Implant, Abutment & Crown.  
May not be combined with other offers.  
Limited time offer. **Expires September 30, 2016**

### NO INSURANCE? NO PROBLEM!

Premium Dental Health Plan

### 20 - 50% Discounts

No Deductible - No Maximum Low Annual Fee



### Duane Jones D.D.S.

33507 9th Ave. S. Bldg E,  
Federal Way, WA

**CALL TODAY- 253.941.8000**

[www.centerforadvanceddental.net](http://www.centerforadvanceddental.net)

### A Holistic Approach to Your Dental Health

- ❖ Conscious Sedation ❖ Ozone
- ❖ Mercury Free Dentistry
- ❖ Biological Root Canals
- ❖ Dental Implants ❖ Digital Xrays
- ❖ Laser Fillings - no drills, no shots
- ❖ TMJ, Headaches & Chraniofacial pain treatment
- ❖ Treatment for Sleep Apnea- an alternative to CPAP

Marlene's™

MARKET & DELI

shop local, eat organic

## HOURS

Monday-Saturday: 8:30 am - 8 pm

Sunday: 10 am - 7 pm

## TACOMA

2951 S. 38th Street

Tacoma 98409

253.472.4080

## FEDERAL WAY

2565 S. Gateway Center Place

Federal Way 98003

253.839.0933

We value your suggestions and  
feedback! Write to us at:

feedback@marlenesmarket-deli.com



This newsletter is printed on paper  
made from 100% sustainable fiber with  
vegetable based inks. Please recycle  
this newsletter by giving it to a friend!

☐ Please send me Sound Outlook by POST (regular mail) ONLY

☐ Please send me Sound Outlook by EMAIL ONLY

☐ Please send me Sound Outlook BY POST AND EMAIL

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

SEPTEMBER 2016

If you have already signed up for Sound Outlook, you will continue to receive a free issue in the mail every month. If you have not signed up and would like to receive this free publication regularly, complete this form and return to us, or sign up online at [marlenesmarket-deli.com](http://marlenesmarket-deli.com).

To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!

Marlene's

Together, let's celebrate  
**Non-GMO DAY**

**Saturday, October 8**  
**11 am - 3 pm**  
**Federal Way & Tacoma**