



SOUND OUTLOOK

January 2021

Creating with gratitude • Skin renewal
Essential oils for wellness • Hypnosis for detox

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A Letter From Us

My goodness, we have never been more ready for a fresh start!

We would like to thank you once again for your support throughout last year as we faced unprecedented challenges. In the spirit of Marlene, we have been able to creatively adapt to continue to serve you, and we are looking forward to a vibrant year ahead.

More than ever before, the health and wellness of our family, friends, community and ourselves is so important. We are pleased to be able to provide you with the foods and resources to accomplish your wellness goals in the coming year. Make sure to visit our Events & Education page for information about all of the free online classes we are offering this month to help get your year started in the right direction.

Remember to check out our sales pages. We're proud to be able provide you great deals on the best products our industry has to offer.

Come in and see us, or take advantage of our Parking Lot Pickup service by emailing us at orders-federalway@marlenesmarket-deli.com or orders-tacoma@marlenesmarket-deli.com or by calling either store.. Our staff is happy to put your order together with a 24-hour notice.

Wishing you a happy, peaceful and prosperous 2021!

Lisa



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IMMUNE BOOSTER SOUP

by Jeanne Logman, NT

I'm fascinated with the idea of using medicinal herbs in food! Astragalus has been a favorite deep immune system-building tonic for centuries with Eastern and Western herbalists alike. The subtle, woody flavor complements mushrooms and garlic beautifully. And the little punch of heat from the chilis effectively delivers nutrients and helps to warm sluggish circulation. Try this delicious bone broth-based soup! Every ingredient offers nourishing support for these wet, chilly months.

Makes 6-8 servings

- | | |
|-----------------|--|
| 2 (16 oz) boxes | Kettle & Fire bone broth
(I use mushroom chicken) |
| 1 ½ cups | thinly-sliced
shiitake mushrooms |
| 1 ½ cups | sweet potato, diced |
| 1 oz | astragalus, dried |
| 2 cups | water |
| ½ inch | ginger, sliced |
| 5 | garlic cloves, smashed |
| 1 | kale leaf, stem removed,
sliced into thin strips |
| ½ tsp | chili paste (or 1 diced hot
chili) |

Himalayan salt, to taste

In a medium sauce pan, add water, astragalus, garlic, ginger and chili paste. Bring to a boil over medium heat. Immediately reduce to low and cover, simmering about 15 minutes. Be careful to watch the temperature as the astragalus has a tendency to foam and boil over. Remove from heat and set aside.

In a large sauce pan, add bone broth, sweet potato and shiitakes. Bring to a boil over medium-high heat, reduce to low and simmer about 15 minutes—until sweet potato pieces are fork-tender. Add astragalus mixture to bone broth by pouring through strainer. Combine, mix and simmer a few more minutes before salting to taste and serving. Can be refrigerated for up to 3 days.

Hypnosis: Detox Your Mind & Body and Reprogram Your Finances

by Lisa Shook, Hypnotherapist, Reiki Master

I am one of those people, maybe just like you, that has had a colorful past. A lot to forgive and forget. With my baggage, I just couldn't break free from the constant stress of working hard and feeling anxious. What has helped me, and much faster than therapy, was hypnosis. If you want to transform the desire to retire early into enjoying work you absolutely love, stop long term addictions and hardships that are rooted in past losses and trauma, expand your self-worth and multiply your net worth, then listen up!

What do you think of when you hear the word 'detox'? Most people think of the human body. Taking supplements, drinking large quantities of water, smoothies, fasting, or ways to rid toxins. This is great, but we tend to overlook one very damaging toxin. Stress! It is one of the most pervasive toxins in America. I call stress a toxin because it is mentally, emotionally, and physically damaging to our lives. In my work I have come to find that many people are addicted to stress and are not even aware of it. And unfortunately, for about half of all Americans, levels of stress are getting worse instead of better.

A natural way to not only detoxify your body, but detoxify your life, is by doing hypnosis. Hypnosis is safe and natural. Almost anyone capable of reading this article can go into hypnosis and experience the results they are looking to achieve. Hypnosis will help rewire your brain and get your neurotransmitters firing properly. Once 'rewired', you will have changed the hormones being released in your body, which will help with detox on many levels. When you change your brain, you can change your life. For example, right now, put your hand on your heart and think of the most grateful, happy, or proud moment that you've experienced in life. Perhaps with someone you love? Use your imagination and REALLY be there! Let yourself *feel* into that event. Notice your posture, or facial expression that goes with that feeling. Right now, if you are feeling a good feeling like happiness or gratitude, your body may be releasing hormones like serotonin, oxytocin and dopamine. These hormones are produced during positive experiences and help combat stress.

There are 3 parts of the brain that I like to talk about when it comes to hypnosis:


- **The Conscious Mind:** The conscious mind is limited and can only handle about 7 bits of information at any given time (this is why multi-tasking doesn't work).
- **The Subconscious Mind:** The subconscious mind is unlimited and stores all of your memories, beliefs, and habits.
- **The Unconscious Mind:** This is the autonomic nervous system.

At every level of our mind there is a protective function and that is what makes changing habits by using willpower alone very difficult. In hypnosis we gain access to the subconscious and basically remove erroneous beliefs and 'old programming' that began when we were younger. Then we grow up and enter the adult world and experience stress.

I realized, thankfully, but at a late point in life, you don't have to be stressed to succeed. You don't have to work 20 hours per day to succeed. You can detox your life, mind, body and your bank account, with hypnosis. What if you could wake up every morning feeling refreshed, energized and excited for your day? Imagine being resilient and having the ability to rebound quickly from difficult situations. Imagine that with hypnosis you have re-wired your thoughts and beliefs, and now, absolutely nothing is stopping you from achieving your financial goals, physical goals or relationship goals.

I will be talking more about hypnosis during the workshop and be providing a bonus experience for those who attend! I hope to see you in the online workshop.

Lisa Shook is a leading trainer, hypnotherapist, and business coach in Seattle. She uses hypnosis to help clients detox from the past and to embrace abundance and love. Her unique methodology is specifically created to help passionate entrepreneurs multiply their income and joy in business and in life. She can be reached for an appointment at 206.920.9936.



Join Lisa online!
DETOX YOUR LIFE
USING HYPNOSIS
Tuesday, January
12 at 5 pm - live
at facebook.com/mmdtacoma.
Details on page 10.

Creating an *Extraordinary* 2021

by Denise Frakes

How do you create an extraordinary year? Write down your goals and create New Year's Resolutions, right? Oops, not so fast. Unfortunately, the average New Year's Resolution lasts only 17 days! In three short weeks, your dreams and wishes for this year are fading back into normal patterns.

Why is this? Is it because we are weak? On the contrary, it is because we are extraordinary. Our brains are wired to see and create patterns. By having these patterns, we minimize the energy it takes to run our brains. Habits are a survival mechanism. It is estimated that 40% of our daily actions are habitual, meaning we are running on auto pilot. Patterns become pathways and then habits. It takes intentional and consistent care to create new patterns and override existing habits.

"According to a study by the University College of London, the habit formation process took anywhere from 18 to 254 days, with the average habit taking 66 days to form." Tom Corely

We still need to dream, but we want these dreams to carry forward and become part of our lives!

I have a proposal for you. Let's start 2021 with a **collective gratitude streak**. For the next 31 days, we will say thank you... *a lot!* Morning, noon, and night, for 31 days we practice being thankful. Instead of starting 2021 searching for what needs fixing, improving or removing, we spend our energy being thankful for who we are, where we are, what we are doing. Let's be thankful for *everything*. As soon as we wake up, we say thank you, thank

you, thank you! We see our day filled with reasons to be thankful. During the day, we sprinkle thankfulness and cultivate appreciation for even the tiniest of gifts. The very last thing we do before falling asleep is say 'thank you'. Each night we ground our practice by recalling moments of our day that were beautiful, delicious, colorful, kind, sweet, serendipitous, extraordinary. We make note of what we are discovering and write down our blessing. We *start* with 31 consecutive days.

Being grateful is good medicine! Joshua Becker, an intentional living and minimalism expert, wrote an excellent article on the benefits of gratitude. He highly recommends the practice of actively stating our thankfulness. This can:

- reduce stress
- help us feel more positive emotions
- unshackle us from toxic emotions
- improve our self-esteem
- decrease the symptoms of depression
- help us sleep better
- improve our interpersonal relationships
- enhances optimism
- helps us lower blood pressure, stop smoking and lose weight!

Well, that pretty much covers it! I am in, how about you? Imagine what is possible. Gratitude cultivation is a simple practice- a delightful habit-shifting pattern that will create extraordinary habits and one beautiful, extraordinary 2021.

I bet Marlene would have loved to have hosted a collective gratitude streak with her market and deli as the hub. I can see her smiling. She started Marlene's as a tiny, natural foods shop. Look what she created from that simple beginning. How many lives has Marlene's enhanced? Everything begins with a vision, so let's listen to our hearts, be truly grateful and begin!

Denise Frakes is a home and life coach. She specializes in clutter clearing, stress reduction, un-busy-ing, cultivating radiance and living nourished. She is a Master Energy EFT Practitioner, Transformational Life Coach, Healthy Home Specialist and owner of Blue Sky Services. Learn more at www.denisefrakes.com or contact Denise at dfbluesky@yahoo.com.



Smile a while and as you smile, another smiles and soon there will be miles and miles of smiles because you smiled." Unknown

How LEAP MRT® Testing Can Improve Your Life

By Cathy Hains, MS, RDN, CLT, CDN

Do you experience headaches or migraines, IBS, bloating, edema or arthritis? Do you have an auto-immune disorder such as fibromyalgia or Crohn's? Maybe you are obese and cannot understand why it is so difficult to release excess weight?

Often these conditions are related to inflammation. Many things can cause inflammation, but what we eat can contribute significantly. With more than 3,000 additives "deemed to be safe" flooding the American food supply (and most not considered to be naturally found in foods), it should come as no surprise that food and food chemicals could be the culprit.

Did you know that even something like broccoli or blueberries might be foods that trigger inflammation for you? Sometimes it's not even an additive that is causing the problem, but a healthy food!

Food and food chemical sensitivities, which are frequently confused with "food allergies," are non-allergic, non-celiac inflammatory reactions that can involve both innate and adaptive immune pathways. To clarify, LEAP does not test for food allergies (reactions that take place within seconds or minutes like hives or anaphylactic shock).

The intestinal tract epithelium (lining) is extremely thin, and ingesting any one of a huge variety of foods could cause a "leaky gut effect," and result in improper digestion of food molecules. Symptoms can occur when certain foods or chemicals trigger circulating white blood cells, to release lymphocytes or granulocytes and pro-inflammatory chemicals known as "mediators" into the bloodstream such as cytokines, leukotrienes, and prostaglandins.

When you suspect that a food could be causing your symptoms, you're usually recommended to perform a blind elimination diet. But wouldn't it be awesome if you didn't have to spend months experimenting and you could know right away what foods make you feel best?

That's where LEAP MRT® comes in, and it stands above all other food sensitivity tests known to date. LEAP (Lifestyle Eating and Performance) is a patented technique from Oxford Biomedical that tests a patient's blood against 170 foods and food chemicals.

In the patented MRT® (Mediator Release Test), a patient's blood is tested against 170 foods and food chemicals, and any resulting inflammation is measured. Then clients follow the LEAP dietary protocol for the next couple of months, after which they slowly try out new foods not included in the test.

The test has been proven to have 94.5% sensitivity and 91.7% specificity. It has been successfully used for more than 15 years by registered dietitian-nutritionists all over the country and in Europe. Few studies are available, but LEAP MRT® is evidence-based and more studies are pending that show how the test and diet protocol have been very successful, especially for IBS.

As a registered dietitian in private practice, I've been grateful to have seen many people improve their conditions with LEAP

MRT® food sensitivity testing and diet therapy. The results take about two weeks to return from the lab, and after some interpretation, are ready for clients to view.

I sit down with my clients and help them figure out a full 7-day meal plan. Many of the whole foods and specialized ingredients can be found at Marlene's Market & Deli! After about 2 weeks on the custom diet, most clients experience a reduction of symptoms and feel much better. In addition, I help clients to heal the gut with other protocols.

I like to call the LEAP MRT® protocol "the ultimate detox." While others are detoxing in an unscientific and unhealthy fashion or avoiding foods they don't need to avoid, LEAP MRT® testing is letting you know which foods and food chemicals affect you, to create a diet that causes the least amount of inflammation for you. If you want to feel the best you've ever felt, then LEAP MRT® is for you.

Cathy Hains, MS, RDN, CLT, CDN, CPT-NASM, is a registered dietitian-nutritionist and personal trainer who has practiced in her own clinic, Lighthouse Nutrition and Wellness in Gig Harbor, since 2010. She helps clients via telehealth to lose weight, prevent diabetes and cardiovascular disease, treat digestive issues and pinpoint food sensitivities.

Join Cathy online!
FIND RELIEF
THROUGH FOOD
SENSITIVITY TESTING
Thursday, January
26 at 5 pm - live
at facebook.com/
mmdfederalway





Front Porch Pecans are Simply Delicious!

Pecans thrive in fertile areas with long, hot summers. The pecan tree (*Carya illinoensis*) is a deciduous tree native to North America. This member of the hickory genus can grow to heights of over 100 feet and may live and bear nuts for up to 300 years. Although the nuts of the tree have been appreciated as a delicacy since pre-colonial days, it wasn't until the late 1800s that the pecan tree was cultivated for commercial and ornamental use in residential landscapes for its bounty, beauty and appeal as a shade tree.

Today, nearly 200,000 tons of the nut are harvested for commercial purposes. The Lamar Pecan Farm has perfect growing conditions and a family at the helm who has lived generations in Georgia working the land.

In the 1970s, John Lamar, his wife, Carol, and their son, Bob, leased their first pecan orchard and began building a business based on good relationships, hard work, and gritty determination. The results of their efforts are showcased in every delicious bite of Front Porch Pecans. Now available at Marlene's, we invite you to try them and taste the difference!

SMOKY PECAN DIP

Looking for a fresh twist for your dipping veggies? This smoky pecan dip makes an easy and flavorful snack companion for crudité, breads and crackers alike, and it comes together in minutes!

3 cups canned chickpeas, rinsed and drained
 1 bag Habanero BBQ Front Porch Pecans
 1 clove garlic
 3 Tbl fresh lemon juice
 1 ½ tsp smoked paprika
 ⅛ tsp cayenne pepper
 sea salt to taste
 ¼ cup water

Place all ingredients in a food processor. Blend until smooth, stopping to scrape down the sides and help the mixture along as needed. If mixture seems to thicken, add 1-2 Tbl water until mixture is a chunky hummus consistency.

Can be served immediately or stored refrigerated in an airtight container for up to one week.



Why am I Breaking Out Now?

by Dr. Jennifer Champion, NeoGenesis Nutrition

I have yet to meet anyone who looks forward to skin breakouts! If you are one of the millions who suffer from adult acne, you know how embarrassing and painful it can be. Those who have been reading my articles know that I advocate for getting to the root cause of any symptom. Acne is a symptom, not a disease itself.

Three major contributors to acne development include hormonal fluctuations, stress and diet.

Hormones aren't produced in consistent amounts every day of our lives. It would be nice if they were, but that isn't the reality. They fluctuate up and down depending on mood, environment, toxins, diet, etc. For women, this ebb and flow allows us to have a menstrual cycle and prepares our bodies for reproduction. For men, a surge of testosterone can also help prepare the body for reproduction, but this is also when acne can occur.

As the environmental burden from toxicants has risen over the years, so have hormone disorders such as infertility, adult acne and mood instability. Toxicants can influence hormones faster than The Flash and may be the source of your acne, especially if you are over the age of 25, when our bodies should be settling into a rhythm. If you are a teenager or under 25, your hormones are still trying to find their rhythm. While we expect some fluctuation of hormones in the pubescent years, cystic acne is often a sign of hormone imbalances coupled with nutrient deficiencies.

The most common nutrient deficiencies that I see with acne include fatty acid deficiencies (Omega 3, 6 and 9), vitamin A, vitamin D and properly formed B-vitamins. Most people in the United States do not consume enough quality Omega 3 fatty acids. Instead, they consume an abundance of low-quality Omega 6 from fried foods and vegetable oils that lead to systemic inflammation. What's the solution? Consume cold-water, wild-caught fatty fish like salmon 2-3 times per week or take

a high-quality supplement. Ideally, you want one that has 3-6-9 in the appropriate balance!

Our diets no longer consist of regular consumption of organ meats as they once did. These organ meats were the most common source of Vitamin A. Instead, many people opt for beta-carotene, thinking that it will convert to the active form of Vitamin A, retinol. Sadly, this isn't the case for the majority. Only about 49% of people can convert beta-carotene to retinol successfully. This is one reason I see a high number of clients who are deficient in vitamin A. What's the solution? Consume organ meats a couple of times per week! Don't fret! You can mix it in with other meats to cut the taste if you struggle.

Over the last few years, there has been much conversation about genetic mutation and how it either enhances or inhibits our detoxification process. Some people are born with methylation mutations that slow the process of hormone detoxification, especially estrogen. If you happen to be one of the many people who have the MTHFR or COMT genetic mutation, your ability to detoxify estrogens is impaired. This impairment increases the likelihood of acne due to elevated testosterone or estrogen. Individuals with either (or both) mutation, need methylated B vitamins, B12 and folate. The catch is that we can't assume that we have this mutation without testing. Over-methylating is just as bad as under-methylating.

The liver is the most commonly known organ for detoxification. The liver requires the body to methylate to remove toxins, as well as sulfur, cysteine and methionine.

Join Dr. Champion
online!
HORMONES AND ACNE
Tuesday, January
5 at 5 pm. Visit
marlenesmarket-deli.com/classes to register.



These can be found in foods like eggs, turkey, grass-fed beef, tuna (limit this due to mercury), pork chops, tofu, dairy, chicken, lentils, legumes, quinoa and Brazil nuts.

Detoxification is a multi-organ process, and we must have the right nutrients in the correct balance. When we lack any part of these, our bodies cannot function properly, which creates an abundance of toxins, and our skin is left to scream for help!

If you are curious to see where your nutrient levels are or if your toxic burden could be the root cause of your acne or other symptoms, please feel free to schedule a free 15-minute phone conversation with me.

Dr. Jennifer Champion holds a Doctorate in Clinical Nutrition and is a Board-Certified Nutrition Specialist. She works with women who are ready to make positive changes in their lives. She has a thriving practice in Tacoma and is currently accepting new clients. For more information, visit NeoGenesisNutrition.com, call 253.507.5775 or email jennifer@NeoGenesisNutrition.com.

Banana Walnut Pancakes

by Organic India

¼ cup unsweetened applesauce
1 Tbl apple cider vinegar
1 chia egg (1 Tbl chia seeds mixed in 3 Tbl water)
2 cups unsweetened almond or other non-dairy milk
½ cup mashed ripe banana (1 medium)
1 ½ cups gluten-free flour blend
½ cup oats
1 Tbl ORGANIC INDIA Cinnamon Spice Psyllium Pre & Probiotic Fiber
½ tsp ORGANIC INDIA Ceylon Cinnamon (2 capsules)
1 ½ Tbl baking powder
¼ tsp sea salt
½ cup chopped walnuts
Serve with: Maple syrup, chopped walnuts, and sliced banana



Add all ingredients except for the walnuts into a blender. Blend on high until smooth, about 30 seconds. Add walnuts and lightly blend about 10 seconds more to mix through while maintaining some nutty texture. The batter should be thick but pourable.

Heat a large nonstick skillet coated with cooking spray over medium heat. Once hot, pour ¼ to ½ cup of the batter onto the skillet, and cook until the pancake surface begins to gently bubble (about 1 ½ to 2 minutes). Carefully flip and cook 1 ½ to two minutes more (until lightly browned underneath). Repeat with the rest of the batter, adding additional milk if needed. Makes 12-14 pancakes.

Transfer to a baking sheet and keep warm in the oven until all the batter is prepared. Serve warm, and enjoy topped with maple syrup sliced bananas and walnuts.

PSYLLIUM: HORSE FLOWER

by Organic India

Known in India as Isabgol, Psyllium grows in the cooler, dry northern regions of that country. It is the main ingredient in many fiber supplements such as Metamucil, and is also called 'Horse Flower'. Psyllium is an example of a cherished Ayurvedic plant that has gained wide acceptance in Western medicine and healthcare.

Psyllium husk is a soluble fiber, meaning that it absorbs many times its weight in water, swelling into a gel-like mass. Because of this characteristic, it can be used in vegan baked goods as an egg replacement.

Psyllium Body and Mind Benefits

The benefits of dietary psyllium have been confirmed by numerous studies — when the indigestible fiber turns to gel in the GI tract, it serves to regulate cholesterol, triglycerides, and blood sugar levels. Because of this bioactivity, psyllium is known to promote heart health and support healthy blood sugar levels. First-world diets generally lack optimal fiber, so psyllium is popular for increasing daily fiber consumption.

What better way to herald the weekend than by whipping up a warm batch of pancakes?

Made with Organic India Cinnamon Spice Psyllium Pre & Probiotic Fiber, the wholesome ingredients provide sustained

energy for a day of work and play. Hearty and tender, these pancakes are vegan, gluten-free, naturally-sweetened, oil-free, and delicious.

In addition to lending lightly spiced flavor and unique binding properties, Organic India Cinnamon Spice Psyllium Pre & Probiotic Fiber packs a host of rejuvenating health and wellness benefits. Along with soluble and insoluble fiber, Ayurvedic herbs Amla, Bibhitaki, and Harikati work to improve digestion and optimize nutrient absorption. Prebiotics and probiotics support a healthy gut biome for bolstered immunity and a healthier you.

As well as bursting with fiber and flavor, these pancakes are quick and easy to make — simply blend and pour. Serve topped with whatever makes you smile, and enjoy!



ORGANIC INDIA
Psyllium Pre & Probiotic Fiber

16 oz
Reg. \$15.99

\$10⁹⁹

January Events & Education

HORMONES AND ACNE



Jennifer Champion, DCN, CNS, FMCHC, CN, HMCC
Tuesday, January 5
5 pm – live at [facebook.com/mmdtacoma](https://www.facebook.com/mmdtacoma)

The skin is the largest organ of the human body and is tied to our digestive and endocrine systems. When the body is not able to effectively remove hormones and toxins, the skin lets you know by creating acne, rashes, and inflammation as an alarm. Join Dr. Champion to learn about balancing your digestion and hormones to heal your skin.

CREATING AN EXTRAORDINARY 2021



with Denise Frakes, Certified Life Coach and Healthy Home Specialist
Thursday, January 7
5 pm – live at [facebook.com/mmdfederalway](https://www.facebook.com/mmdfederalway)

Is it a waste of time to set goals for 2021? Nope! Our wishes and dreams give direction and focus. Join Denise for practical and heartfelt guidance to get a jump on the new year. Learn how to fearlessly dream big and create the small acts and practices that fuel resolutions and grow into life-enriching habits.

DETOX YOUR LIFE USING HYPNOSIS



with Lisa Shook, Hypnotherapist, Reiki Master
Tuesday, January 12
5 pm – visit [marlenesmarket-deli.com/classes](https://www.marlenesmarket-deli.com/classes) to register

Learn how to detoxify and reprogram your life for stressless prosperity in 2021!

Lisa will discuss how hypnosis can help you break free of the limiting beliefs and habits that keep you stuck. She will guide you to a glimpse of what 'stressless' prosperity might look like for you!

NORTHWEST WELLNESS Q & A



with Lorri Nichols, DC, Clinic Director
Jeff Thomas, ND
Megan Anderson, DC
Rachel Herron, DPT
Thursday, January 14
5 pm – Visit [marlenesmarket-deli.com/classes](https://www.marlenesmarket-deli.com/classes) to register

The knowledgeable and friendly healthcare professionals of Northwest Wellness will share information about their specialties and how they collaborate for your optimal health. Bring your questions! This is a virtual Q&A session.

SELF-CARE ESSENTIALS



with Becca Duskin, RN, Health Coach
Tuesday January 19
5 pm – visit [marlenesmarket-deli.com/classes](https://www.marlenesmarket-deli.com/classes) to register

Stress is one of the leading causes of illness and disease in the USA and self-care is one of our most powerful defenses!

Learn how to incorporate self-care strategies into your daily routine in a fun and stress-free way so that you can live your best life.

FUTURE OF MEDICINE FUNCTIONAL MEDICINE



with Jeremy Gilsoul, M.S., LAc, Functional Medicine Practitioner
Thursday, January 21
5 pm – visit [marlenesmarket-deli.com](https://www.marlenesmarket-deli.com) to register
Jeremy knows the cost of medical care can be tremendous and the best

interest of patients can seem to be second to the bottom line. Join him for a discussion of the current mainstream healthcare system as well as the alternatives that are available today.

FIND RELIEF THROUGH FOOD SENSITIVITY TESTING



with Cathy Hains
Tuesday, January 26
5 pm – live at [facebook.com/mmdfederalway](https://www.facebook.com/mmdfederalway)
Do you experience headaches or migraines, IBS, bloating, edema or arthritis? Do you have an auto-immune disorder such as fibromyalgia

or Crohn's? Maybe you are obese and cannot understand why it is so difficult to release excess weight? Even seemingly healthy foods can be subtly reactive and cause issues over time. Join Cathy for an in depth look at food sensitivities, how they contribute to many health issues and what LEAP/MRT testing can do for you!



Dr. Carla Yamashiro
thenaturalchoice@ecologicdentistry.com

ecologic dentistry
THE NATURAL CHOICE

Want to breathe, sleep and thrive?
Grow with us!

email us at grow@ecologicdentistry.com for your invitation to our free online presentation!

Himalayan Crystal Salt Inhalers

by Symphony Natural Health

Salt therapies have been used for thousands of years in both traditional and modern medical practices. They have been used for mouth infections, sore throats, upper and lower respiratory conditions such as cold and flu, allergy, asthma, bronchitis, cystic fibrosis, sinus infection, hay fever and emphysema. But in this day and age of heart transplants, genetic engineering and miracle drugs, it is often hard to believe that something as simple as salt can truly have beneficial effects. However, we can now scientifically explore the mechanisms by which traditional remedies and treatments work. Through science and clinical trials, it appears that not only do salt therapies work, but they do so even better than we expected.



The Importance of Mucus and the Mucous Membranes

In order for any microbe, virus, bacteria or mold to infect the sinuses, throat or lungs, it must first pass through or enter the body through the mucous membrane. It is the first line of defense against infection, followed by the immune system.

The mucous membrane consists primarily of cells with an external surface covered by hair-like structures called cilia. The cilia are formed into bundles and act like brushes to move the mucus, microorganisms, and particles up and eventually out through the nose or mouth.

On top of the mucous membrane there are two layers of mucus. The mucous membrane and mucus are specially designed to prevent any microorganisms or particles from getting into the lungs. The importance of the health of the mucus and the lining of the airways in preventing infection progressing into the lungs cannot be overstated, as seen by how colds and flu can advance into pneumonia.

Effects of Salt on Bacteria, Viruses and more, plus how it supports Mucus

What is amazing about mucus, and we still don't understand how it does this, is that it is selective - allowing nutrients and other vital molecules to enter, but keeping out pathogens such as viruses and bacteria which are dangerous to our health.

Interestingly, the composition of mucus can differ between people and varies depending on factors such as age and diet, implying that healthy people have healthy mucus. Even the time of year can impact the composition of mucus, which may play a part in why we more often get colds or the flu during winter months. Mucus is also abundant in breast milk, protecting infants against viruses such as rotavirus and HIV.

High salt concentration makes the mucus less penetrable, which offers a possible explanation for why gargling with salt water, or using a neti pot with salt water or a Himalayan Crystal Salt Inhaler often soothes symptoms.



How Original Himalayan Crystal Salt Inhalers Work

Speleotherapy, also known as cave therapy, was developed in the mid-1800s after Polish salt miners were found to have a lower incidence of pulmonary disease. Halotherapy, a more recent development of the concept, is the use of salt air to re-create the cave microclimate for therapeutic use. A more recent and portable alternative to salt caves or rooms is a dry ceramic inhaler, with a salt chamber inside. This adds salt to the air as the patient breathes in - mimicking the atmosphere and process in speleotherapy and halotherapy. Just as the neti pot does for the sinus tract (nose), the Himalayan Crystal Salt Inhaler creates a salt environment in the bronchial tract (lungs) which, according to the Lung Institute, results in anti-bacterial, anti-viral, anti-inflammatory properties, thinning and reducing the build-up of excess mucus and helping to reduce congestion and support ease of breathing. The high-quality ceramic inhaler is filled with premium, coarse ground Original Himalayan Crystal Salt which contains 84 trace and ultra-trace minerals.

CONQUERING STRESS WITH SELF-CARE

by Becca Duskin, Live to Thrive - Holistic Health and Lifestyle Coaching

Stress is responsible for 90% of illness and disease (physical and mental). Our bodies are under a constant level of chronic stress never seen before. We live this way without realizing the effect it has on our health. It can affect our immune system, our digestive system, our skin, our mood, our brain health, our energy, and our ability to experience joy in our daily life.

We run everywhere. From the moment we roll out of bed in the morning to the second that we collapse into bed at night. We wake up to an alarm clock buzzing, hit snooze multiple times, get out of bed behind schedule and rushed, grab coffee and easy breakfast options as we head out the door for our day or get kids ready for their day, come home, rush to get dinner on the table, unwind at night in front of electronics, and then collapse into bed late. We don't tend to take the time to care for ourselves amidst the chaos. When during the day, do we take care of ourselves? When, do we stop and breathe? When do we stop to notice what is beautiful in our lives?


Taking a few moments during the day to focus on relaxing and centering yourself can mean the difference between health and illness. When we are constantly pouring from our cups for all those who need us in our life, our cup becomes empty and we have nothing more to give without making ourselves sick, which takes us out of the game for everyone. Self-care helps you be a better person for all the people and things in your life that need your attention and love, including yourself. You become a better mom, dad, wife, husband, friend, employee and person. When you take the time to fill yourself up with goodness, you have more to give without depleting your reserves.

It does not take a week away at a spa or even a whole day (don't get me wrong- those are good things too!) to put yourself in a relaxed state. It takes a few small moments of intention a few times a day to reap rewards beyond belief in your life. The effects are cumulative. The more you do it, the easier it is to get into a relaxed state and out of stress mode. By learning simple self-

care strategies, you will have the tools to calm your mind and body at any given time in a world of chaos and stress.

Self-care can change everything. When you get up before the chaos in the morning and spend quiet time alone first, you begin your day relaxed. This changes everything. When you take time during the day to stop and breathe in the beauty of your life and breathe out the tension, you spend your day relaxed. This changes everything. When you end your day slowly and wind down in a way that serves you, you end your day relaxed. This changes everything. Self-care lights up your soul every day, so that you can light up the world in all the ways that you dream of and some you never imagined.

Becca is a registered nurse and certified health coach. As a proud mother of teenage daughters, she is passionate about changing the face of healthcare in the world! She works with women who suffer from digestive issues to make lasting changes towards healthy, energetic and joy-filled lives with less pain and discomfort. Reach out to her at livetothrive.com.



Join Becca online!
SELF-CARE
ESSENTIALS
Tuesday January 19 at
5 pm - live at [facebook.com/mmdtacoma](https://www.facebook.com/mmdtacoma)



Start the New Year with the Vibrance of Matcha!

DōMatcha® is 100% authentic Japanese stone-ground green tea, directly from Kagoshima and Uji, Kyoto where Japanese matcha originated, and where most premium matcha is produced today. It is a delicious and nutrient dense tea and the ideal complement to a lifestyle that aims for health and vitality.

One of the most unexpected benefits of matcha tea, is that drinkers experience a boost of energy throughout the day. In one study, researchers had thought that this was from the caffeine in matcha, but they found that it was actually the combination of matcha's natural properties. Another recent study found that matcha even improved physical endurance by up to 24%. A study featured in the American Journal of Clinical Nutrition found that consuming matcha green tea can increase thermogenesis (the body's own rate of burning calories) from a normal 8%-10% of daily energy expenditure, to between 35% and 43% of daily energy expenditure.

And that's not all:

Matcha powdered green tea has 137 times more antioxidants than regularly brewed green tea.

One cup of matcha = 10 cups of regularly brewed green tea in terms of nutritional content.

When you drink matcha you ingest the entire leaf and receive 100% of the nutrients of the leaf.

Matcha Chai

Add some spice to your routine with this terrific chai recipe!

Serves 2

16 ounces	vanilla almond milk (or your choice of milk)
1-2	cardamom pods
1/8 tsp	peppercorns
1/4	cinnamon stick
3	whole cloves
1/8 inch	slice of fresh ginger
1/4 tsp	dried fennel seeds
1	bay leaf (optional)
1 tsp	DōMatcha®

1. Bring milk and spices to a boil. Boil for 5 minutes, then simmer for 10 minutes.
2. Strain into a blender. Let the mixture cool for a few minutes, then add 1 teaspoon of DōMatcha® and blend.

You can also make a DōMatcha® Chai Frappe by blending with ice Mmm-matcha!



DOMATCHA
Matcha
Green Tea

Assorted sizes
and varieties

25% off

Select items only. In-store prices reflect discount. No additional discount at register.

Cleansing Aromatherapy

by Uncle Harry's Natural Products

Four Bandits Anti-Germ

Legend goes that during the Black Plague in 17th century France, four bandits robbed sickly victims without getting infected. After their arrest, they were offered leniency by the magistrate if they would divulge their secret - which became known as Thieves Vinegar or Marseille Vinegar throughout the ages. Our **Four Bandits Anti-Germ** was inspired by this tale. It is a combination of antiseptic oils - useful at creating a barricade between you and insects, germs, and more. This combination of 14 essential oils has a sweet herbal scent with a spicy kick thanks to the cinnamon leaf, and this blend is best used diffused or as a cleanser. To diffuse, add up to five drops per ½ cup water to airborne microbes - *we have this diffusing at all entry points to our factory*. To use as a cleanser, dilute up to 15 drops in a mix of 50% apple cider vinegar and 50% water. If you don't have a spray bottle on hand, you can also add a few drops to a wet cloth and wipe down any surfaces.*

Breathing Mix

Clean oxygen, which is vital to living and protecting our respiratory systems, has been the talk of the pandemic... so ditch the so-called air fresheners and take advantage of purifying plant essences to help clear the nasal passages. **Breathing Mix** is a versatile synergy blend of 7 essential oils ideal for purifying the air. To diffuse, add up to five drops per ½ cup water to purify the air. To

use as a cleanser, dilute up to ten drops per ½ cup water in a spray bottle. If you're feeling a little stuffy, you can even put a few drops on a handkerchief or the collar of your shirt to breathe in frequently. For serious stuffiness, you can try steam inhalation. Don't have a diffuser? Check out our **Clean Air Blend Aromatherapy Mist!**

Eucalyptus Oil

Do you prefer a single oil? Then **Eucalyptus oil** would be ideal for you! This is an essential oil superstar that has a long history of widespread application for medicinal, industrial, and perfumery purposes. This cineole-based oil is a colorless liquid with a pungent, camphoraceous scent and a woody-sweet undertone that is renowned for its cooling and stimulating properties. To diffuse, add up to five drops per ½ cup water to revitalize your senses. For aches and topical

use, mix up to twelve drops in two ounces of carrier oil. To use as a cleanser, dilute up to 20 drops in a mix of 25% vinegar and 75% water.* To improve respiration, try steam inhalation.

These past months have been difficult to all of us in many different ways, causing more stress in daily life. So don't forget to take some time for yourself and relax! Disconnect from your electronics, light some candles, play some relaxing music and diffuse some oils to create a relaxing atmosphere. **Relaxing Serenity** is a wonderful soothing blend of floral scents that can transform your space into pure bliss with a few drops. **Lavandin oil** is a sweet hybrid type of Lavender with balancing and calming properties, and a few drops can help relax the body and mind. To diffuse, add up to five drops per ½ cup of water. Don't have a diffuser? Check out our **Lavender Aromatherapy Mist!**



**Disclaimer: Uncle Harry's Natural Products are created with high quality ingredients and good intentions. Each item is handcrafted in small batches by a conscientious staff in Redmond, WA. We do not represent medical doctors and cannot diagnose, treat, cure, or prevent any disease. If you have a concerning symptom please seek guidance from a licensed healthcare practitioner before using our products. Provided recipes are not proven to work against COVID-19 and shouldn't replace directed hygienic practices encouraged by the CDC.*

PRIMAL KITCHEN COLLAGEN PEPTIDES

Your body uses collagen peptides to build muscle, bone, cartilage, skin, hair, connective tissue, and much more! Since your body's collagen production declines as you age and you need adequate collagen for strong bones, joints, and skin, adding more collagen to your diet sounds like a no-brainer.

Primal Kitchen has developed top quality collagen supplements in a variety of delicious flavors and an unflavored powder that can be used in countless recipes.

Kick off 2021 with a nourishing and deeply satisfying soup, and start building the foundation of a great year!



PRIMAL KITCHEN
Collagen
Supplements
Assorted sizes
and varieties

25% off

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GUT REPAIR SWEET POTATO SOUP

by Primal Kitchen

- 4 medium sweet potatoes
- 1 large leek, thinly sliced
- 2 medium garlic cloves, minced
- 1 12-16oz bag of frozen, cubed butternut squash
- 2 Tbl Primal Kitchen Avocado Oil
- 1 32-oz container of chicken or veggie broth (low or no sodium)
- 2 tsp sea salt
- 1 tsp white pepper
- 3 scoops Primal Kitchen Collagen Peptides
- 1 cup browned ground turkey or beef (optional)

Allow bag of butternut squash to defrost overnight in your fridge.

Preheat oven to 375°.

Scrub the sweet potatoes and poke with a fork multiple times. Place the butternut cubes and sweet potatoes on a baking sheet.

Roast for about 35 to 45 minutes (or until soft and fragrant).

Remove from oven and allow them to cool.

In a pan, heat Primal Kitchen Avocado Oil over medium heat. Add the leeks and turn the heat down to medium-low. Sauté for about ten minutes, stirring the leeks every couple of minutes. After about eight minutes, add the garlic to the pan and keep the contents moving so the garlic doesn't burn.

In a high-speed blender, add the leek-garlic mixture, butternut squash, and two sweet potatoes. Add the room temperature broth, sea salt, and white pepper. Blend on high until mixture is smooth.

Add the remaining two sweet potatoes and the Primal Kitchen Collagen Peptides and blend again. If the mixture is too thick, add more broth (1/4 cup at a time) until you get to the consistency you want. If you do not have extra broth, just add water.

Add more salt and pepper to taste.

Add 1/4 cup browned ground turkey or beef to each bowl.

Serves 4. Enjoy!



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Hair Care
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AMMONIA FREE!



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Permanent Hair
Color

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We continue to do our best to make sale priced items available all month. Due to currently uncertain supply and delivery chains, availability and promotional pricing are not guaranteed. Thank you for understanding.



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Organic Chickpea Puffs
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Tortilla Chips
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Organic Roasted Seaweed
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5 oz

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Coconut Aminos or Coconut Sugar
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for**



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Frozen Waffles**
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**IRWIN NATURALS
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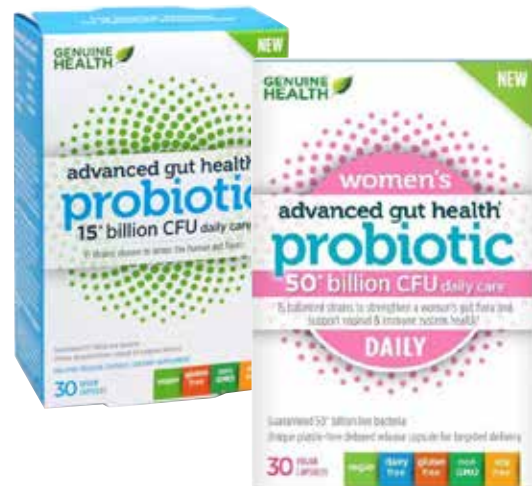
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Superfood
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Supplements

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**SOLARAY
Immune
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Assorted sizes
and varieties

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January

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 3	4	Hormones and Acne with Dr. Jennifer Champion 5 pm, Online Live at facebook.com/mmdtacoma	6	Creating an Extraordinary 2021 with Denise Frakes, Home & Life Coach 5 pm, Online Live at facebook.com/mmdfederalway	8	9
10	Uniform Monday! 10% off to all firefighters, police, and military! 11	Detox Your Life Using Hypnosis with Lisa Shook, Hypnotherapist 5 pm, Online Visit marlenesmarket-deli.com/classes to register	13	Northwest Wellness Q & A with Dr. Lorri Nichols, Dr. Jeff Thomas, Dr. Rachel Herron, Dr. Megan Anderson 5 pm, Online Visit marlenesmarket-deli.com/classes to register	15	16
17	Martin Luther King Jr. Day 18	Self-Care Essentials with Becca Duskin, RN, Health Coach 5 pm, Online Visit marlenesmarket-deli.com/classes to register	20	Future of Medicine: Functional Medicine with Jeremy Gilsoul, M.S., LAc, FMP 5 pm, Online Visit marlenesmarket-deli.com/classes to register	22	23
24		Find Relief Through Food Sensitivity Testing with Cathy Hains, RN 5 pm, Online Live at facebook.com/mmdfederalway		FULL MOON 28	29	30
31	25	26	27	28	29	30



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Take great care of yourself this year!

Enjoy 10% off all services purchased in January.

TACOMA

Vitamin B and glutathione shots with Voda Health
Tuesday, 10 am - 2 pm

Energy Healing with Deborah Forrest, Matrix Energetics Certified Practitioner, Licensed Hypnotherapist
2nd Sunday, 11 am - 3 pm

Iridology with Nancy Seals, Certified Iridologist
4th Sunday, 11 am - 4 pm
Walk-ins available or call for appointment: 360.705.4465

FEDERAL WAY

Vitamin B and glutathione shots with Voda Health
Wednesday, 11 am - 3 pm

Seated Massage with Erica Seter
Tuesday, 11 am - 2 pm
Thursday, 2 pm - 6 pm
Friday, 2 pm - 7 pm
Saturday, 2 pm - 7 pm

Energy Healing with Deborah Forrest, Matrix Energetics Certified Practitioner, Licensed Hypnotherapist
4th Sunday, 11 am - 3 pm



FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

Monday – Saturday 8 am – 8 pm
Sunday 9 am – 7 pm

Deli Hours

Juice, smoothie and espresso service
available until 4 pm.

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

Monday – Saturday 8 am – 8 pm
Sunday 9 am – 7 pm

Deli Hours

Deli counter service available
until 6 pm.

Grab and go options available until closing.

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

feedback@marlenesmarket-deli.com



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JANUARY 2021

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Gluten Free & ALLERGY FRIENDLY MONTH

**ENJOY
SAMPLES,
GIFT BASKET
GIVEAWAYS
AND SAVINGS!**