


NATURAL ORGANIC GLUTEN-FREE NON-GMO

groceries supplements deli body care catering

# Marlene's Sound Outlook

February 2016



Heat up your  
Valentine with  
heart-healthy  
herbs & spices!

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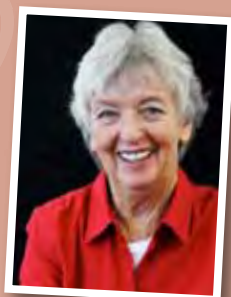
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# A from Marlene...

I really love February! There's lots of love to share this month, lots of history to learn about our special presidents, Washington and Lincoln, and lots of gardening ideas popping up. The Produce Department is unloading pesticide-free primroses, organic potting soil and earthworm castings are in, and a new batch of organic, non-GMO flower and vegetable seeds from Botanical Interests has just arrived. Surely we'll have a good spring, right?!

Love,



*Marlene*



P.S. Plan to be with us for our 40<sup>th</sup> anniversary celebrations in April. See page 11 for details!

*The term capsicum refers to tropical pepper plants including cayenne, chili pepper, bell pepper, and many others. For centuries, cultures around the world have harnessed capsicum's active ingredient, capsaicin, to help regulate blood circulation, alter body temperature, stimulate digestion, and relieve muscle spasms. Capsicum's ability to stimulate blood vessel dilation, stimulate metabolism and lower cholesterol levels are good reasons to include peppers in a heart healthy diet. Sources: Vitanetonline.com, mercola.com, celestialhealing.net.*

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Join us for  
**GLUTEN-FREE DAY**  
Saturday, February 6  
11 am - 3 pm  
Federal Way & Tacoma

## Marlene's Sound Outlook February 2016

Marlene's Sound Outlook is printed and distributed monthly to over 24,000 households in the South Puget Sound at no cost to the subscriber. To receive your free issue of Sound Outlook every month online or in the mail, complete and return the form on the back page.

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# Nutty Chocolates

*These chocolates make sweet Valentine's Day gifts. Get creative with the packaging, using tiny foil cups or other pretty wrapping. Take care that they maintain a nice round shape when filled.*

5 oz	dark chocolate (at least 70 percent cocoa)
1 Tbs	organic creamed coconut
1 tsp	vanilla extract
3/4 tsp	stevia powder
1 1/2 - 2 cups	finely chopped almonds or other nuts
2 Tbs	peanut, hazelnut or almond butter

**1. Break** the chocolate into 1-inch small pieces and place in a double boiler. If you don't have a double boiler use a small saucepan inside a larger pan with water. Melt slowly. The water should simmer not boil.

**2. Remove** from heat and stir in creamed coconut, vanilla, and stevia powder, stirring until smooth. Stir in chopped nuts.

**3. Spoon** a little of the mixture into foil candy cups. Or, drop teaspoons free-form onto parchment paper and mash down slightly. Place a small amount of almond butter on each candy. Cover with remaining chocolate. Don't worry if some of the almond butter shows.

**4. Refrigerate** until given as a gift.

*Recipe submitted by Debra Daniels Zeller, author of 'The Northwest Vegetarian Cookbook. Visit Debra's blog at <http://foodconnections.blogspot.com>.*



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

# Dining *with* Deena

The Deceptive Chef



Attend Deena's  
**COMBINE!** class on  
February 13.  
Details on page 10.

## Exposed: The Importance of Reading Labels

By Deen, The Deceptive Chef

Many people have not been diagnosed with Celiac disease, yet have some degree of gluten sensitivity. They feel better when avoiding foods containing gluten, experiencing less gastrointestinal upset, joint pain, and skin issues when removing gluten from their diets. The expanding gluten-free product choices allows many of us to reintroduce foods we thought we could never eat again, but these products may contain hidden health concerns.

Because wheat has been over-hybridized and contains significant residues of the herbicide glyphosate, alternative gluten-free and ancient grains are a healthier option for everyone, gluten-intolerant or not. But getting those grains to taste like the baked goods you're used to eating usually requires more sugar, salt and fat than traditional recipes. Because they lack the binding property gluten offers, gluten-free grains don't hold together well. Other ingredients must be added to achieve a palatable taste and texture. This can result in consuming more calories than a food containing gluten.

Being aware of higher levels of sugar, salt and fat is essential when shopping for gluten-free products, but they aren't the only ingredients to consider. Yeast can cause similar, if not more intensive reactions, than gluten!

Like many alternative food producers, I understand that every ingredient on a label matters and I do my best to find high quality products for my consumers. But there are only so many options. To stay in business and reach the widest audience possible, my products must be made with ingredients that offer good shelf stability and taste appeal.

The best defense a consumer has is to read product labels and take a close look at the practices of the

company who produces them. Small start-ups that use a family member's health issue to create a business (as I did) tend to care much more about the ingredients and facility used

to manufacture their product. But be careful. When their product reaches mass appeal, a larger company may attempt to acquire them. If the company does sell, the new owners will modify recipes over time to reduce costs and increase profits.

The lesson is still to read labels carefully! While a product may be gluten free, the other ingredients may be not so good for you.

The most difficult place to determine what's in your food is at a restaurant. More establishments than ever before are willing to accommodate special dietary needs *but don't necessarily understand them fully*. So while your pasta may be gluten-free, the sauce they put on it may not. Or the pizza crust is gluten-free but still contains yeast.

Additionally, most servers do not know how food is prepared in a kitchen and even the kitchen staff may not take the time to read the labels of the ingredients they use. It is your diligence and understanding that will keep you from feeling the ill effects of food that comes in a box, bag or jar.

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





# Kimspiration

with Kim “in the Kitchen” Thornton

## Finding My Big WHY

By Kim “in the kitchen” Thornton

I have struggled with weight and body image most of my life. From my early years as an aspiring ballet dancer to adjusting to a post-partum body, and from the physical consequences of a car accident to those resulting from career change, a graph of my health and weight would look like a crazy rollercoaster.

But the most difficult stage of dealing with body issues has been the last ten years and the 40+ pound detour I felt I would never recover from. I cried during diets and slipped into denial when I had to get bigger clothes. I felt like a stuffed sausage trying to squeeze into anything that “fit.” I was bitter and angry when diagnosed with metabolic syndrome and pre-diabetes, then had serious illness come knocking at my door.

I was even more shocked and depressed when I realized the self-judgement I thought I had been hiding was, in fact, quite obvious to others. Exposed and mortified, my biggest nightmare had come true. I couldn’t run away from myself fast enough.

I could no longer deny the reality of what my life had become. Keeping up appearances was unnecessary because my physical truth was evident for all to see. I needed to get off the rollercoaster and deal with what I had been stuffing--any results I got didn’t last no matter how “good” I was, anyway. **If I sincerely wanted what I said I did, I would have to go beyond deprivation and calorie games and admit that what I was doing wasn’t working.**

There are plenty of resources available on health and weight loss, so it wasn’t a lack of knowledge holding me back. So what was it that was eluding me (and the same for most clients I work with)? It was having what I call a Big WHY—an inner drive that fuels my fire, puts a twinkle in my eye and a spring in my step. A Big WHY goes beyond willpower--it is the glue for sticking to a goal, the bridge that gets us back when we side track or derail.

*Kim Thornton, Certified Healthy Edge™ Coach, is an author, raw vegan chef, Zumba® Instructor, CEO of Kim in the Kitchen Inc. and Chief Spiceologist of 12Spice gourmet dips and seasonings. Contact her at [www. http:// healthyedgecoach.com/ kimthornton](http://healthyedgecoach.com/kimthornton).*

**In Person!**  
Join Kim for her  
tantalizing taste lab,  
Carob, Cocoa & Cacao,  
on February 23.  
Details on page 11.

# The Amazing Benefits of Essential Oils

By Elizabeth Bloom, DHM, DI, Hom.

The use of essential oils is an integral part of the natural wellness lifestyle of people worldwide. Users benefit from the aromatic pleasure they provide, which in itself is healing.

Essential oils are beneficial to health in other, more subtle ways, too. The molecules within the plant's essence are approximately 75-100 times more concentrated as an essential oil than in the dried plant. When an olfactory receptor cell is stimulated, impulses travel along the olfactory nerve to the limbic portion of the brain (sometimes referred to as the reptilian or old brain) where memory, hunger, sexual response and emotion are evoked. Before consciously knowing we are in contact with an aroma, our subconscious mind has already received and reacted to it!

## Varieties of Essential Oils

Essential oils come from a huge variety of trees, flowers, fruits, and other plants—some common, some unfamiliar. Regional variations of latitude, longitude, soil and weather create the chemical constituents that make up the essential oil and its relative healing properties.

## Uses for Essential Oils

Aromatherapy is one of the most popular ways to use essential oils. Specific oils support the neutralization of negative emotions while heightening positive ones, and offer sinus, headache, and arthritis relief for many people. Specific oils are even used as aphrodisiacs! With such wide-ranging applications and a growing awareness of their power, it's no surprise Americans have embraced what has been used for centuries in other cultures around the world.

## LOVE, the Month...

February is the traditional month to show LOVE. What better way to increase sensual and intimate feelings towards the one you love than with some essential oil potions?

Properties in essential oils can improve circulation, promote hormonal balance (or

increase hormone production), affect the nervous system and influence state of mind and emotions. They help induce warmth, intimacy, enforce spirituality and feeling of euphoria – perfect for enhancing loving thoughts and feelings.

Because decreased sexual interest is due in part to the hypo-production of certain hormones by the pituitary gland, the sense of smell--olfaction--plays a major role in increasing sensual experience.

Essential oils like Patchouli, Myrrh, Rose, Neroli and Ginger are considered aphrodisiac, and can release inhibitions and lead to increased intimacy.

This master gland, the pituitary, helps regulate the production of all the other hormones in the body, as well. Essential oils like Clary Sage, Ylang-Ylang, Patchouli, Rose and Jasmine have the ability to stimulate the pituitary gland.

I wish you all a month devoted to exploration into and discovery of the beautiful world of essential oils.

*Elizabeth Bloom, D.H.M., D.I. Hom, is President and Founder Elizabeth Essentials in Gig Harbor, Washington. Learn more at [elizabethessentials.com](http://elizabethessentials.com).*

Meet Elizabeth and  
learn to use essential  
oils Thursday,  
February 11 in  
Federal Way.  
Details on page 10.

## Why Use Organic or Wild Crafted Oils?

Essential oils may be classified broadly into three kinds: organic, wild crafted and non-organic. Organic and wild-crafted essential oils are derived from plants grown without pesticides or artificial additives. Many practitioners believe that organic and wild crafted oils are markedly superior in a number of ways: quality, scent, and benefits. Organic and wild-crafted oils may be more expensive than non-organic alternatives, since only a small amount of essential oil can be produced from a relatively large quantity of plant matter. However, the benefits of organic and wild-crafted essential oils are worth the price.

There is now, more than ever, a demand in the world market for essential oils. Many non-organic oils are diluted with an odorless and tasteless substance/chemical that makes it 'go farther'. Not even trained noses can detect these substances, unless each batch is identified through gas chromatography – an expensive process most companies cannot afford. It is imperative each raw batch is accompanied with a certificate of analysis. Knowing and trusting your supplier is the key.



# We ♥ these Cardiovascular Supplements!



Country Life's Vegan CoQ10 delivers the largest dose (200 mg) of high quality Kaneka CoQ10 that Country Life has to offer. CoQ10's presence in every cell of the body, supports energy production and a heart health.\*



Carlson's Heart Fit is a unique cardiovascular formula that includes a blend of important heart nutrients and ingredients for optimal absorption, including heart healthy CoQ10, tocotrienols, vitamin C, and pterostilbene. Gluten, preservative, and sugar-free.\*



Reg'Activ Cardio Wellness contains the revolutionary, clinically studied probiotic strain *Lactobacillus fermentum* ME-3. Shown to be vital support for healthy glutathione levels in the cardiovascular system. Cardio Wellness pairs this powerhouse probiotic strain with B vitamins and CoQ10 to help maintain healthy cholesterol levels already in the normal range.\*

Barlean's Heart Remedy is the result of years of scientific research to develop a purified, pharmaceutical grade Palmitoleic Acid Omega-7, designed to break-up and flush out the "bad cholesterol" while supporting your "good" cholesterol.\*



Super Nutrition's SimplyOne Heart Smart is formulated to synergistically support heart-health and bone strength. Vitamins A, D3, and K2 (MK-7, the most advanced form of Vitamin K) work along with naturally sweet D-Ribose to support arterial flexibility and elasticity, healthy blood pressure levels.\*



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

# Modern Nutritional Deficiencies: Are You?

## Part Two

By Joseph Mercola, MD

Last month I discussed how crucial high quality sources of Vitamin D, Omega Fats, and Vitamin K are in your daily diet. Below are three more of the most common nutrient deficiencies and how to address them. Remember eating real food is usually your best bet, but sometimes supplementation may be advisable, especially if you're showing signs of deficiency. Next month I'll conclude with a look at Vitamin A, Calcium, Iron and Choline.

### #4: Magnesium

Magnesium is the fourth most abundant mineral in your body, yet an estimated 80 percent of Americans are deficient in it. Without sufficient amounts of magnesium your body simply cannot function at its best. Insufficient cellular magnesium levels set the stage for deterioration of proper metabolic function that typically snowballs into more significant health problems. Researchers have detected more than 3,750 magnesium-binding sites on human proteins, reflecting how important this mineral is to a great many biological processes.

For example, magnesium plays a role in your body's detoxification processes and therefore is important for minimizing damage from environmental chemicals, heavy metals, and other toxins. Even glutathione, considered by many to be your body's most powerful antioxidant, requires magnesium in order to be produced.

Magnesium also plays roles in preventing migraine headaches, cardiovascular disease (including high blood pressure, heart attacks, and strokes), and sudden cardiac death.

Low magnesium levels are also consistently found in those with elevated insulin, and research suggests that magnesium intake may help reduce your chance of developing diabetes if you're at high risk. The mechanism by which magnesium controls glucose and insulin homeostasis appears to involve two genes responsible for magnesium homeostasis.\* Magnesium is also required to activate tyrosine kinase, an enzyme that functions as an "on" or "off" switch in many cellular functions and is required for the proper function of your insulin receptors.

#### How to Optimize Your Magnesium Levels

There's no easily available commercial lab test that will give you an accurate reading of your magnesium status. However, in her book, *The Magnesium Miracle*, Dr. Carolyn Dean lists 100 factors that will help you decide whether or not you might be deficient. You can also follow the instructions in her blog post, "Gauging Magnesium Deficiency Symptoms," which will give you a check list to go through every few weeks. This will help you gauge how much magnesium you need in order to take away your deficiency symptoms.



Most people can keep their magnesium levels in the therapeutic range without resorting to supplements by eating a varied diet, including plenty of dark-green leafy vegetables. Seaweed and green leafy vegetables like spinach and Swiss chard can be excellent sources of magnesium, as are some beans, nuts, and seeds, like pumpkin, sunflower, and sesame seeds. Avocados also contain magnesium. Juicing your vegetables is an excellent option to ensure you're getting enough of them in your diet.

Unfortunately, most foods grown today are deficient in magnesium (and other minerals). The herbicide glyphosate plays a role, acting as a chelator, effectively blocking the uptake and utilization of minerals in the plant. For this reason, I believe it might be prudent to consider a magnesium supplement. You can also improve your magnesium status by taking regular Epsom salt baths or foot baths. Epsom salt is a magnesium sulfate that can be absorbed into your body through your skin. Magnesium oil (from magnesium chloride) can also be used for topical application and absorption.

If you opt for a magnesium supplement, two of the best ones include magnesium glycinate and magnesium threonate. The former is a chelated form of magnesium that tends to provide the highest levels of absorption and bioavailability. This form is typically considered ideal for those who are trying to correct a deficiency. *Magnesium threonate* is a newer type of that appears promising, primarily due to its superior ability to penetrate the mitochondrial membrane.

### #5: Vitamin B12

Vitamin B12 (cobalamin) is known as the *energy vitamin*. Your body requires it for a number of vital functions, including energy production, blood formation, DNA synthesis, and myelin formation. The two ways you become deficient are through a lack of vitamin B12 in your diet, or through your inability to absorb it from the food you eat.

About one in four American adults are deficient in this important nutrient, and nearly half the population has suboptimal blood levels. Warning signs of B12 deficiency include "mental fog," memory problems, mood swings, apathy, fatigue, muscle weakness, and tingling in the extremities. Unfortunately, B12 deficiency may not present



# u at Risk?

itself for a number of years, so by the time you notice symptoms, you may be quite deficient.

Vitamin B12 is present in natural form only in animal sources of food, which is one of the reasons I advise against a no-animal-food vegan diet. B12-rich foods include beef and beef liver (grass-fed beef is highly preferable to the grain-fed variety), lamb, snapper, venison, salmon, shrimp, scallops, organic-pastured poultry, and eggs. When it comes to supplementation, your best alternatives include injectable B12 and sublingual drops or spray. Most oral supplements tend to be ineffective, as vitamin B12 is poorly absorbed.

## #6: Vitamin E

Vitamin E is particularly important for your brain health, but it also helps support normal cholesterol levels, and protects against free radical damage and the normal effects of aging. Recent research shows that vitamin E deficiency may actually cause brain damage, while studies have also found that supplementation with it may help delay the loss of cognitive function in people with Alzheimer's disease. According to lead author Maret Traber:

*"This research showed that vitamin E is needed to prevent a dramatic loss of a critically important molecule in the brain and helps explain why vitamin E is needed for brain health. Human brains are very enriched in DHA, but they can't make it. They get it from the liver.*

*The particular molecules that help carry it there are these lyso PLs, and the amount of those compounds is being greatly reduced when vitamin E intake is insufficient. This sets the stage for cellular membrane damage and neuronal death. There's increasingly clear evidence that vitamin E is associated with brain protection, and now we're starting to better understand some of the underlying mechanisms."*

### Important Pointers for Optimizing Your Vitamin E

The term "vitamin E" refers to a family of at least eight fat-soluble antioxidant compounds, divided into two main categories: tocopherols (which are considered the "true" vitamin E) and tocotrienols — each of which has subfamilies of four different forms. Ideally, vitamin E should be consumed in the broader family of mixed natural tocopherols and tocotrienols, (also referred to as full-spectrum vitamin E) to get the maximum benefits.



The vitamin E most often referred to and sold in most stores is a *synthetic form* of the vitamin, which really should NOT be used if you want to reap any of its health benefits. You can tell what you're buying by carefully reading the label.

- Natural vitamin E is always listed as the "d-" form (d-alpha-tocopherol, d-beta-tocopherol, etc.).
- Synthetic vitamin E is listed as "dl-" forms.

The best way to ensure that your body is getting the full spectrum of vitamin E, in a form your body can beneficially use, is to make smart dietary choices. Good dietary sources of vitamin E include nuts, such as hazelnuts, almonds, walnuts, and pecans; seeds such as sunflower seeds; olive oil; legumes; and green vegetables, such as spinach and broccoli.

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

\* Source: North American Journal of Medicine and Science, June 2013



# connections speakers & classes



## **Digestive Wellness, Naturally with Mari Aleath Nichols Thursday, February 4 6:30 pm, FREE Federal Way**

Is your digestive health compromised? Are you still trying to lose that holiday

weight gain? Join Mari Aleath Nichols, National Educator for Renew Life™, to learn how probiotics, fiber, enzymes, and herbal cleansing formulas support healthy detoxification and promote digestive wellness, naturally.

## **Gluten-Free Day Saturday, February 6 11 am – 3 pm**

Join us to sample gluten-free products, food and beer!



## **I'm Gluten-Free. Now What? with Resolute Michaels, NTP Tuesday, February 9 6:30 pm, FREE Tacoma**

Have you gone gluten-free but found you still experience digestive issues, allergy symptoms and/or headaches? A nutritional therapist discusses potential hurdles in your path like cross-reactivity and the food sensitivities that often show up after gluten is removed. You'll get the information you need to take the next step and start feeling better right away! Read Resolute's article on page 12 for more information.



## **Introduction to Essential Oils with Elizabeth Bloom, DHM, DI. Hom. Thursday, February 11 6:30 pm, FREE Federal Way**

Join the creator of Elizabeth Essentials for this popular

interactive class on the amazing benefits of essential oils, including how to integrate them into your lifestyle to achieve and maintain optimal health and well-being. Participants will personally experience the entire product line, learn the many healing properties of each formula, and discover how to use them personally, and for your friends, family and clients. See Elizabeth's article on page 6 to learn more.



## **COMBINE! with Deena The Deceptive Chef Saturday, February 13 10 am - Noon, \$10 Federal Way**

After the shopping is done and we've put away the groceries, it's time to figure

out what dishes digest well together, the best times to eat and the optimal amounts to consume. Participants will also explore some of the myths and misconceptions about certain diets, which ingredients lead to high-level health, and how to create delicious, easy and cost-effective meals. Please register in advance to reserve your spot in part two of this popular series and read more about Deena's food philosophy on page 4.



## **Boost Immune Function Naturally! with Meghan Hintz, CF, LMP Tuesday, February 16 6:30 pm, FREE Tacoma**

Are you dreading the cold and flu season ahead? Join a

Wellness Coach (and former illness magnet) to learn natural ways of optimizing your body's immune response so you can avoid illness or recover more quickly, and thrive through the cold, damp months of winter and beyond. We'll cover the basics of the immune system and how it protects against pathogens; discuss nutritional support through food, herbs, and supplements; and consider how lifestyle impacts the immune system. Learn more on page 20.



## **Gluten Sensitivity with Dr. Tom O'Bryan A Masters of Nutrition presentation hosted by Susan Blake, BS, NTP, CGP Thursday, February 18 6:30 pm, suggested gratitude offering \$10 Federal Way**

Whether you have a true sensitivity, just don't feel good after eating certain foods, or you have no idea what's causing your symptoms, join Susan when she shares excerpts from a video interview with an expert on gluten sensitivity. Attendees will discover how and why gluten sensitivities may be symptomatic of an underlying condition which must be addressed to achieve true healing. Class will conclude with tips and handouts on how to implement O'Bryan's healing suggestions.



# SAVE THE DATE FOR THESE 40TH ANNIVERSARY SPECIAL EVENTS!



## Friday, April 1

We kick off the festivities on our actual birthday!  
Meet Marlene and enjoy a piece of cake with her--  
11 am in Federal Way and 1 pm in Tacoma!

Sparkling wine tasting, 3-5 pm  
in both stores on 4/1!



## Saturday, April 9

It's our biggest party ever!  
Join us for gift baskets, drawings, samples  
and some special surprises!  
11 am - 3 pm in Federal Way and Tacoma!



### Rawkin' the Raw Chocolate with Nicole Heart Saturday, February 20 10 am-Noon, \$20 Tacoma

The owner of Peace, Love & Raw demonstrates how to make three fabulous recipes that will wean you from store-bought chocolate forever! Students will learn to make Raw Chocolate, Cacao Cake, and Chocolate Fudgies, all using only a few simple, healthy ingredients (including low glycemic sweeteners). Join us for this delicious class and learn the easy but delicate process of making raw chocolate at home. Students will help decorate the Cacao Cake using the chocolates made in class. Pre-registration required.



### Carob, Cocoa & Cacao A Tasting Lab with Kim "in the Kitchen" Thornton Tuesday Feb 23 6-7 pm, \$15 Tacoma

Want more chocolate with less guilt? Join innovative chef/educator and certified health and weight loss coach, Kim Thornton, as she teaches you the delicious differences, advantages, and health benefits of carob, cocoa and cacao--three similar but very different foods--as well as when to use each in your recipes. Participants will sample No Bake Brownie Bites, Tantalizing Truffles, and Cookie Dough Bliss. All samples are delicious and gluten, corn, soy, wheat, and dairy free AND celiac, diabetic, hypertensive, paleo, and primal-friendly! Class includes a take-home recipe handout. Seats are limited. Pre-registration required.



### Homeopathy: Safe and Simple Science for Self- Treatment with Shane McCamey Thursday February 25 6:30 pm, FREE Tacoma (please note location)

Whether it's winter colds and flu, springtime allergies, or summer mishaps and weekend warrior injuries, homeopathic remedies can be counted on for quick relief of symptoms without side effects. Join the trusted, longtime representative for Boiron when he discusses remedies for lingering colds and coughs, flu, allergy symptoms; bumps, burns, and bruises, arthritic and rheumatic pain; and sure-fire help for babies and children with teething pain, colic, diaper rash and growing pains. Learn more about homeopathy on page 18.



## EARLY MARCH CLASSES

Enzymes for Joint Support  
with Amy Pereira  
Thursday, March 3  
6:30 pm, FREE  
Tacoma

Diabetes Rx: Plant-Based Eating  
with Nina Osberg, PCRM  
Saturday March 5  
10 am - Noon, \$20  
Tacoma

## 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).

# The Case for a Wheat-Free Diet

By Resolute Michaels, NTP

For over a century, wheat was a trusted staple in the American diet, but nowadays people are as likely to shun it as consume it. How did the Staff of Life become toxic for so many of us?

In the early days of agriculture, some 10,000 to 20,000 years ago, Einkorn grain was the first form of wheat. Over the centuries, Einkorn naturally cross-bred with other grasses and these hybridizations yielded a nutritious, dense wheat known as wild Emmer, and after that, Spelt. These early grains were difficult to thresh and did not contain much gluten.

As the process of natural selection continued, a modern wheat developed which led to the first loaf of baked bread. Until the early 20<sup>th</sup> century, the composition of this wheat changed very little.

In the latter half of the 20<sup>th</sup> century, intentional cross breeding of wheat by humans began in earnest. Such hybridization has been practiced far longer than--and is very different from--genetic modification, in which the genes of the plant are spliced with a protein from a completely different species.

By 1980, hybridization efforts had produced many variations, and the highest-yielding strains, specifically high-yield, dwarf wheat, took hold worldwide. No tests were conducted, however, as to what the changes in gluten content, protein structure, and enzyme modifications would have on humans. In fact, as many as fourteen new gluten proteins were formed, with a number of them implicated in celiac disease.

**What we're seeing in the population today is labeled "gluten intolerance," but in actuality, the intolerance is for the wheat grain itself, whether it's refined wheat, whole wheat, or wheat berries. Even more sobering is the fact that this type of hybridization has affected other grains, like rye and corn.** Perhaps not coincidentally, allergies, food sensitivities, mood disorders, obesity, and many other conditions that were rare in the 1950s have reached nearly epidemic proportions.

Most people believe the symptoms of gluten intolerance are limited to digestive issues like gas, bloating, diarrhea and constipation. If they don't experience these issues, most will assume gluten is not a problem for them, but there are other telltale signs of gluten intolerance to watch for.



*Chronic headaches can be a symptom of wheat intolerance.*

Do you have 'chicken skin' on the back of your arms? How about fatigue and brain fog? Do you get headaches often? Do you experience dizziness or a feeling of being off-balance? What about that pain and swelling in your joints? Do you think stress is the only cause of your anxiety, depression, or mood swings? And more seriously, have you been diagnosed with chronic fatigue, fibromyalgia, PCOS, ADD/ADHD, or an autoimmune disease?

All of these symptoms and many others have been linked to the effects of gluten on your digestive system (and beyond) as the hybrid proteins work their way into the body and are attacked as foreign invaders by the immune system.

Have you tried eliminating wheat from your diet? It's much easier to implement today than it was just a few short years ago. There are gluten and grain-free cookbooks and blogs, gluten-free products in abundance, and online resources at your fingertips. For vibrant health, I recommend a nutrient-dense, whole food diet that eliminates gluten. Join me this month and I'll help you give it a try!

*Resolute Michaels is a Nutritional Therapy Practitioner and owner of Primal Perspectives. She can be reached [RSM@PrimalPerspectives.com](mailto:RSM@PrimalPerspectives.com) or at 206.910.4922.*

**In Person!**  
Join Resolute for "I'm Gluten-Free. Now What?"  
on Tuesday, February 9  
in Tacoma  
Details on page 10.





Join us!  
GLUTEN-FREE DAY  
Saturday, February 6  
11 am - 3 pm  
Federal Way and Tacoma

# Gluten and Dairy-Free Chicken Pot Pie Soup

Recipe submitted by Resolute Michaels, NTP

*Soups and stews are a go-to in the cold winter months and home cooking wins every time when resolving to eat well. Use fresh organic vegetables when possible, but if they're hard to come by, frozen organic veggies are a great option since they're frozen at the peak of freshness. This recipe is quick, tasty, comforting and nourishing!*

3 cups	shredded chicken (2-3 chicken breasts)
2 Tbs	coconut oil
1	onion, diced
3-4 cups	mixed frozen veggies (peas, carrots, green beans)
2	celery stalks, diced
1 tsp	salt
2 tsp	thyme
2 tsp	savory (parsley works too)
½ tsp	sage
	pepper to taste
2-3 Tbs	arrowroot (depending on how thick you want it)
2 1/2 cups	chicken broth
1 can	coconut milk

- Cook and shred the chicken breasts. They stay moist and shred easily if cooked in a small amount of chicken broth, covered in a saucepan. Retain chicken broth for this recipe or use leftovers from a roasted chicken.
- Melt fat in a large pot over medium heat (no hotter or veggies will stick to the pan).
- Add onion and cook until translucent, stirring often, about five minutes.
- Add celery, frozen veggies, and spices and cook for another 3-5 minutes, stirring often.
- In a small bowl, mix arrowroot flour with ½ cup cold chicken broth until combined.
- Pour arrowroot mixture over veggies and stir until combined.
- Add coconut milk and chicken broth.
- Bring to a boil, reduce heat and simmer until it thickens, about 10 minutes.
- Taste and adjust salt, pepper and spices if necessary.
- Add shredded chicken and simmer for an additional 10 minutes.
- Serve in bowls with gluten-free bread. I recommend Sevierly Good brand Traditional Bread Mix. Fresh bread hot out of the oven, nourishing and tasty!



# Hitting a Reset Button on Gut Ecology

By Tracey M. Beaulne, ND

Recently there has been quite a bit of buzz around fermentation and fermented foods. Given the media attention and the appearance of fermentation pots in high-end home and kitchen outlets, it might be tempting to think this is merely a passing fad. Be assured it is not. The science of fermentation is closely tethered to paradigm-shifting microbiome research.

As researchers learn more about the human microbiome--the collection of microbes and their genetic material--it is becoming clear just how far their reach extends. Each ground-breaking discovery concerning the influence of microbes (particularly those in the gut) forces researchers and clinicians to take stock of just how profound the gut microbiome is in the context of human health and well-being. Microbes produce nutrients and assist with the absorption of nutrients, protect against harmful bacteria, support the immune system, manufacture chemicals with important metabolic functions, and protect the barrier to the outside world - i.e. the intestinal lining. Scientists have generally found that greater diversity of microbes is essential to health.

Among other things, the unfolding microbiome research is forcing nutritional scientists to take a closer look at the beneficial microbes that transform foods and beverages in the fermentation process. It is well known that traditional dietary patterns are very healthy, however, less well known is that fermented foods make up a very significant portion of the foods and beverages found within non-Westernized, traditional dietary patterns. Indeed, fermented items make up approximately 1/3 of the foods and beverages consumed as part of traditional diets. We now must ask to what extent microbes found in fermented foods (and indirectly by the way that they transform foods) is playing a role in the link between traditional dietary patterns and health.

Although researchers aren't precisely sure what constitutes an "ideal" gut microbiome profile, some key microbial families - such as Lactobacilli and Bifidobacterium - perform critical, health-supporting functions. In general, it is increasingly recognized that overall diversity is associated with health. This shouldn't be surprising because that's the way it works in the greater external ecosystems on Earth - where biodiversity signifies the health of ecosystems. As scientists learn more concerning the gut microbiome of those maintaining traditional lifestyles (and not without coincidence, resilient to chronic diseases that plague Westernized countries), it seems safe to say that North Americans are not carrying a global gold standard in gut microbiome.



The problem is that there are many environmental forces that compromise healthy intestinal microbial ecosystems. These forces include, but are not limited to the ultra-processed foods common to Westernized dietary patterns, antibiotics, food additives, chlorinated water and environmental contaminants. In addition, psychological stress, improper sleep, lack of magnesium (which we otherwise get from green leafy vegetables), lack of dietary phytonutrients (the natural chemicals that give healthy plant foods their color, taste and texture), lack of vitamin D (by spending too much time indoors), lack of omega-3 fatty acids (again, by dietary choices) and other unhealthy lifestyle factors can damage the gut ecosystem.

Collectively, the manifestation of damage to the intestinal microbial ecosystem is defined as dysbiosis - the loss of beneficial microorganisms, the expansion of potentially harmful microbes, or the loss of overall microbial diversity (these changes typically occur together). Undoing dysbiosis involves the same approach used in environmental remediation - i.e. the cleaning-up of human-manufactured damage to local (external)

ecosystems. First and foremost, we have to stop the “contamination” which in the GI tract really means addressing the lifestyle factors that push toward dysbiosis. We have to remove the stressors placed upon the intestinal ecosystem.

As with environmental remediation, shutting off the valve of contamination is but one aspect, albeit critical. Proper remediation often involves making every effort to restore the environment to pre-contamination conditions. In our GI ecosystem context, this means trying to provide the right terrain to encourage the growth of beneficial bacteria and a place for microbial diversity. Fiber-rich plant foods are of course critical in this process. And so are fermented foods and supplements.

There are several ways in which consuming fermented foods and supplements can help with remediation efforts. First, they may directly carry beneficial microbes into the GI terrain. Secondly, the activity of fermentation brings about structural changes to natural chemicals found within plant foods, and emerging research is demonstrating that these newly-formed chemicals may have prebiotic

activity (i.e. promote the growth of healthy bacteria). Interestingly, the microbes found in and on fermented foods may not need to be living to exert far-reaching (and beneficial) effects on other microbial families within the gut ecosystem. The reset button can still be hit.

These are exciting times in the related sciences of fermentation, nutrition and the microbiome. As a clinician I welcome greater availability of fermented foods, beverages and supplements, including those that are found beyond the dairy case. These products allow all of us to take advantage of fermentation science in a very practical way. There are many forces working toward dysbiosis - fermentation represents a strong antidote to at least some of what pushes against us.

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



Fermented sauerkraut, pickles, and yogurt contain live cultures that enhance nutrition and gut health.

# Natural Immune Support

By Meghan Hintz

Every day we are exposed to billions of microorganisms. They live all over our bodies, inside and out. They're everywhere, coming in through our food, our hands, the air. The immune system has the challenging job of determining what is safe and what is not, and while this job is highly complex, our role in supporting it can begin with very simple steps.

At its foundation, the immune system is made up of a host of cells in the blood and tissues, ranging from those that perform basic clean-up to specialized cells that form an intricate partnership to identify and destroy invaders. Some of this ability is inborn and some is acquired through exposure to pathogens. These cells must be healthy and in high number to do their job. Sugars, including processed foods and an abundance of high-starch foods, inhibit the ability of immune cells in the blood to do their job, decreasing activity for hours following exposure to high levels of blood glucose.

The digestive system also plays a critical role in immunity. Pathogens that survive the acidic environment of the stomach find themselves competing with billions of microbes in the intestines. Hosting a diverse community of beneficial gut bacteria creates a strong defense against pathogens and assists in the breakdown of food, making nutrients available to immune and other cells so they can function optimally. Since bacterial strains each have preferred foods, it's important to feed them well to keep the balance in your favor. A diet high in sugar, starch, or refined foods will benefit pathogenic microorganisms making it difficult for beneficial bacteria to thrive and effectively starving immune and other cells of the nutrients they need.

Certain nutrients are particularly nourishing to the immune system. Vitamin C is a familiar ally. Vitamins A, D, and E are also especially supportive, as are zinc and magnesium. Targeting individual nutrients with supplements is one approach, but most people are able to meet their daily nutrition needs by eating a whole foods diet that includes plenty of fresh vegetables and fruits in a range of colors. When nutrients are isolated or synthesized, as in many supplements, the body can have a

difficult time recognizing and utilizing them. Supplements may also contain extra "inactive" ingredients; if you're sensitive to them they could create more work for your immune system.

Beyond the physical realm, the impact of stress on immune function is considerable. External stress is familiar to most of us: traffic jams, a difficult boss, major life changes. But stress can also be internal. Inflammation, lack of sleep, exposure to allergens, and even intense exercise can increase strain on the body, overwhelming the immune system and making it difficult for its specialized cells to identify and destroy pathogens. If the system is overloaded, it can have a hard time keeping up with demand, ultimately being unable to effectively combat illness. In some cases this distracted and confused immune system can be at the root of more complex issues like food allergies and autoimmune conditions. Studies have shown stress-relieving practices such as breathing exercises, meditation, and yoga to have a positive effect on immune function.

Our ability to reduce exposure to illness is limited; to keep illness at bay it's important to bolster internal defenses. And while the immune system itself is incredibly complex, supporting it can be fairly simple. Do the basic work of caring for your immune system and let it sort out the complex job of taking care of you. The reward is well worth it.

Join me on February 16th for a free talk exploring natural ways to optimize immune function and address illness when you do get sick—and bring your questions!

*Meghan Hintz is a Certified Fermentationist, Wellness Coach, Licensed Massage Practitioner, and founder of Herba Flora. She works with clients to resolve digestive issues and improve overall health. Meghan can be reached at [meghan@meghanhintz.co](mailto:meghan@meghanhintz.co) or by calling 206.381.1557.*

**In Person!**  
Meghan discusses ways  
to enhance immunity  
naturally on Tuesday,  
February 16.  
Details on page 10





With cardiovascular disease (CVD) the leading cause of death in both men and women in the United States, it's important that everyone understand their risk factors for heart attack and stroke. One easy way to combat your risk is to increase consumption of omega-3s—fatty acids that have been shown to support a healthy heart throughout life.

Omega-3 refers to a family of fats that the body can't produce on its own—they have to be consumed. Although there are plant sources of omega-3s (e.g. flaxseed, walnuts), the optimal source is fish, especially cold-water fish that are rich in omega-3s (e.g. salmon, tuna, sardines). People often don't know the difference between omega-3s and fish oil, and doctors sometimes use the two terms interchangeably. Fish oil, or fish oil products, are simply supplements that contain omega-3 fatty acids. These fats—particularly the two named EPA and DHA—are important because our bodies need them for optimal health. Omega-3 supplements are used when people are unable to maintain normal omega-3 levels in their bodies despite (or in place of) fish consumption.

Research on omega-3s and heart health is extensive, and the majority of clinical trials have demonstrated an improvement in heart health with regular fish or fish oil consumption. The prestigious medical

journal, *The New England Journal of Medicine*, had a review article in 2011 highlighting the importance of omega-3s for cardiovascular health. The mechanisms of action of omega-3 fats discussed in this article that can potentially improve cardiovascular health include:

- Lowering triglycerides
- Addressing inflammation
- Promoting healthy blood pressure
- Supporting a healthy resting heart rate
- Maintaining healthy insulin
- Mildly inhibiting platelet function
- Supporting normal endothelial function
- Addressing atherosclerotic plaque

The American Heart Association recommendation for omega-3 intake is to eat (preferably oily omega-3 rich) fish at least twice a week for healthy individuals, if approved by their physician. For those with a history of coronary heart disease or elevated triglycerides, the intake of fish or

fish oil supplements is greater, and should be considered in consultation with their physician.

The bottom line is: take your heart health seriously. Don't wait until you're in trouble to make necessary changes in diet, exercise, and stress reduction. Avoid cigarette smoking. See your personal treating physician to assess your heart disease risk factors and develop a prevention strategy to stay healthy. Regarding omega-3 fat, measure your omega-3 level at the time of your routine blood tests—if you are deficient in omega-3s, discuss corrective measures with your physician.

*Michael Ozner, M.D., FACC, FAHA is Medical Director, Center for Prevention and Wellness at Baptist Health in South Florida. He is author of Heart Attack Proof and The Complete Mediterranean Diet. He can be reached at [www.drozner.com](http://www.drozner.com) or [cardiacos@aol.com](mailto:cardiacos@aol.com).*

# Introduction to Homeopathy, Part Two

By Sue Boyle, RN`

## Testing of a Substance

Last month I mentioned the process of “proving” in homeopathy. Proving is the use of a substance - prepared according to Hahnemann’s instructions - on a select group of healthy volunteers, both men and women, of various ages (Hahnemann felt that a wide range of ages and both men and women were necessary for a complete picture of the substance). Symptoms are documented before the substance is taken, and documented again afterwards. The intensity and frequency of the symptoms are evaluated, and the data is written up for the use of the homeopathic community.

Without this practice (which many in the allopathic community dismiss as not being on par with double-blind studies), homeopaths would have no symptoms picture to match with a remedy for their clients. Proving volunteers take a small amount of the remedy to be proven. Since this is not a remedy they need for their own health, it dissipates fairly rapidly (in one to two weeks), leaving behind data to be include in the *Medica Medica*, a book homeopaths use to collect remedy information in.

Many homeopathic remedies came about through curiosity. *What would this substance do when made into a remedy?* Curiosity was the prompt for Peruvian bark experimentation, becoming the first known homeopathic “remedy”, *Cinchona officinalis*. Hahnemann found that Peruvian bark “cured” malaria not because of it’s bitterness (a claim made by a well known physician), but because it mimicked the exact symptoms of malaria.

Hahnemann began taking other common medical substances of his day and attempting to prove them. For example, Mercury was widely thought at the time to “cure” Syphilis (even though the toxic effects of mercury were already known in the hat industry because it was used to cure felt for top hats. The saying, “Mad as a hatter” comes from the effects of the fumes). This knowledge didn’t stop the physicians of the day from using a toxic substance as a medicine,

however, and homeopathic mercury remedies are still the only safe way to take this substance. Many herbal preparations were also made into remedies by Hahnemann during this time.

## Visiting Your Homeopath

During a homeopathic interview, first the client’s symptoms are listed, and then later examined in more detail. First, the pain would be studied, then the *location* of the pain, then the *character* of the pain (sharp, dull, etc.), things that make it feel worse or better, the *time of day* when the pain is better or worse, and so forth. The homeopath records as much detail as the client can provide.

**Sometimes a client fails to tell their homeopath the “crazy” little symptom they’ve experienced, simply because they think it’s irrelevant. With homeopathy, however, sometimes the “crazier” the symptom, the easier it is for a homeopath to find the right remedy! Sometimes it’s necessary to ask further questions concerning the client’s likes and dislikes in order to ascertain the right remedy—they’re that specific.**

After careful evaluation of the symptom picture, the homeopath selects a remedy and method of delivery. The time needed to select a remedy can take a couple of days or only a few minutes, depending on how familiar the remedy is to that particular homeopath. There are more than 4,000 remedies, so it’s logical that the homeopath might not have experience with all of them.

The method of delivery depends upon the client’s Vital Force. The stronger the Vital Force, the higher the potency will be. Potency selection also depends on the strength and duration of the symptoms. Delivery methods are dry doses, water potency, topical, or even olfaction (smelling or sniffing may be employed for very sensitive individuals). All that is required is *absorption* by the client, so delivery methods can be flexible. For example, if someone is unable to swallow or follow





directions, the remedy can be delivered by applying it to the skin. Using this method, the pellet is dissolved in a small amount of water and applied to the skin via a cotton ball soaked in the solution.

### To Each His Own

Everyone is unique, and to a certain extent everyone's symptoms are unique. Arthritis symptoms are similar for most people: their joints ache, swell, and become red and inflamed. But to a homeopath, two arthritis clients can be as different as night and day. One client may find moving to be very difficult right as they get out of bed. They need to "loosen up," and then as the day progresses they have less pain. It may increase again at the end of the day, along with fatigue.

Another client may experience their arthritis symptoms very differently. Their pains "wander." They are red, hot, swollen and very painful - exquisitely painful with any motion but much better with pressure. This situation lasts about one day, and then the swelling and redness disappear, only to reappear in another joint. So these two arthritis clients present a totally different symptom picture and a different remedy is appropriate for each person.

### Remedy Response

Homeopathy is energy-based, so the response to each remedy is also energy-based. Energy can manifest instantly or manifest over time. Each remedy is as individual as the person taking it. Symptoms will either resolve quickly within the first few days or the improvement will be gradual and require a follow-up appointment in a month to see how much has resolved.

Sometimes the remedy selected is close to the one that is required, but this remedy may shift and change some of the client's symptoms. At the follow up appointment, the homeopath can evaluate the progress and either stay with the remedy chosen or change it to one closer to the symptom picture.

### Antidotes

Certain substances will cancel out, or *antidote*, a remedy. For example, someone requiring Nux vomica will antidote if they have a strong craving for stimulants such as coffee. The list of antidotes is long. The use of camphor or recent dental work may decrease the duration and effectiveness of a remedy. Prescription drugs should be discussed with your homeopath.

Usually, however, a well-chosen remedy will work despite these substances. In general, mint toothpaste or gum is fine. Electric blankets are fine, as well. Certain prescription medications that suppress symptoms can cancel out the effect of a remedy. When in doubt, consult your homeopath.

Samuel Hahnemann was a man far ahead of his time. He noted in *Organon of the Medical Art*, his book establishing homeopathic principles and practices, that a remedy would be ineffective unless the patient also led a healthy lifestyle, moderation in drink and food, exercise and lived in a healthy environment (meaning a well-ventilated, mold-free, damp-free home). Today we know these concepts to be valid.

### Naturopathy

Naturopathy is often confused with homeopathy. Naturopaths or naturopathic doctors (NDs) are taught some homeopathy while in school—enough to deal with acute (short-lived) conditions, like colds or the flu. But they require additional training to adequately treat chronic conditions using homeopathy. Naturopathy uses supplements, dietary advice, exercise, hydrotherapy, herbal medicine, counseling and lifestyle modification. NDs are often allowed by their state to order lab tests and other diagnostic work.

### Summary

Homeopathy is rated by the World Health Organization as the second most popular form of complementary (alternative) medicine worldwide. In other countries, the validity of homeopathy is more widely recognized. In the United States, homeopathy is just beginning to be seen as a legitimate healing modality by the public. As more practitioners are trained, certification requirements are increased. When insurance companies accept that homeopathy is not only scientific but also cost effective, homeopathy will finally take its rightful place in the healthcare landscape of America.

*Sue Boyle, R.N., M.C.H. owns and operates Sue Boyle Homeopath. She works with mothers and their children who want to use homeopathy to improve their health, take no drugs and have more freedom on all levels. Sue lives in Seattle, Washington. She can be reached at [www.sueboylehomeopath.com](http://www.sueboylehomeopath.com)*

**In Person!**  
Shane McCamey speaks  
on homeopathy on  
Thursday, February 25  
in TACOMA. Details on  
page 11.

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# Banana Sticky Buns

*Easy to assemble and kid-approved!*

Based on the classic cinnamon roll, these buns use bananas, but the sky's the limit for creating your own variations! Try to eat them warm, straight from the dehydrator.

8-12	spotty, ripe bananas (not too over-ripe)
15	dates, pitted (Medjool, Kwadrury, or Halawi are best)
1-2	pears
1/4 cup	raisins
1 tsp	vanilla (raw bean powder or extract)
1 tsp	cinnamon
1 tsp	nutmeg
1 Tbs	orange zest

Peel bananas and cut lengthwise into three or four strips. Place on tray and dehydrate at 110 ° for two to three hours. For quicker drying time, dehydrate at higher temperatures. While dehydrating, prepare the sauce.

In a high-speed blender, blend pitted dates and pear until a sticky caramel sauce is achieved. If necessary, add a bit of water to get things moving. Mix in vanilla, cinnamon, and nutmeg by hand.

This is the fun part! Taking the bananas out of the dehydrator, spread the sweet sauce along each banana. Sprinkle with raisins and roll up the banana into a spiral.

Wrap one or two bananas around the core, depending on how large you want your roll to be.

Sprinkle some more raisins and orange zest on the top and place back in dehydrator for as long or short a time as you like. If dehydrating at low temperatures (below 110 degrees), overnight is recommended. Otherwise you can expedite the process using high heat (around four to six hours).



*A writer, photographer and educator, Christie Qualey studied raw food nutrition in Costa Rica and can be reached at [christiemaeg@yahoo.com](mailto:christiemaeg@yahoo.com).*



# gluten-free February ^ Flavors



**Hidden Legend's Spiced Mead** is a mulled honey mead once the favorite of kings and queens. This is a delightfully modern version that can be heated with a stick of cinnamon, poured over ice with a sprig of mint, or enjoyed by itself. (Naturally gluten-free)



**Ghostfish Brewing Co.'s Peak Buster Imperial IPA** is beyond big! Over-the-top hop flavors of pine and passionfruit and a surprising stone-dry finish make this brew a force to be reckoned with. (Brewed without gluten)



**Tre Donne D'arc** offers aromas of plum and blackberry in a red wine that's perfect as a rich accompaniment for pasta, red or white meat, or vegetarian dishes. (Naturally gluten-free)



**Finnriver Cidery's Raspberry Brandy Wine** makes its long-awaited return just in time for Valentine's Day. (Naturally gluten-free)

Indulge in **Tre Donne's Donna Blu Moscato D'Asti** and expect a light, sweet bouquet with hawthorn, wild flowers and citrus. Pair with fresh fruits, fruit salad, jellies, cakes with cream, biscuits and ice cream of all flavors! (Naturally gluten-free)





A new law in Taiwan prohibits schools from serving food containing genetically-engineered (GE) ingredients to students. Taiwan restaurants are also now required to label GE foods.

Venezuela has become the 27th country to ban the engineering, production, distribution, importation and patenting of genetically-engineered (GE) seeds.

California's largest Native tribal nation, The Yurok, has declared their reservation to be a GMO-Free Zone, banning the propagation, growing, or releasing of GE organisms. It is the first ordinance of its kind in the United States.

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**\$1<sup>59</sup>**

NANCY'S  
**Yogurt**



32 oz.  
Assorted varieties  
Reg. 3.99

**\$3<sup>19</sup>**



*Markene's*

Celebrating 40 years

SUNRIDGE FARMS

**Chocolate Covered  
Peanut Butter Malt Balls**



Bulk  
Assorted varieties  
Reg. 10.05 lb.

**75¢** off  
per lb.

PROBAR

**Protein  
Bar**



3 oz.  
Assorted varieties  
Reg. 3.39

**\$2<sup>29</sup>**

BEANITOS

**Bean &  
Rice Chips**



6 oz.  
Assorted varieties  
Reg. 3.55

**\$2<sup>29</sup>**



GOOD EARTH

**Organic Herbal  
Tea**



18 ct.  
Assorted varieties  
Reg. 4.85

**\$3<sup>59</sup>**



SO DELICIOUS

**Coconut  
Creamer**



32 oz.  
Assorted varieties  
Reg. 4.95

**\$3<sup>59</sup>**

ENJOY LIFE

**Plentils  
Lentil  
Chips**



4 oz.  
Assorted varieties  
Reg. 3.99

**\$2<sup>59</sup>**

R.W. KNUDSEN

**Organic  
Juice**



32 oz.  
Assorted varieties  
Reg. 5.05

**\$3<sup>69</sup>**

R.W. KNUDSEN

**Organic Very Veggie  
Juice**



32 oz.  
Assorted varieties  
Reg. 4.35

**\$3<sup>29</sup>**

ALTER ECO

**Organic  
Chocolate  
Truffles**

4.2 oz.  
Assorted varieties  
Reg. 9.09

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



WILD PLANET

**Wild Albacore  
Tuna**



5 oz.  
Assorted varieties  
Reg. 5.19

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

EXPLORE ASIAN

**Organic Gluten Free  
Black Bean Pasta**



7.05 oz.  
Reg. 4.49

**\$2<sup>99</sup>**

ORGANIC

**All Kale**

Green, Red & Italian



**\$1<sup>40</sup>**  
ea.

Marlene's

Celebrating 40 years



SOURCE NATURALS

## Blood Pressure Response

60 tabs  
Reg. 23.99

\$14<sup>39</sup>



SOURCE NATURALS

## Nattokinase

Enzyme for healthy circulation  
100mg, 30 caps  
Reg. 26.50



\$15<sup>99</sup>

## NOURISH ORGANIC Deodorant Cream

2 oz.  
Assorted varieties  
Reg. 9.99

\$7<sup>59</sup>



## HeartCare

Multifaceted healthy heart support  
120 caps  
Reg. 21.95

\$16<sup>49</sup>



HIMALAYA.

## Arjuna

Superior cardiovascular tonic  
60 caps  
Reg. 13.95

\$10<sup>99</sup>

FORAGER PROJECT

## Cashewmilk Beverage

Forager products are convenient, 100% organic, cold-pressed and perfectly protected using HPP technology which makes them an ideal fast, slow food.

28 oz.  
Assorted varieties  
Reg. 6.59

\$5<sup>69</sup>



AMAZING GRASS

## Green SuperFood Alkalize & Detox Formula

30 servings, Gluten free, vegan & raw.  
Plant based nutrition with over 12 cleansing herbs. Reg. 29.99



\$16<sup>99</sup>

AMAZING GRASS

## Green Superfood

Original Formula, 30 servings  
Energizing & nourishing!  
Reg. 29.99



\$16<sup>99</sup>

Imagine getting the benefit of a whole growing season in one tablet



SAVE 30%

natural Factors®

In-store prices reflect discount





Marlene's

Celebrating 40 years

# FERMENTED

nutrition for your whole body

Reg. 59.99  
Sale  
**\$34<sup>99</sup>**

Great  
Taste!

Complete  
nourishing  
superfood shake.

Total body system support  
from carefully selected  
ingredients to support  
mood, brain, eye, digestive  
health and more.†

100% vegan,  
gluten free,  
& dairy free.



With OVER 70%  
**fermented** ingredients  
including **fermented** fiber  
with pre-biotic properties,  
proven to not cause bloating  
or digestive upset!†

**Benefits:**

- Increases nutrient  
bioavailability and unlocks  
nutrient potential!†
- Introduces beneficial  
bacteria into the digestive  
system!†



MADE WITH NON-GMO INGREDIENTS

Look for **new fermented** whole body nutrition  
at [genuinehealth.com](http://genuinehealth.com) or in a store near you.



## DR. MERCOLA **Food Based Multivitamin**

Includes Children's Multivitamin,  
Calcium Complex & Ubiquinol

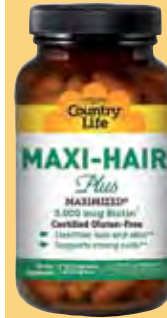
**25%**  
off

In-store prices reflect discount



COUNTRY LIFE

## Maxi-Hair



120 caps  
Reg. 29.99

**\$20<sup>99</sup>**

HEALTHFORCE

## Myco-Immunity

60 caps  
Reg. 37.45



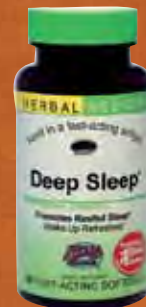
**\$24<sup>99</sup>**

HealthForce Truly Natural C

6 oz., Reg. 24.95..... **16.99**

HERBS ETC.

## Deep Sleep



60 soft gels  
Reg. 26.99

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

HERBS ETC.

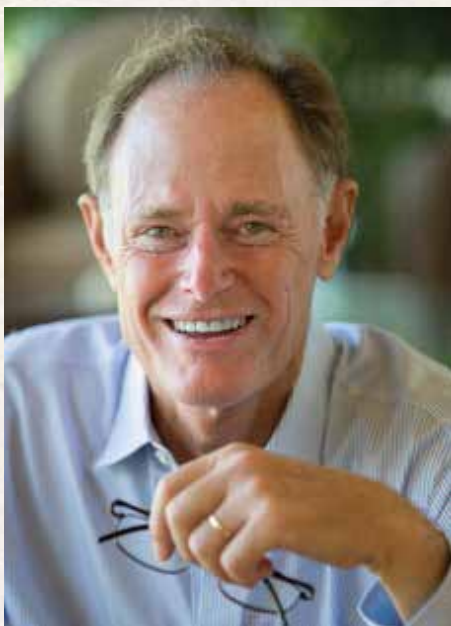
## Deep Sleep

1 oz.  
Reg. 13.99

**\$9<sup>99</sup>**







**David Perlmutter, M.D.**  
Board Certified Neurologist, #1 *New York Times* Best-Selling  
Author & Expert in the Human Microbiome

# Just what the DOCTOR FORMULATED

The latest science tells us that the intestinal flora that take up residence on the delicate folds of your intestinal walls:

- aid in digestion and the absorption of nutrients.
- support immune system function and cleansing functions within the body.
- produce and release important enzymes and substances that collaborate with your biology as well as chemicals for the brain, including vitamins and neurotransmitters.
- help you handle stress through the flora's effects on your endocrine—hormonal—system.
- assist you in getting a good night's sleep.

Put simply, our microbiome influences practically everything about our health, including how we feel both emotionally and physically.

*In-store prices reflect discount*

**35%  
OFF**



*Extraordinary*

**Garden of Life**

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



**odwalla**

**Smoothie or  
Protein Shake \$3<sup>99</sup>**  
32 oz., Selected varieties  
Reg. 4.69





# 40% OFF\* Irwin Naturals products in February!

For over 20 years, Irwin Naturals has formulated 'best-in-class' supplements that address a wide spectrum of health needs. Our extensive line uses an all liquid soft-gel delivery that offers superior advantages over hard-to-digest tablets and capsules. Plus, our signature BioPerine Complex enhances nutrient absorption and potency. Check out the entire breadth of this amazing health conscious brand and put yourself on the path to a happier, healthier you.

Marlene's  
**MARKET & DELI**  
NATURAL FOODS

celebrating

**40**  
years

Thank you  
for staying well  
with us since 1976.



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

# New & Noteworthy at *Marlene's*

## TACOMA

Last year Marlene commissioned Kathy Martin to create a mural of 11<sup>th</sup> Street's Murray Morgan Bridge across the south wall separating the market and dining area. The sepia tones Martin chose underscore this historic Tacoma monument and exemplify Marlene's commitment to celebrating this community's story. The mural joins Martin's growing body of work at Marlene's, which includes the vast meadow scene with Mt. Rainier in the distance that graces the dining area of the Federal Way store. If you haven't already, come see them soon!

Through a generous program offered by Tacoma Power, all lighting at Marlene's-Tacoma has been converted to light-emitting diodes (LED). Bearing the Energy Star label, these efficient, long-lasting bulbs are verified to be in compliance with over 20 industry standards and procedures.



*Kathy Martin (left) and Marlene Beadle.*

## FEDERAL WAY

Marlene's love for the Federal Way community and the performing arts is well-known and soon it will be official. Ground was recently broken for the 41,000 square foot Performing Arts Center where the publicly-accessible mezzanine will bear Marlene's name! As designed by LMN Architects, the multi-purpose venue will house a public plaza, a 700-seat, two-tiered auditorium, 8,000 square feet of event facilities and stunning views of Mount Rainier. A 125-room hotel is also planned. To learn more or to donate to this exciting affirmation of the importance of theatre, dance, music, artistic and spoken word, call 253.835.2414 or email [paec@cityoffederalway.com](mailto:paec@cityoffederalway.com)!





# FEBRUARY

## 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
	1	2	3	Digestive Wellness, Naturally with Mari Aleath Nichols 6:30 pm, FREE Federal Way 4	5	Gluten-Free Day 11 am – 3 pm Join us in both stores to sample gluten-free food, products and beer! 6
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 7	Uniform Monday! 10% off to all firefighters, military, and police! 8	I'm Gluten-Free. Now What? with Resolute Michaels 6:30 pm, FREE Tacoma 9	10	Introduction to Essential Oils with Elizabeth Bloom 6:30 pm, FREE Federal Way 11	12	COMBINE! with Deena Scholl, The Deceptive Chef 10 am-Noon, \$10 Federal Way 13
Valentine's Day 14	15	Boost Immune Function Naturally! with Meghan Hintz 6:30 pm, FREE Tacoma 16	17	Gluten Sensitivity with Dr. Tom O'Bryan Hosted by Susan Blake, BS, NTP, CGP 6:30 pm, suggested gratitude offering \$10 Federal Way 18	19	RAWkin' the Raw Chocolate with Nicole Heart 10 am-Noon, \$20 Tacoma 20
21	22	Carob, Cocoa & Cacao A Tasting Lab with Kim "in the Kitchen" Thornton 6 pm, \$15 Tacoma 23	24	Homeopathy: Safe and Simple Science for Self-Treatment with Shane McCamey 6:30 pm, FREE Tacoma 25	26	27
28	29	<b>EARLY MARCH CLASSES</b> <div> Enzymes for Joint Support with Amy Pereira Thursday, March 3 6:30 pm, FREE Tacoma </div> <div> Diabetes Rx: Plant-Based Eating with Nina Osberg, PCRM Saturday March 5 10 am - Noon, \$20 Tacoma </div>				



Sparkling wine  
tasting, 3-5 pm in  
both stores on 4/1!

### SAVE THE DATE FOR THESE 40TH ANNIVERSARY SPECIAL EVENTS!

#### FRIDAY, APRIL 1

Meet Marlene and enjoy a piece of birthday cake with her!  
11 am in Federal Way and 1 pm in Tacoma!

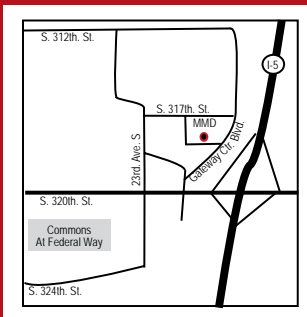
#### SATURDAY, APRIL 9

Help celebrate our 40th! Join us for gift baskets, drawings, samples and more!  
11 am - 3 pm in Federal Way and Tacoma!

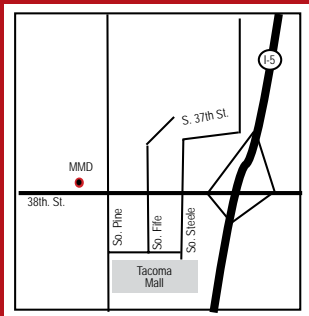




We welcome your suggestions and feedback.  
Write to Editor c/o Marlene's Market & Deli  
2951 S. 38th Street, Tacoma, WA 98409  
or email us at  
editor@marlenesmarket-deli.com.



2565 S. Gateway Center Place  
Federal Way 98003  
**253.839.0933**  
Monday-Saturday: 8:30 am - 8 pm  
Sunday: 10 am - 7 pm



2951 S. 38th Street  
Tacoma 98409  
**253.472.4080**  
Monday-Saturday: 8:30 am - 8 pm  
Sunday: 10 am - 7 pm



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FEBRUARY 2016

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