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NATURAL ORGANIC GLUTEN-FREE NON-GMO

Marlene's™

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

October 2017

Fight for GMO Freedom

Honesty is the best policy
Whole foods for full hearts

Breast Cancer Awareness

The power of prevention
How toxic is your lymph?

Brace yourself for winter

Melatonin: snoozer or immune-booster?
Friendly fungus

inside this issue

- 2 A Note From Marlene
- 3 Roasted Pumpkin
- 4-5 Grains of Hope: A Community in Action
- 6 Non-GMO Month: The State of the Non-GMO Community
- 7 The Lymph: Cancer's Worst Nightmare
- 8 Breast Cancer Prevention
- 9 Health is Fragile, Handle with Food
- 10-11 Speaker & Classes
- 12 Effortless Healing, Part Two
- 13 Three Steps to Reversing Gut Dysbiosis
- 15 Omega Health with Quality Fish Oils
- 16 The Magic of Maca
- 17 Sync Your Sleep and Boost Your Brain
- 18 Smart Shopping: Bulk Foods
- 19 Fair Trade for a Better World
- 20 A Day of Learning at the Burroughs Family Farm
- 21 Will Humidity Damage My Probiotics?
- 22 Holiday Open House
- 23-29 In-Store Sales
- 30 Granny Smith Wrapples
- 31 October Calendar of Events

A from Marlene...

Hello to all, and welcome to October.

My goodness, this is such an information-rich issue. Our Sound Outlook staff has really put together so many wonderful articles and ideas this month – all aimed at building you up for the winter.

One event I certainly hope you can make is our Non-GMO Day on Saturday, October 7th. Our vendors will be active in both stores from 11 am – 3 pm passing out many tasty samples of food and wine. There will be drawings to enter and packaged samples to take home. If you're still unsure about GMOs, we have a wonderful article for you on page 6.

In addition to a nice, full month of classes we have a special guest, Dr. Robert Scott Bell who will be broadcasting his show from the Federal Way store on Wednesday, October 11th. He'll be talking about how to rebuild the immune system after taking antibiotics or vaccines. Stop by if you can.

Well folks, it's definitely time to sort through your wool socks and sweaters. I've been revisiting some favorite fall recipes, and I'm looking forward to trying some new ones. And that reminds me – our catering department is ready to take your holiday orders beginning October 23rd. See the back cover of this month's issue for more information. Be sure to get those orders in early. Our delicious, handmade meals and desserts move quickly!

Much love,

Marlene



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Roasted Pumpkin

by Mary Walukiewicz,

Food Service Director for Marlene's Market & Deli

This is one of those recipes that's so easy, you really don't need a recipe. It's more of a reminder of how good simple food can be. You can change the oils and spices to suit your personal tastes and add a tablespoon of brown sugar or maple syrup if you'd like it a bit sweeter. If you have any leftovers, try topping it with your favorite chili.

Serves 2-3

- 1 small pie pumpkin (feel free to use any hard squash)
- 1 Tbl coconut oil
- pinch cinnamon
- pinch cayenne
- pinch sea salt
- pinch black pepper

Peel your pumpkin or squash and remove seeds. Dice into 1-inch chunks. Toss with coconut oil, and sprinkle with spices. Pour onto a sheet pan and roast at 400 degrees for 25-30 minutes or until tender.

Vegan, Gluten Free, Paleo

GRAINS OF HOPE: A C

by Delaney Dvorak, *Sound Outlook* Copy Editor

As you roam through Marlene's bulk food department and acclimate to the cool, yet refreshing refrigerated air, you may find yourself wondering, "Who in the world is seasoning these roasted pumpkin seeds to perfection?" or "Whose hand can I shake for providing this organic and locally-milled flour for my family's allergen-free diet."

Marlene's bulk department head, Carolynne, and I set out for Eugene, Oregon, to tour a few of the family businesses we buy from and get to the bottom of these pressing questions. Upon arrival, we were immersed in the history of some of Oregon's most driven farmers and devoted workers, as well as a tenaciously active community rooted in sustainability. This opportunity enlightened us to what makes Marlene's so special too: simply, our personal relationships with passionate people.

This particular story of hardworking individuals begins in the early 1950s when Everett and Ellen Hunton established their family farm in the fertile and friendly Willamette Valley near Junction City, Oregon. Their primary crops included forage and turf grasses, clover, meadow foam, and other various vegetables and cover crop seeds. It

wasn't long until they gained an exemplary reputation as a large-scale cultivator for the surrounding farming community.

After working on the farm his entire life, the Huntons' son, Tom, had acquired the skillset to sustain the farm on his own. Tom now works with his own son, Jason, who is also well-versed in organic farming and the economics of agriculture. Three generations are still hard at work keeping the farm running in top condition. Today, the Hunton Farm encompasses 2,700 acres, a combination of family-owned land and leased property from nearby landlords with unwavering confidence in Tom and his farm. Ellen Hunton still works with her son and grandson maintaining the daily affairs and bookkeeping for the farm – at 90 years old!

In 2008, the recession began to creep into the local farming community, and commodity crop prices were ravaged. Soon, 85% of Oregon's wheat and grains were being harvested, processed, and shipped overseas by the growing commercial seed industry without any regard for the local communities it affected.



Tom Hunton surveys a young crop while he explains how local grain raising and milling helps to reinvigorate the community.

In the Camas Country Mill Store, you can find cookies, soups, and sandwiches - all made with ingredients grown on Tom's farm!



COMMUNITY IN ACTION

While other Oregon farmers were sending their products far and wide to be processed and sold, Tom was determined to keep his grains close to home. But how was he going to distribute these amazing grains and flours efficiently to the community while simultaneously keeping prices competitive?

The community itself presented a solution! With help from Julie and Charlie Tilt's business, Hummingbird Wholesale; the City of Eugene; and their own life savings – the Huntons were able to build their own mill. By providing a milling service to local producers, the Camas Country Mill was able to increase revenue, keep their products reasonably priced, and begin to rebuild the once thriving Willamette Valley farming community.

Just as the Hunton Farm thrives on providing organic and sustainable crops to the tables and feeding troughs of others, Hummingbird Wholesale strives to share the magic of ecological stewardship with its community and beyond. Their building is completely solar powered and built with used materials, they practice a zero waste policy that is constantly challenging them with new ways to recycle odds and ends as

well as everyday materials, and they make deliveries to their Eugene customers on a cargo bicycle! Hummingbird also prides themselves on the complete transparency of their business and are passionate advocates for the labeling of GMO foods.

The positive impact Hummingbird Wholesale has on its clients and farmers does not go unnoticed. They provide farmers with creative options that can turn a bad crop year into a great one. For example, unpopable corn can be milled into polenta and featured on a local restaurant's seasonal menu. An unsightly but still tasty fruit crop can be just what a flavor-lacking trail mix needs! The Tilts are steadfast in their mission to provide support and innovation to their sustainably responsible community.

Hummingbird Wholesale, Hunton Farms, and Camas Country Mill are the epitome of what it looks like when family, friends and community come together to work tirelessly for what they believe in. So, go ahead: slip another scoop of pumpkin seeds into that bag, and feel comfortable knowing exactly who and what your snacking supports.



The Hummingbird Wholesale storefront offers a handpicked selection of some of their favorite crops including local honeys, organic oils, and heirloom legumes!

Cover crops enrich the soil and beautify the Hunton's farm!



Non-GMO Month: The State of the Non-GMO Community

by Erin Matchett, Marketing Manager for The Non-GMO Project



The Non-GMO Project, a nonprofit organization, offers North America's most rigorous verification program for non-GMO food and products. Committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices, The Non-GMO Project believes everyone has a right to know what is in their food.

What is a GMO? A GMO, or genetically modified organism, is a plant, animal, microorganism or other organism whose genetic makeup has been modified using recombinant DNA methods, gene modification, or transgenic technology. This relatively new science creates unstable combinations of plant, animal, bacterial, and viral genes that do not occur in nature or through traditional crossbreeding methods. Most developed nations do not consider GMOs to be safe and have significant restrictions or outright bans on the production and sale of GMOs. In fact, unlike the United States and Canada, sixty-four countries around the world require genetically modified foods to be labeled.

In celebration of the consumer's right to choose non-GMO, every October, thousands of retailers across the United States and Canada take part in Non-GMO Month! This month-long event raises awareness about issues related to GMOs and helps support the brands, retailers and shoppers that make our work possible. In honor of Non-GMO Month, the Non-GMO Project would like to share some updates on the non-GMO movement.

In the face of a rapidly-changing GMO landscape, the Butterfly Verification Mark is more important than ever. Consumers are becoming more educated about GMO issues, and they are overwhelmingly demanding GMO transparency. According to a 2014 Consumer Reports survey, 92 percent of American consumers think GMOs should be labeled. Further, consumers don't just want labeling; they are intentionally seeking non-GMO choices. The same Consumer Reports

survey revealed that 70 percent of shoppers think it is important to avoid GMOs, and 40 percent are actively looking to non-GMO labels, namely The Non-GMO Project Verified mark, to guide them as they do so.

This demand for non-GMO options has driven many companies to get their products Verified, and The Non-GMO Project is proud to offer over 45,000 Verified products. Consumer Reports states Non-GMO Project Verified is the only "highly meaningful" non-GMO label in the marketplace, making the organization's work in GMO transparency all the more important.

In June 2016, the United States passed the National Bioengineered Food Disclosure Law (Public Law 114-214), which will establish nationwide rules for GMO labeling. While The Non-GMO Project is in favor of mandatory labeling, we strongly object to this new law as it is written.

The new labeling mandate uses a definition of bioengineering that is so narrow and ambiguous that, according to the FDA, it "will likely mean that many foods from genetically engineered sources will not be subject to this bill." Non-food products, even those applied directly to the skin, are completely exempt from this labeling rule. The law will also most likely allow companies to label products

of bioengineering using QR codes and 800 numbers, which creates barriers for the third of Americans who do not own smartphones.

The National Bioengineered Food Disclosure Law is still being developed. The Non-GMO Project has submitted comments on this matter to the USDA, and we encourage others to speak out as well.

Lastly, this is a critical time to pay attention to emerging genetic engineering technologies. There is a growing attempt on the part of biotechnology companies to distance themselves from the consumer rejection of GMOs by claiming that new types of genetic engineering (for example, gene editing and synthetic biology) are not actually genetic engineering. To bring clarity in the face of this misleading trend, The Non-GMO Project has explicitly included these technologies in our Standard. While some of the products of these technologies may not be transgenic, they are still products of biotechnology as defined by the UN Codex Alimentarius Commission.

We firmly believe that you have the right to know what is in your food and products. With your support, we can continue to expand access to non-GMO choices. To avoid GMOs when you shop, look for the Butterfly!

Happy Non-GMO Month!

The Lymph: Cancer's Worst Nightmare

by Nicole Wirth, LMP

In the modern world, breast cancer is quite common. Either you know someone, have a family member or are yourself currently fighting the good fight. The sad truth is that many allopathic doctors advise removing lymph nodes when cancer is detected for fear of the cancer spreading.

Lymphatic nodes have vessels leading to and from them. Once they are removed, the inactive vessels can hold on to toxic material and need to be cleared out to avoid further complications. Unfortunately, it is not always expressed how surgery will impact the lymphatic system until the system is already horribly compromised and the patient is diagnosed with lymphedema.

There is still good news! I've seen many clients with dire toxicity be restored to health through lymphatic cleansing. This healing is made possible by encouraging lymph fluid circulation around blood vessels or other tissues that have been surgically connected after being severed.

Why Should I Flush My Lymph?

It's amazing how, despite different health concerns clients can have, there are tremendous benefits in clearing the same pathways that we all have in our bodies. Our lymph was designed to be a healthy backup to buffer all aspects of the body. However, if it's clogged up, the whole body greatly suffers.

I liken this to when garbage collectors go on strike. Garbage (toxins) keeps coming in and piling up, becoming compacted and hard. When there is too much buildup, the garbage is unable to move out and no nutrients are able to move in and replenish the lymphatic fluid. Some consequences of this buildup tend to include: sagging skin, brown spots on the skin, chronic fatigue, and hardened lumps. Many experience foggy thoughts and find themselves overwhelmed by the unfinished projects they lack the energy to complete.

Most people's lymphatic systems are already quite impacted, compromised, and dehydrated. People who have had any kind of surgery can especially benefit from lymphatic drainage. Before getting more surgeries to remove scars or tumors, patients should understand that the body is capable of breaking down scar tissue when lymph is properly moved around. The higher the volume of lymph moved, the faster scars get broken down; a healthy lymphatic system can move one to three liters a day! In addition to clearing and rerouting old debris, lymph drainage can accommodate the growth of new blood vessels.

How to Flush Your Lymph

When a comprehensive drainage and redirection of lymph is required, the lymphatic machine is a perfect choice. This method magnetically moves lymph to healthy nodes. I've successfully treated clients with scarring and sagging due to augmentation surgery, weight gain from C-sections, and chemical sensitivity issues, as well as resolved issues due to congested or removed nodes or tumors. This effectiveness of this therapy saves my clients' time and money.

Lymphatic drainage can:

- Strengthen the immune system
- Boost white blood cell count
- Increase energy levels
- Break down belly fat
- Aid in post-surgery recovery
- Promote healthy, elastic, glowing skin
- Reduce inflammation
- Help prevent breast and prostate problems
- Relieve water retention

Nicole Wirth, LMP, helps her clients heal themselves, gain back lost energy, and live longer, more vital lives. She educates her clients on the lymphatic system, emotions, and taking care of their bodies with reverence. In addition to her practice in the Pacific Northwest, Nicole offers a few online programs and works with clients all over the world. Contact her or learn more about her work at nicolenwirth.com.

Learn about the connection between breast health and lymph drainage and how to reset your flow lines for optimal circulation. Tuesday, October 17 at 6:30 pm in Tacoma - details on page 10.

Breast Cancer Prevention

by Mark Gignac, ND, FABNO

Each year in the United States, over 190,000 women are diagnosed with invasive breast cancer and 60,000 women are diagnosed with non-invasive breast cancer.

National Breast Cancer Awareness Month (NBCAM) was founded in October of 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries - now part of AstraZeneca. The aim of NBCAM from its inception, has been to promote mammography as “the most effective weapon in the fight against breast cancer.” Many reasonable people, however, believe that prevention, rather than diagnosis and treatment, is the best weapon in the fight against breast cancer. Unfortunately, the majority of revenue generated from “pink-ribbon fundraising” goes to pharmaceutical companies involved in research on treatments for breast cancer.

Even though we are taught that “an ounce of prevention is worth a pound of cure,” the primary focus of attention and fundraising continues to be directed toward drug development. This seems strange in light of research indicating that 90-95% of cancers are caused by factors associated with environment and lifestyle.¹

Optimal sun exposure seems to be critical for good health on multiple levels. Since the late 1980s, we have known that women with vitamin D blood levels around 55 ng/ml are over 50% less likely to develop breast cancer than the majority of women with levels less than 40 ng/ml. We now know that vitamin D blood levels are inversely correlated with breast cancer recurrence, and survival. If this is not surprising enough, recent studies indicate that low blood levels of vitamin D may enhance tumor growth and metastasis. Vitamin D is also critical for immune function and healthy bone calcification. Unfortunately, anti-estrogen treatments compound this problem by causing significant loss of bone calcium that can lead to osteoporosis.

On the other side of the equation, nighttime darkness is also critically important for healing and repair. Circadian dysregulation and inadequate melatonin production are also highly correlated with breast cancer incidence, recurrence, and survival. The Portnov study reported a significant association between light at night and breast

cancer risk, showing that women living in areas with the greatest light at night had a 63% greater risk of breast cancer compared to women living in areas with the lowest light.²

Unfortunately, melatonin has been incorrectly stereotyped as a sleep-inducing supplement. Melatonin's most interesting properties involve immune and hormonal regulation. Additionally, melatonin is one of the most powerful endogenous antioxidants in the body, as it is both water and fat-soluble. Not surprisingly, it also has cancer suppressing properties.



The cycle of solar light and darkness helps regulate the circadian system. Avoiding light when it is dark outside helps your body maintain healthy levels of melatonin.

Diet and food quality can also play a critical role in the prevention or initiation of breast cancer. We are exposed to numerous estrogen mimickers and carcinogenic compounds through our diet. Compounds such as BPA, plastics, antibiotics, hormones, glyphosate, etc., have been shown to be associated with increased breast cancer risk.

Additionally, compounds such as lectins, which are naturally present in some foods, can weaken immune function and compromise the gut microbiome and intestinal barrier. All of

this havoc increases the risk of multiple health problems, including cancer. On the other hand, certain foods such as cruciferous vegetables have been shown to be associated with a significant reduction in breast cancer incidence. Sulforaphane is one of the most interesting compounds derived from cruciferous vegetables. It has been shown to suppress cancer stem cells.

Mark Gignac, ND, FABNO, has studied natural medicines for the past 35 years. He is a graduate of Bastyr University with a Doctorate in Naturopathic Medicine and a Masters in Acupuncture and Chinese Medicine. After graduating, he developed the course curriculum and taught the History of Medicine and Naturopathic Philosophy to Bastyr medical students. Dr. Gignac has also served as Director of Medicine at Seattle Treatment and Wellness Center for 17 years and continues to give lectures locally and nationally. For more information, visit SeattleIntegrativeCancerCenter.com.

References

1. *Cancer is a Preventable Disease that Requires Major Lifestyle Changes. Pharmaceutical Research, Vol. 25, No 9, September 2008.*
2. *Light at Night and Breast Cancer Incidence in Connecticut. Sci Total Environ. 2016 Dec 1; 572:1020-1024.*

Join Dr. Gignac as he discusses diet, nutrition, and lifestyle choices that are critical to the prevention of cancer. Saturday, October 28 from 10 am - noon in Federal Way. Details on page 11.

Health is

FRAGILE

– Handle with Food

by Steve Fry, CHFS and Sherry Fry, NTP, CHFS

“Properly prepared, nutrient-rich, whole foods.” What do these six words mean to you? To us, these are critical words. For over three decades, my wife and I have attempted to live these six words and teach these six words. For in them lies profound wisdom and healing for the nations. A full respect and implementation of these six words can beat breast cancer, expose the GMO lie, and educate the world on food values like fair trade, organic, and sustainable agriculture.

At Common Sense Nutritional Therapy, we have six other words as well, and they are synonymous with the above six: “Health is fragile, handle with food.”

My parents were subject to a new phenomenon in their 20s when I was born in 1952. This new invention was sensational, exciting, and trusted as a source for the latest, greatest news on everything. It was called the television. There, my parents learned that formula was better than breast milk, margarine was better than butter, and a certain cigarette brand was doctor recommended. There, white refined sugar was put forth as a health food, and convenience foods were put forth as better tasting, easier to prepare, and healthier than Mom’s cooking.

Although these things are known to be false now, there is a whole new set of current day “truths” that I believe we will one day see to be just as ludicrous.

So, where can we find the truth? Where can we go for untainted information?

As practitioners who use whole foods and whole food concentrates to move people back to optimal health, we go to the old masters’ works left behind for us to use. The works of people like Dr. Francis Pottenger, Dr. Melvin Page, Dr. Royal Lee, Dr. Weston A. Price, and the like. Definitely look these people up!

My wife and I have taught the class “Health is Fragile - Handle with Food” for over



twenty years now. You might ask: “How can this address breast cancer, GMOs, and issues like organic, fair trade, and sustainable agriculture?” It’s a legitimate question.

We all vote with our dollars. Every time we buy, we vote. The food providers are watching how we vote. Furthermore, they are polling “we the people” as to why we vote the way we do. If you want to make real change, choose to buy foods that truly support your health. It promotes true sustainable health for you and those you teach. We believe that it is extremely important for you to teach others what you learn, as these types of true solutions are far too absent in current teaching environments. In our class, “Health Is Fragile - Handle With Food,” we teach a broad spectrum of Old World nutritional fundamentals and how to implement them in a modern day glut of

“nutritional information,” which is questionable, at best, and downright fraudulent, at worst.

The bottom line is this: we need to return to a nutrient-rich, properly prepared whole food diet that implements age-old, tried and true information that has sustained disease-free groups of people for thousands and thousands of years. It can be done!

Steve Fry, CHFS and Sherry Fry, CHFS, NTP of Common Sense Nutritional Therapy at Rody Chiropractic Massage & Health, help their clients understand and reverse the unsuspected effects of the modern diet. Contact them through rody-massage.com/nutrition, CSNtherapy.com, or by calling 360.477.1930.

October Speakers & Classes

at Marlene's Tacoma & Federal Way

Wednesday, October 11 - Federal Way

Immune Recovery After Antibiotics and Vaccines with Robert Scott Bell, ND, Hom.



6:30 pm, FREE

Join internationally recognized talk radio host, Robert Scott Bell, as he reveals ways to reverse immune system and gastrointestinal damage from allopathic medical interventions. When your immune system is fully functional, you no longer have to fear disease! Bring your questions for this discussion about immune recovery, including the most rapid methods of GI healing with silver hydrosol and aloe vera. Join us at 4 pm, before Robert's talk, for a special live broadcast of "The Robert Scott Bell Show" podcast!

Thursday, October 12 - Federal Way



Say 'No' to GMOs! with Dorcas Wanganga, Health Coach

6:30 pm, FREE

People are becoming more and more aware of what they are putting on their plates. Our eyes graze over product labels in search of the non-GMO certification that ensures us our food is safe to eat. But is it enough to just have the non-GMO label on our foods? Are there other ways to ensure our food is safely sourced? Come and learn about the multiple certifications our food can qualify for, what they actually mean, and how they can work together to ensure your food is pure, wholesome, and safe for consumption.

Saturday, October 14 - Federal Way

Integrative Strategies for Managing the Breast Cancer Journey



with John Sherman, ND, Tahoma Clinic

10 am - noon, FREE

Receiving a diagnosis of breast cancer can be daunting, intimidating, and

overwhelming. Join Dr. Sherman, licensed naturopathic physician with over 38 years of experience in the field, and learn how you can take back control by integrating lifestyle, dietary, and supplemental support to strengthen your metabolism. Empower yourself with tools to create an individualized game plan to fit your particular path to healing. Learn to see cancer as a "wake up call" for achieving optimal health!

Saturday, October 14 - Federal Way

A Conservative Approach to Treating Carpal Tunnel Syndrome



with Adrienne Owens, DC

1 pm, FREE

Do you have numbness, tingling, or weakness in the first three digits of either of your hands, especially while sleeping at night or with fine manipulation of small items? Dr. Owens, experienced and dedicated local chiropractor of over ten years, discusses what exactly Carpal Tunnel Syndrome is, what causes it and how to treat it conservatively with chiropractic care, natural supplementation, and soft tissue therapy. Come see what therapeutic approach is best for you!

Tuesday, October 17 - Tacoma



Breast Health and Lymph Connection with Nicole Wirth, LMP

6:30 pm, FREE

Join Nicole Wirth, licensed massage therapist and lymphatic specialist, as she shares her massage techniques for optimal lymph drainage. Without proper circulation, lymphatic nodes can become ridden and clogged with toxins, making it almost impossible for nutrients to reach the area. This can result in dark spots, sagging skin, and unnecessary weight gain.

Learn a five minute routine to self-stimulate your lymph and reset your flow lines for maximum toxin release. Each attendee will also receive a 50% coupon towards a personal session with Nicole.

Thursday, October 19 - Federal Way



HerbaTint: The Fundamentals of Natural Hair Color with Jodie Moore, MA, HerbaTint USA

6:30 pm, FREE

Are you concerned about the safety of your hair coloring products? HerbaTint meets the sensitivity and safety hair care needs of over 60 million consumers in the United States by providing salon-style color with 8 organic herbal extracts, and void of ammonia, alcohol and other chemically-damaging ingredients. Join Jodie, our HerbaTint representative, to find which color will make you glow, and how you can keep that color vibrant and healthy longer!

Saturday, October 21 - Federal Way



Health is Fragile - Handle with Food with Steve and Sherry Fry, CHFS, NTP

10 am - noon, \$10

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

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME.

Payment can be made online by going to www.marlenesmarket-deli.com, clicking "classes", and following the link provided, by phone, or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes before class to claim your seat.

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

Saturday, October 21 - Federal Way

Prevent and Overcome Cancer: The Importance of Diet and Lifestyle

with Mauris Emeka

3 pm – 5 pm, FREE

Cleanse, detoxify, and nourish your body with foods that strengthen its healing power! Learn how

to provide the nutrients to maintain a strong immune system, reduce acidity, and increase oxygen and digestive enzymes. Join Mauris Emeka as he shares information about safe, all natural, non-toxic protocols that can make your body a place where cancer is not welcome. Also, gain knowledge regarding three different cancer tests that reveal early detection, which are non-invasive, inexpensive, and have proven reliability. Informative articles about cancer and nutrition provided for all who attend.

Tuesday, October 24 - Tacoma

Best Ever Superfan Chili

with Julie Kamin-Martin,
founder of OlyCultures

6 pm, \$25

Whether prepared for a family gathering or a friendly football party, this warm, inviting, "best ever" healthy

chili recipe makes a large batch and is sure to please. Julie will offer expert guidance through preparation including: charring fresh peppers; seasoning with smoked salt and beer; getting the right combination of beans; and preparing the turkey meat (You could also use venison or beef)! At the end of class, students will enjoy a warm cup of chili!

Please Pre-register.

Thursday, October 26 - Federal Way

Health and Vitality at Any Age

with Hanne Hojsted, ND,
Iridologist

6 pm, FREE

Good health is built with good nutrition. Join Dr. Hojsted, an experienced iridologist, to learn how

food helps you be the most vibrant and energetic version of yourself, at any age! Getting the right combination of foods and nutrients for your body can be tricky. Luckily, iridology can help provide key insights into what your body needs today!

Saturday, October 28 - Federal Way

Breast Cancer Awareness and Prevention

with Mark Gignac, ND,
FABMO

10 am – noon, FREE

Though mammography has been promoted as "the most effective weapon against

breast cancer" by the American Cancer Society for decades, many people are now realizing that cancer prevention far outweighs diagnosis and treatment. Join Dr. Gignac as he discusses diet, nutrition, and lifestyle choices that are critical in the prevention of cancer, as well as several cancer-specific natural medicines that can aid in a more holistic approach to treatment.

Saturday, October 28 - Federal Way

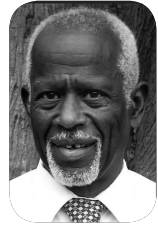
Constipation and Breast Disease

with Dirk Yow

1 pm - 3 pm, FREE

Ancient healing philosophies and modern research point to the link between optimal colon

function and the body's ability to remove toxins. Studies show that women who have irregular bowel movements are four times more likely to develop breast disease than women who have regular, daily movements. Dirk will discuss ways to relieve the toxic burden of environmental toxins such as mercury, arsenic, and aluminum.



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Tuesdays in Tacoma 10 am – 2 pm
Wednesdays in Federal Way 11 am – 3 pm

Effortless Healing, Part Two

by Joseph Mercola, MD

In Part One of “Effortless Healing,” we discussed how processed foods and poor lifestyle choices can gravely affect our health. With diabetes, Alzheimer’s disease, and other life threatening illnesses on the rise in America, there is no better time than now to start ditching those unhealthy habits.

How to Reverse Insulin Resistance

The good news is you can turn insulin resistance around fairly quickly and easily by following these simple steps:

- **Eliminate added sugars and sweeteners** from your diet. Most processed foods (anything in a jar, can, bottle, bag, or box) contain added sugars, typically in the form of high fructose corn syrup. Don’t be tricked by artificially sweetened “diet” foods and beverages. Despite their lack of calories, research has clearly shown that artificial sweeteners promote insulin resistance just like sugar.
- **Eliminate grains**, especially wheat, barley, oats, and rye, as these not only raise your insulin and contribute to insulin resistance, they also contain gluten, which triggers inflammation and can damage your intestines. Better grain alternatives include almond meal, buckwheat groats, coconut flour, and sweet potatoes; they won’t spike your blood sugar like grains do.

- **Replace eliminated carbs with healthy fats** like avocado, butter made from raw, grass-fed, organic milk, cheese, raw dairy, organic pastured egg yolks, raw nuts, grass-fed meats, and coconut oil.

Sitting Takes a Profound Toll on Your Health

More than 10,000 studies show that prolonged sitting is devastating to your health. It actively and independently promotes chronic diseases, including obesity and Type 2 diabetes, even if you exercise frequently. Unfortunately, you *cannot* offset 8 to 10 hours of stillness with 30 to 60 minutes of exercise, even if you exercise every single day.

Molecularly, the human body was designed to be active all day long. When you stop moving and sit still for extended periods of time, it’s like telling your body to shut down and prepare for death. As soon as you stand up, a number of molecular cascades occur that promote and support healthy biological functioning.

Within 90 seconds of standing up, the muscular and cellular systems that process blood sugar, triglycerides, and cholesterol — which are mediated by insulin — are activated. All of these molecular effects are activated simply by carrying your bodyweight upon your legs. These cellular mechanisms are also responsible for pushing fuels into

your cells and, if done regularly, will radically decrease your risk of diabetes and obesity.

The remedy is simple: Avoid sitting and get moving more often. Ideally, aim to sit less than three hours a day. Also consider walking more, in *addition* to your exercise regimen. Rest is supposed to break up activity — not the other way around. Walking appears to be really foundational for optimal health, and if you’re currently inactive, this is the place to start, even before you get going on a workout routine.

Effortless Healing Is Possible

Health is easier to maintain than you might think. Just make small, gradual shifts in what you eat and how you live your life. One thing’s for sure: the body is remarkably efficient when it comes to healing and regenerating itself when fed and cared for properly. Besides food, which can rightfully be viewed as medicine, you also need physical activity — both non-exercise movement and more regimented, higher-intensity exercise.

Other healthy lifestyle components include getting sensible sun exposure, and becoming more grounded. These are health-promoting lifestyle habits that cost little to nothing. The same can surely not be said for prescription drugs and conventional medical treatments, so it seems foolish to forgo them.

Joseph Mercola, MD, is creator of the number-one rated natural health website in the world, www.mercola.com.

Rest is supposed to break up activity — not the other way around.



We can’t always be physically active, but adding more movement to your day helps keep you feeling your best.

Three Steps to Reversing Gut Dysbiosis

by Robert Scott Bell, D.A. Hom

Millions of Americans are waking to the dangers of antibiotics and steroidal treatments and turning to natural alternatives like silver hydrosol, probiotics, and medicinal plants.

Humans carry both beneficial and pathogenic bacteria in our guts, and intestinal balance is imperative for good health. When the bad guys multiply too fast due to poor diet, antibiotics, chlorinated water, food poisoning or drugs, a condition called dysbiosis develops, which can lead to Crohn's disease, colitis, and irritable bowel syndrome (IBS). Addressing dysbiosis in its beginning stages or even preemptively is a huge advantage to maintaining overall health and avoiding complications such as malabsorption, dangerous metabolic shifts, and obesity.

When the bad bugs take over in cases of gut dysbiosis, inflammation, or Candida overgrowth, the finger-like villi responsible for nutrient absorption are damaged and nutrient absorption becomes highly impaired. Pathogenic (bad) bacteria and fungi begin to retard the healing process and inflammation and indigestion intensify.

Hidden health costs of pharmaceuticals

Doctors typically prescribe prednisone and/or strong antibiotics in such cases, but for every symptom these powerful drugs suppress, additional collateral damage is the price paid by your intestinal lining. Prolonged use of antibiotic drugs can lead to colonies of multidrug resistant organisms forming, and wreaking havoc on your intestines. The reality is that "side effects" are actually direct effects of a drug. They are simply labeled in such a way as to minimize patient resistance to taking them.

Bring on the healing

New research on silver hydrosol confirms its ability to benefit gastrointestinal health. Although silver can eradicate beneficial bacteria, it does not allow colonies of multi-drug resistant organisms to form (unlike antibiotic drugs). In fact, silver is essential for more than its extraordinary anti-microbial activity. Its anti-inflammatory and tissue regenerative properties are equally, if not

more, important for recovery from chronic intestinal diseases. For anyone suffering from gut dysbiosis, a thorough cleansing with silver should be considered.*

Silver is found naturally in human breast milk in measurable trace amounts and two receptor sites for silver have been identified on the myelin tissue surrounding the nerve cell. An argument could be made that it is indeed a necessary trace element. Used clinically, silver provides all the antimicrobial power of drugs without the side effects.*

In conjunction with silver, a quality pre- and probiotic helps eliminate pathogenic microflora, assisting the body on its journey back to perfect balance by soothing with its inflammation modulation activity, cleansing and regenerating healthy new tissue at the site of infection and injury.

The synergy of three

I always treat chronic gut dysbiosis issues with a three-part protocol that includes a silver hydrosol, a high-quality aloe vera juice (taken away from meals), and an intensive probiotic regimen. All are essential for a thorough cleansing. The silver-aloe vera-probiotic combination has powerful synergy, especially in carrying the active silver further along the GI tract where it is needed.

I have found that silver greatly facilitates epithelial tissue and villi recovery without inflammatory side effects or creating microbial resistance, making it a great frontline health defender. After intestinal recovery, a sublingual maintenance dose (one to three teaspoons per day) can help protect the body against falling back into bacterial disarray.

Got yeast?

Candida albicans is the most common type of yeast found in the human body. When left unchecked, Candida can become a very destructive

fungus. Research confirms that the active ingredient trifecta of aloe vera juice, silver hydrosol, and probiotics support immunity, digestion, and elimination by targeting viruses and bacteria. Aloe also helps combat Candida overgrowth by balancing pH (which decreases yeast overgrowth in the large and small intestine) and by supporting intestinal regularity. I've found that silver, followed by a quality pre- and probiotic, easily helps to eliminate all pathogenic microflora, assisting the body on its journey back to perfect balance.

*Silver is preferable to antibiotics for many but not all conditions. Antibiotics have a life-saving role in numerous medical conditions, but unfortunately they have been overused to the point of creating dangerous resistance within the microbial world. Please consult your doctor or pharmacist before stopping or starting any drug therapy.

Robert Scott Bell is a homeopathic practitioner and an expert in silver therapeutics. After using natural healing methods to overcome 24 years of chronic illness, he dedicated his life to revealing the healing power within us all. His podcast The Robert Scott Bell Show airs every weekday from 4 – 6 pm. Learn more at robertscottbell.com.

Join Dr. Bell on October 11 in Federal Way for an engaging discussion about reversing the negative effects that allopathic medicine has on our body.

Mushroom Powered Immunity

by Jerry Angelini, MS, LRC, LMT, Host Defense Education Director

It's October already! The kids are back to school, sports, and extracurriculars. On top of the regular demands of work and home, parents are moving into high gear doubling as homework helpers, personal shuttle drivers, and more. Older children may be heading off to college as their parents support them through the uncertainty and feelings of anxiety that come along with this big step. Autumn is a time of major transition in so many different ways.

It's also the last chance many will have at being outdoors before inclement weather settles in. But outdoor activities in autumn come with ragweed and leaf litter, which can mean more sneezing, itchy eyes, and general malaise. Stress and strain from all these changes can take their toll on our health as well.

So how do we not just manage all of these transitions, but flourish? You guessed it...mushrooms! Yes, mushrooms can help us rise to the challenges faced by our immune systems and support our brain power, mood, and energy.

As more people become familiar with how mushrooms help the immune system, it is important to recognize that the whole mushroom needs to be properly extracted or processed so that all of the important compounds can help our bodies. There are many polysaccharides in mushroom mycelium and fruit bodies that strengthen the activity of specific immune cells. Strong immune cells help us stay healthy throughout our lives, but especially during stressful 'transitional' times.

As the most dynamically alive part of the mushroom organism, the mushroom *mycelium*

works to support a balanced immune response. This is especially helpful when we are exposed to environmental triggers like the change of seasons, pollen and dust or molds. Mycelia are skillful "conductors" for the "symphony" of immune system cells that help keep us healthy.

For a focus on immune support, blends of mushrooms are well regarded. Multiple mushroom formulas offer combinations that can synergistically support your immune system. At the kitchen table, you already know to choose a wide variety of vegetables, fruits, and whole foods to ensure balanced nutrient uptake. In the same way, choosing a properly processed multi-mushroom blend means you benefit from a diversity of nutrients.

Looking for more targeted support? More people are turning to mushrooms like lion's mane and reishi to support memory and mood, and help manage stress while gently energizing the system. They can help us respond to the day to day challenges of our lives, but also those times of transition like back to school and change of seasons. These can be critical supports as we demand greater and greater brain power and adaptation especially during start of the school year for both students and parents.

Big days ahead this fall?
You may be wondering
how to stay energized
all day long, without

the negative impacts of sugar or coffee's "caffeine crash." Cordyceps to the rescue! Cordyceps mushroom helps support healthy oxygenation and blood circulation and is a natural, jitters-free way to keep you alert, awake and moving throughout your busy day.

As with any herb or supplement, look for organically grown mushrooms from trusted sources. To achieve maximum benefit, you need to choose mushroom ingredients grown with care and expertise, then properly processed. With mushrooms in your regimen, get ready to face all the challenges of the season and flourish!

*These statements have not been evaluated by the Food and Drug Administration.

Jerry Angelini is the Education Director for Host Defense. He earned his undergraduate and graduate degrees from Boston University, building a strong foundation in research and listening. Jerry gives scholastic and informational lectures including anatomy and physiology, herbal interactions, and psycho-educational topics. For more information, visit www.angelhealinggroup.com.



Omega Health with Quality Fish Oils

by Valerie Villalobos

Health begins and ends in the cell. Our bodies have an estimated 60–100 trillion cells and, together, they are responsible for every physical and mental function from our heart rate to our imagination. Whatever our bodies do or do not do well depends upon the health of our cells.

Each and every one of the cells in our bodies is surrounded by a soft, pliable cell membrane, which protects the cell's contents, integrates nutrients into the cell, and enables cells to communicate with each other. Those membranes require fat to keep them flexible and functioning properly. Omega-3 essential fats EPA and DHA support the cell membrane's fluidity, flexibility and speed.

The term “omega-3” refers to a family of fatty acids. EPA and DHA are two critical omega-3s that have been shown to support heart and eye health, brain function, a healthy pregnancy, child development, joint and skin health, sports performance, and healthy metabolism.

Our bodies do not make EPA and DHA efficiently, therefore, we must consume these fats through our diet. The best direct source

of EPA and DHA is cold-water, oily fish. Every day, in response to our environment, our bodies use these precious fats, and once used they must be replaced.

In reality, not all fish oil is created equal. When seeking high-quality fish oil, you should look for certain features that are particularly important: freshness, purity, potency, and form.

Making sure your fish oil supplement is fresh is important for taste and product efficacy. The primary reason people resist taking fish oil is fear of unpleasant taste and aftertaste. Higher freshness levels result in better tasting fish oil that doesn't cause fish burps. Taste and smell are good indicators of freshness. An unpleasant fishy smell, taste or burps indicate that a product is rancid (oxidized). Rancidity reduces the efficacy of fish oil. This applies to liquid and capsule forms of supplementation. Test your fish oil capsules for freshness by biting into them!

Clean fish oil is also critical. Fish oil must be purified to eliminate trace amounts of heavy metals, pesticides and PCBs. A third-party product analysis can validate both purity and freshness. Pure fish oil also consists of one that contains non-GMO ingredients. Eurofins

Scientific GeneScan Division, a worldwide consortium of testing laboratories, is an industry leader with over 20 years in GMO testing. It's a Non-GMO Project accredited lab and is a trusted scientific option for non-GMO verification.

Potency is another key factor. How much omega-3 one needs depends on the individual's unique nutritional requirements. To understand how much EPA and DHA is provided in the product, you must read the amounts of EPA and DHA on the back of the label, not the total omega-3 count on the front. EPA and DHA are the bioactive omega-3 fats that are responsible for benefits associated with the omega-3 fat family.

Finally, it's important to choose supplements in triglyceride form, particularly when selecting a concentrate. Many concentrates are in an ethyl ester form, a form rarely found in nature. Research suggests that triglycerides are more stable, which protects these fats from oxidation. Lastly, scientific evidence suggests triglycerides have an absorptive advantage over ethyl esters.

Valerie Villalobos is the former educator for Nordic Naturals.



The Magic of Maca

by Jerome R. Black, founder of Herbs America and Maca Magic

Ancient Wisdom Prevail

Maca root was domesticated during the pre-Inca, Archaic Period sometime around 3800 BC, with primitive cultivars of maca being found in archaeological sites dating back to 1600 BC. It continued to be cultivated by the Incas centuries ago as a valuable, nutritious dietary staple and medicinal commodity.

Soon after the Spanish conquest in South America, the Spaniards found that their livestock were reproducing poorly in the highlands, and the local tribes recommended maca root. So remarkable were the results that the Spanish chroniclers wrote in-depth reports, saying that maca improved the reproductive health of their horses. It was considered so valuable that in 1572, the Chinchaycochas Indians used maca for bartering, and colonial records indicate that tribute was demanded in the form of nine tons of maca.

For the Andean Indians today, maca root is still a valuable commodity that is frequently traded with communities at lower elevations for rice, corn, green vegetables and beans. It is also an important staple in the diets of the indigenous peoples, because it has the highest nutritional value of any food crop grown in the region.

Strength of Mountains – How Maca Helps Us Overcome

Often hailed as ‘Peruvian Ginseng’ – and considered a legendary adaptogen – maca root easily finds its home in the medicine cabinet while still being considered a whole food supplement. For an herb to be considered an adaptogen it must be a natural substance that is safe to the body and raises an individual’s ability to restore multiple body systems to equilibrium when disrupted by stress. The intelligence of this root works in harmony with the human body to help you maintain a balanced everyday rhythm while supporting your mind, body and spirit.

- Maca is known to promote healthy estrogen and progesterone levels. Research has shown that maca root contains no plant hormones, but its action relies on plant sterols, which are chemical triggers that help the body produce a higher level of hormones appropriate to the age and gender of the person taking it.
- It is believed to increase energy, stamina, and boost endurance in athletes. In the past, Spanish chroniclers noted that Inca warriors would consume boiled maca roots before battle to increase their strength, as well as using it to bolster their reserves for endurance activities. Today, it is still employed as a general tonic and fatigue-fighter to counter lethargy, memory loss and other disorders resulting from depleted energy stores.
- Maca root has the highest source of nutrients growing in the Andean region. It’s known for its abundance of amino acids, complex proteins, antioxidants, vitamins, fatty acids, essential nutrients (especially iodine and iron), as well as carbohydrates.



So... how do I use it?

The delicious, malty-butterscotch flavors of maca will have you zinging and singing with inspiration of all the ways you can bring it into your everyday diet. In fact, the peoples of Peru sun-dry the roots to eat later in winter months by soaking and boiling them into meals. Today, you can easily blend maca root powder into a shake or smoothie, add an extra boost to your morning beverage, experiment with it in your favorite baking recipes, or explore the benefits of maca by way of capsules, extracts, and compound-formulas.



Jerome R. Black is the founder of Herbs America and Maca Magic. He was the first cultivator and distributor of live maca root in the United States, and began his own germplasm collections of maca in the Peruvian Andes in 1994. He is a published ethnobotanist with a history of traveling the world to work with a variety of plant species, as well as a seasoned lecturer, sharing with others his research in new and rare foodcrop development. For more information, please visit herbs-america.com.

Sync Your Sleep and Boost Your Brain

by Kim Ross, MS, CNS, CDN, IFMCP

While melatonin has long been known to aid in sleep, a myriad of other functions have now been realized over just the last decade of research. Additionally, the daily dose of melatonin and the form used in supplements has been questioned and further explored.

Melatonin, as a dietary supplement, comes in a variety of dosages from as high as 20mg to as low as 0.3mg. It is often synthetically produced from petro-chemicals or extracted from animal glands most often from bovine or porcine source; however, a bio-identical, non-synthetic, and vegan form now exists!

Melatonin is a naturally occurring hormone produced in the human body by the pineal gland and secreted into the blood stream. On average, the pineal gland produces between 0.1mg – 0.8mg of melatonin per day.¹ This means in many cases, melatonin supplements are far exceeding the amount of melatonin needed for a healthy nights' sleep which can cause nightmares, hangover and, waking in the middle of the night after just a few hours of sleep.

Melatonin and the Circadian Rhythm

Studies have looked at how shift work, particularly that including night work, may increase the risk of cancer and may aggravate gastrointestinal and cardiovascular disease, complicate pregnancy, and interfere with drug therapy.² Multiple studies, opinions, and guidelines have suggested melatonin as a primary therapeutic for improved health and sleep of shift workers.^{3,4,5}

One analysis about using melatonin for the treatment of primary sleep disorders looked at nineteen studies involving 1,683 individuals. Melatonin was significantly effective in reducing the time it takes to fall asleep as well as increasing total sleep time.⁶

Melatonin and Brain Health

Melatonin works as an antioxidant, combating free radicals that can cause oxidative damage to our cells. Melatonin, uniquely, can also cross the blood-brain barrier, making it one of the most potent antioxidants in the brain.⁷ Most substances, including antioxidants that we consume, do not cross this barrier. Yet, the wisdom of nature has provided us the

ability to manufacture this defense mechanism and may in part explain its benefit in cognitive diseases.

In a small, pilot study of elderly patients with mild cognitive deficit, the ability to remember previously learned items improved along with a reduction in depression.⁸ A larger, longer-term study found patients with mild cognitive impairment scored better on the Mini Mental Status Exam and the Sleep Disorders Index when given melatonin.^{9,10}

Melatonin and Immune Function

Melatonin has effects on the immune system, including some anti-carcinogenic properties. In 1991, Dr. Paolo Lissoni from Italy performed cancer research on patients with metastatic solid tumors and demonstrated that high doses of melatonin were effective in arresting tumor growth and improving quality of life markers.¹¹ His group is considered the pioneers in this work and provided several reports on this dose throughout the 1990s with subsequent studies confirming his findings.

A recent study reported that melatonin is linked to the seasonal relapse rate in multiple sclerosis patients. The same research team also found that melatonin reduced immune-cell production of inflammatory immune messengers and increases anti-inflammatory messengers.¹²

Melatonin can help with more than just sleep, especially at lower doses (0.3mg) that can be used safely, long-term with the unfavorable reactions from too high a dose that can cause nightmares and hangover.

Kim Ross is a Certified Nutrition Specialist (CNS) and Certified Dietician Nutritionist (CDN) with 9 years of experience in the nutrition industry. She is one of approximately 300 practitioners worldwide to receive the designation of an Institute of Functional Medicine Certified Practitioner (IFMCP). She operates a clinical practice, Functional Medicine by Kim Ross in New York, and serves as the Medical Education Manager for Natural Health International. Please visit marlenesmarket-deli.com for full list of references.



Smart Shopping: Bulk Foods



Did you know?
If Americans purchased all their almonds in bulk for one year, nearly 72 million pounds of waste would be saved from landfills!

Why We Love Bulk

Buying in bulk is an environmentally sound choice. Fewer packaging components means: less energy for manufacturing, less fuel for transportation, and less waste in landfills. Buying in bulk often gives you more and better options. Buy only as much as you want or need. This makes it easy to try new things without committing to prepackaged quantities. Many of our bulk bins are filled with whole foods, and adding more whole foods to your diet is just smart!

Bring your own container and reduce plastic bag usage. Simply stop by any register to have your container weighed, then enjoy shopping for your favorite high-quality bulk foods.

Supply your trick-or-treaters (or yourself) with the cleanest candy on the block! Free of artificial coloring and high-fructose corn syrup - you'll put a smile on kiddos' and parents' faces alike. Look in the bulk department for these exciting new treats!

Wholesome Wrapped Fruit Chews

are an organic version of a classic candy favorite made with real, recognizable ingredients. Bursting with fresh fruit flavor, these chewy candies are made with organic sweeteners and use vegetable juice for color. Find them in the bulk department and enjoy the sweet satisfaction of a treat made with clean ingredients that tastes exactly as it should!



Surf Sweets Gummy Worms

are a natural twist on a best-loved candy are better than ever! Free of artificial flavors and colors found in many gummy candies and made with organic fruit juice, organic sweeteners. You'll feel good about sharing this naturally delicious snack with your family and friends.

Surf Sweets Organic Watermelon

Rings are lightly sugared and full of the fresh flavor of a summer day! Made with organic sweeteners and organic fruit juice, this treat includes 100% DV of Vitamin C per serving and no corn syrup, artificial colors, or flavors.



Surf Sweets Organic Jelly Beans

are a delightful treat that is drenched with fruit flavor, and made with organic cane sugar and organic fruit juice. These organic jelly beans are perfect for lunch bags, after school snacking, and holiday sweet treats. You can also trust that these organic jelly beans are free of the Top 10 food allergens.

FAIR TRADE

for a Better World

October is Fair Trade Month and the perfect time for consumers, retailers, and manufacturers to come together and celebrate the progress made by the Fair Trade Movement. By purchasing from the ever-expanding range of products available as Fair Trade goods, we can truly make a difference in the lives and communities of the producers who face increasing difficulties competing for fair and livable economic standing.



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



Alaffia believes that the cooperation of people across the world is an essential part of building sustainability in all communities. By providing fair wages and benefits including full medical care, employment security, and one month of paid vacation each year they strive towards their goal of eradicating poverty, gender inequality, and environmental collapse. Their Everyday Coconut body care line offers everything from rich and nourishing hair care to non-toxic deodorant to bubble bath and so much more!



Stellar Winery is South Africa's largest producer of fine, organic, and fair trade wines. They also have a large range of wines that contain no added sulfites. The Stellar workforce, who works on a number of independent farms, benefits directly from the sales of fairly-traded wines and grapes. All the wines are certified as being fairly traded, assuring you that your purchase is making a difference.



Equal Exchange offers Fair Trade and Organic coffees and chocolates that are crafted by a talented team to develop the beans to their full flavor potential. They offer a wide range of delicious coffees conveniently available in our bulk section. Enjoy their wide selection of flavor profiles, including seasonal varieties and water processed decaf.



Maggie's Organics works directly with organic cotton and organic wool farmers to build long-term relationships, ensure farmers receive a stable and fair price, and their customers receive a high quality product! Maggie's new organic anti-shrink treatment also means Maggie's wool is completely washable!



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



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



A DAY OF LEARNING AT *Burroughs Family Farm*



BY JENICA CAUDILL

Here at Equal Exchange, we often discuss the woes surrounding the consolidation of natural foods, from the farm level to the store level. Equally as important are the discussions around family farmers who are creating success, even along the inherently difficult path that is organic farming. In June, I and several others had the opportunity to visit with our almond partners at Burroughs Family Farms. At their farm outside Denair, California we shared a meal, toured the grounds, and learned about their methods of organic, regenerative agriculture.

Driving through the orchards is a beautiful sight: green, gently

rolling hills as far as you can see. Upon closer look, and to an untrained eye the orchard might appear messy and unkempt: several different grasses growing between trees, native plants lining the perimeter. But if what you see is chaos, then what you'd be missing is the deliberate intention behind it all. You'd be missing the root systems of those grasses underground—those long, tendriled arms which hold the soil and capture the rain. And you'd be missing the rich habitat that the variety of bees, birds (including bald eagles and great horned owls), and monarch butterflies all call home. This is organic regenerative agriculture - taking advantage of the soil as a place for plants to grow, which take carbon out of the atmosphere and pull it back down into the soil. In turn, the soil is better equipped to hold water, and land exists as a productive habitat rather than empty, sterile space.

Burroughs Family Farms hasn't always been organic. Rosie Burroughs, farm and family matriarch, shared with us that her journey as a mother ultimately lead to her journey within organic farming. It took Rosie's persistence and daughter, Benina's knowledge of organic

farming to propel the Burroughs out of conventional agriculture and into the sustainable methods they employ today. At first, Ward Burroughs admits he was skeptical. In addition to the challenges of completely changing the methods they'd been using for decades, farming organically also required a paradigm shift; seeing the world and its people, land, air, water, and animals, as interconnected.

These days, the Burroughs implement the ABCs of agriculture into their holistic operations: Almonds, Beef, Chickens, Dairy, and Eggs. During our visit, we saw the expansive pasture land the cows graze upon and the overhead misting systems that keep them cool in summer. Old cotton wagons have been refurbished into mobile chicken coops, allowing the Burroughs to easily relocate chickens throughout the orchards, where they can graze on grasses and in turn, fertilize the trees.

As of 2015, The Burroughs completed transitioning all of their fields and have even started an orchard organically from the ground up. This may sound typical, but to start an orchard organically is no small feat! As we learned, young almond trees are especially susceptible

to pests and drastic changes in climate (a common occurrence these days). Listening to Ward Burroughs talk about this orchard in particular, it's clear that any trace of skepticism that he may have once felt has been replaced with pride.



Located in the heart of San Joaquin Valley where RoundUp otherwise rules supreme, the choices that the Burroughs family are making amount to a lot of risk, but even more reward. Despite the fact that less than 1% of almonds are certified organic and the pricing for their market is unpredictable, they're setting an example for all of us to lead with our hearts and move boldly together into the future.

LEARN MORE AT:
equalexchange.coop



LOOK FOR ALL EQUAL EXCHANGE ALMONDS IN BULK
on promotion in October, November and December

Will Humidity Damage My Probiotics?

– You Asked, We Answered

Thousands of years ago, it was written on the side of a cave, that “humidity is the kiss of death for the probiotic.”

Actually, it wasn't. But it might as well have been. By nature of them being living organisms, probiotics are sensitive to heat and humidity and because of the way that most are treated and packaged, they can lose potency very quickly.

Bottles have become the most common way to package probiotics. If you look at the refrigerator shelves of probiotics at your local health food store, you'll notice that virtually all available options are housed in bottles. Bottles are great for vitamins and other types of capsules, but they can be the kiss of death for containing living things – especially probiotics.

It's not possible to encapsulate bacteria that is living and keep it living – that's why manufacturers treat the bacteria contained in probiotics so the strains become dormant. When you swallow a probiotic capsule, the dormant bacteria get activated by the humidity in your digestive tract. Once activated in the gut, they can realize their destiny and do the good work of protecting your immunity, supporting your digestion, and providing many other benefits.

So it would make sense that each time you open your bottle of probiotics to grab one, you are exposing all of the other probiotics in the bottle to humidity, and are compromising their stability. Sure, opening a bottle of probiotics won't activate them all at once, but a little bit of humidity each day can degrade the viability of your probiotics and make them less effective over time. Why spend your hard-earned money on a product that may not even be effective?

Genuine Health's NEW advanced gut health probiotic has been thoughtfully designed to deliver more bacteria to your digestive tract. Instead of going with a bottle, we chose blister packs to build a Fort Knox around each capsule and ensure beyond any doubt that humidity comes nowhere near it.

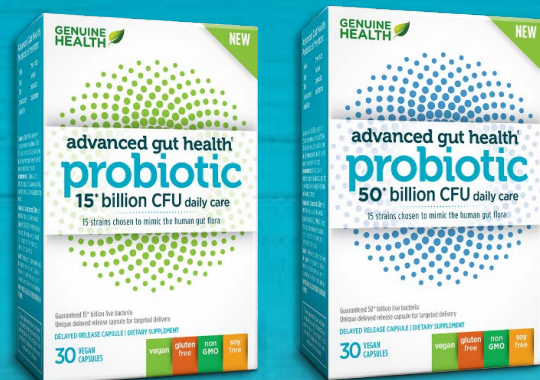
But before each advanced gut health probiotic capsule is put into its own blister pack, it is treated with the utmost care to ensure that only the **STRONGEST, FITTEST** and most **TENACIOUS** bacteria are used – and are less sensitive to humid conditions in the first place:

- Selection of the fittest living probiotics – carefully separated from non-living microbes
- Housed in a unique, vegan, plastic-free, delayed-release capsule that releases probiotics 45 minutes later than standard capsules – so they bypass stomach acid and reach the gut where they thrive
- Delayed-release encapsulation process delivers up to 10X more viable bacteria to your gut
- Packaged in an environmentally-friendly blister pack
- Shelf stable

All this means that you get stronger and more viable bacteria, encapsulated in a way that delivers **MORE** viable strains to your gut. A much better probiotic investment, if you ask us.

Has your probiotic been handled in such a way to ensure that only the fittest living organisms are used? Is it housed in a standard issue bottle, or did the manufacturer go above and beyond with a blister pack? Ask these questions so you choose the most potent and efficacious probiotic. Your gut (and the rest of your body) will thank you.

THE HEALTHIER, HEARTIER PROBIOTIC



genuinehealth.com



Holiday Open House

Come celebrate with us!
*Taste, sip & enjoy
at Marlene's.*

**Saturday,
November 11**

11 am - 3 pm

Federal Way
& Tacoma



ORGANIC
**Red Seedless
Grapes**

Great for lunch boxes. Sweet & delicious.

\$2⁴⁹
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KETTLE & FIRE Grass-Fed Bone Broth



16.2 oz.
Assorted varieties
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\$5⁶⁹

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Assorted sizes &
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30% off

In store prices reflect discount

MARANATHA Organic Peanut Butter



No stir
16 oz.
Assorted varieties
Reg. 7.29

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PROBAR Meal Bar



3 oz.
Assorted varieties
Reg. 3.59

\$2⁴⁹

EMPEROR'S KITCHEN Organic Chopped Garlic



Ready - to - use
4.5 oz., Reg. 4.39

\$2⁷⁹

EMPEROR'S KITCHEN
Organic Chopped Ginger 4.5 oz., Reg. 4.39 2⁷⁹

KATE FARMS Complete Meal Replacement

11 oz.
Assorted varieties
Reg. 4.29



\$2⁸⁹

YUM EARTH Organic Candy



Assorted sizes &
varieties

40% off

In store prices reflect discount

IMAGINE Organic Soup



32 oz.
Assorted varieties
Reg. 5.05

\$3³⁹

FARMER'S MARKET Organic Pumpkin



15 oz.
Reg. 2.99

\$2¹⁹

BEANITOS Mac & Cheese Baked Crunch



11 oz.
Assorted varieties
Reg. 5.25

\$3²⁹

ONCE AGAIN Organic Almond Butter



16 oz.
Assorted varieties
Reg. 23.95

\$15⁹⁹

LATE JULY Organic Corn Dippers

8 oz.
Assorted varieties
Reg. 4.45



\$2⁷⁹

EPIC Meat Bar

1.3 - 1.5 oz.
Assorted varieties
Reg. 3.25



\$2³⁹

PACIFIC FOODS Organic Soup

32 oz.
Assorted varieties
Reg. 4.79



\$3²⁹

R.W. KNUDSEN Organic Juice

32 oz.
Reg. 5.15



\$3⁶⁹

BARBARA'S Cheese Puffs

5.5 - 7 oz.
Assorted varieties
Reg. 3.49



\$2¹⁹

SURF SWEETS Organic Gummy Candy

2.75 oz.
Assorted varieties
Reg. 2.59



\$1⁷⁹

EARTH FRIENDLY ECOS Laundry Liquid

100 oz.
Assorted varieties
Reg. 14.95



\$9⁹⁹

GOMACRO Organic Energy Bar

2 - 2.3 oz.
Assorted varieties
Reg. 3.19



\$2¹⁹

BEANFIELDS Bean & Rice Chips

5.5 oz.
Assorted varieties
Reg. 3.89



\$2⁵⁹

MANITOBA HARVEST Hemp Heart Toppers

4.4 oz.
Reg. 5.99



\$3⁹⁹

ST. DALFOUR Fruit Conserves

10 oz.
Assorted varieties
Reg. 5.15



\$3⁴⁹

PURELY ELIZABETH

Grain Free Granola



8 oz.
Assorted varieties
Reg. 7.89

\$5³⁹



LUCINI Organic Pasta Sauce



25.5 oz.
Assorted varieties
Reg. 10.25

\$6⁵⁹



DR. BRONNER'S Organic Coconut Oil Fair Trade



14 - 30 oz.
Assorted varieties

35%
off

In store prices reflect discount



TUCSON TAMALES



13 oz.
Assorted varieties
Reg. 7.79

\$5⁹⁹

GARDEIN Plant Based Appetizers



9 - 13 oz.
Assorted varieties
Reg. 5.65

\$3⁹⁹

HOPE FOODS Organic Hummus



2 - 2.3 oz.
Assorted varieties
Reg. 4.45

\$3⁴⁵



WISDOM SweetLeaf Sweet Drops



2 oz.
Reg. 15.45

\$9³⁹

NATURE'S PATH Organic Eco-Pac Cereal

32 oz.
Assorted varieties
Reg. 9.85

\$7⁴⁹



ODWALLA Juice, Smoothie or Protein Drink

15.2 oz.
Reg. 3.29



\$2⁴⁹



**SO DELICIOUS
Coconut Milk
Yogurt**

5.3 oz.
Reg. 2.39

\$1.99



**SILK
Cashew
Milk**



64 oz.
Reg. 5.19

\$4.19



**ALEXIA
Oven
Fries**

16 oz.
Reg. 4.35

\$3.29

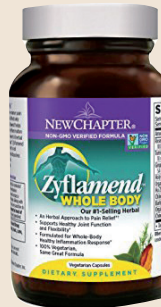


NEW CHAPTER

Zyflamend

An herbal approach to pain relief & healthy joint function
30 V-caps
Reg. 27.95

\$19.95



60 vcaps Reg. 44.95..... **31.49**

NEW CHAPTER

Zyflamend PM

60 V-caps
Reg. 44.95

\$31.49



**Regenerative Farming
practices with New Chapter**

**NANCY'S
Organic
Yogurt**

32 oz.
Reg. 5.69

\$4.69



It's the Anti-V Season!

ANTI-V FORMULA

With Clinically Proven Echinamide®

- Broad spectrum immune system support
- Special combination of powerful herbs including lomatium, astragalus, reishi, and licorice extracts

SAVE 30%

Natural Factors Immune Health Products
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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.

**ACURE
Body
Care**

Assorted varieties
& sizes

**25%
off**

In store prices reflect discount



**DR. TUNG'S
Oral
Care**

Select varieties
& sizes

**25%
off**

In store prices reflect discount



**HEALTH FORCE
MycoForce
Immunity**

60 caps or 75g powder
Reg. 37.44

\$26.99



**HEALTHFORCE
Truly Natural Vitamin C** 105g, Reg. 24.94..... **17.99**

SUPPLEMENTS

Marlene's

RESERVEAGE NUTRITION

Collagen Products

Entire line
Assorted varieties & sizes

25% off

In store prices reflect discount



SOURCE NATURALS

Wellness Formula

90 tabs
Reg. 24.99

\$15.99

180 ct. tabs Reg. 48.49..... **28.99**

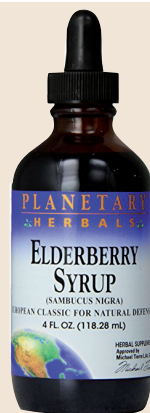


PLANETARY HERBALS

Elderberry Syrup

4 oz.
Reg. 17.50

\$10.99



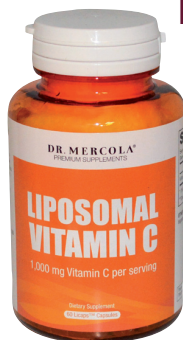
DR. MERCOLA Liposomal C

Uses Liposomal technology
to help improve absorption

- Gluten Free
- Soy Free
- 60 Licaps

Reg. 18.75

\$13.99



AMAZING GRASS Protein Superfood

Vanilla, Chocolate Peanut Butter
or Original
12 - 15 oz.
Reg. 34.99

\$25.99

HOST DEFENSE Supplements

Entire line
Assorted varieties & sizes

25% off

In store prices reflect discount



RENEW LIFE Ultimate Flora Men's or Women's Complete

90 Billion
30 caps
Reg. 49.99



\$37.99

RENEW LIFE Ultimate Flora Daily Immune

25 Billion, 30 caps, Reg. 32.99



\$24.99

ENZYMEDICA Purify Cleanse Products

Complete Body Cleanse, Liver Detox,
Fiber Drink Mix, Daily Regularity
or Charcoal Cleanse

25% off

In store prices reflect discount



NATURAL MEDICINE

HERBS ETC.

Loviral, Lymphatonic, ImmunoBoost or Phytocillin

Activate a healthy immune response & fortify your system for all the seasonal challenges this winter.

60 ct. soft gels
Reg. 27.99

\$19⁹⁹

30 ct., soft gels Reg. 15.99..... 12⁹⁹



SOVEREIGN SILVER
All Silver
Products

Assorted varieties & sizes

20%
off

In store prices reflect discount



MACA MAGIC
Organic
Gelatinized
Powder

5.7 oz., Reg. 20.99

\$9⁹⁹



HERB PHARM
Immune
Defense

Daily Immune Builder, 1 oz., Reg. 13.99

\$10⁹⁹



HERB PHARM
Rapid Immune Boost 1 oz., Reg. 13.99..... 10⁹⁹

SUPER NUTRITION
Simply One
SEE Clearly

Mixed berry flavor with
bilberry & lutein
30 ct. chews
Reg. 25.50

\$18⁹⁹



IRWIN NATURALS
Supplements

Assorted varieties
& sizes

25%
off

In store prices reflect discount



NATURAL
HEALTH
INTERNATIONAL

Herbatonin
3 mg. useful for travel
& shift work
Reg. 24.99

\$19⁹⁹

Natural Health International
Conscious | Leading | Empowering

NATURAL HEALTH INTERNATIONAL

Herbatonin
.3mg effective dosing for
long term usage

Vegan, Bio-Identical, & Non-Synthetic Melatonin
3 month supply, 90 ct.
Reg. 14.99

\$11⁹⁹



Marlene's

SUPPLEMENTS

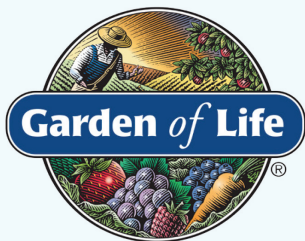
Help Your Body the Natural Way! Chestal®, Chestal® Cough & Cold, & Chestal® for Children

Chestal helps your body the natural way to improve the productivity of all types of common colds & coughs.



8.4 fl. oz.
Reg. 12.99

\$8⁹⁹



Introducing Organic Grass-Fed Whey



35% off

In store prices reflect discount



21g
PROTEIN

4.7g
BCAAs

2 BIL
CFU
PROBIOTICS

Organic Whey Protein is definitely the “cleanest whey to go!” Our whey is Certified USDA Organic and Non-GMO Project Verified, and is produced from pasture-raised, grass-fed cows. They’re never pumped with hormones (rBGH and rBST free) or routine antibiotics.



Granny Smith Wrapples

by Jeanne Logman, NT – Market Manager, Tacoma

Serves 3

- 1 Granny Smith apple,
thinly sliced
- 3 small, whole grain wraps
- $\frac{2}{3}$ c cheddar cheese, shredded
- $\frac{1}{2}$ tsp dried thyme
- yellow or Dijon mustard
- your favorite greens
(butter lettuce, spinach,
spring mix, etc.)

Separate ingredients equally into three portions. Apply a thin layer (to your liking) of mustard to a wrap. Add one portion of apple slices, thyme, and cheddar cheese to center of wrap. Broil wrap until cheese *just* begins to melt. Top with your favorite greens (as much that will fit!) and then wrap it up, burrito style. Repeat process for remaining wraps. Enjoy!

Feel free to make this recipe your own by removing or substituting ingredients to satisfy your taste buds.




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OCTOBER

Calendar of Events

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME. Payment can be made online by going to www.marlenesmarket-deli.com, clicking "classes", and following the link provided; by phone; or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes early to claim your seat. Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at classhost@marlenesmarket-deli.com.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 1	2	3	4	5	6	Non-GMO Day! 7
8	Uniform Monday! 10% off to all firefighters, police, and military! 9	10	Immune Recovery After Antibiotics and Vaccines with Robert Scott Bell, ND, Hom. 6:30 pm, FREE Federal Way 11	Say 'No' to GMOs! with Dorcas Wanganga, Health Coach 6:30 pm, FREE Federal Way 12	Meaningful Movies <i>Comand and Control</i> 6:30 pm, Gig Harbor 13	Integrative Strategies for Managing the Breast Cancer Journey with John Sherman, ND, Tahoma Clinic 10 am – noon, FREE Federal Way A Conservative Approach to Treating Carpal Tunnel Syndrome with Adrienne Owens 1 pm, FREE Federal Way 14
15	16	Breast Health and Lymph Connection with Nicole Wirth, LMP 6:30 pm, FREE Tacoma 17	18	HerbaTint with Jodie Moore, MA 6:30 pm, FREE Federal Way 19	20	Health is Fragile – Handle with Food with Steve and Sherri Fry, CHFS, NTP 10 am – noon, \$10 Federal Way Prevent and Overcome Cancer: The Importance of Diet and Lifestyle with Mauris Emeka 3 pm – 5 pm, FREE Federal Way 21
22	23	Best Ever Superfan Chili with Julie Kamin- Martin, founder of OlyCultures 6 pm, \$25 Tacoma 24	25	Health and Vitality at Any Age with Hanne Hojsted, ND, Iridologist 6 pm, FREE Federal Way 26	27	Breast Cancer Awareness and Prevention with Mark Gignac, ND, FABMO 10 am – noon, FREE Federal Way Constipation and Breast Disease with Dirk Yow 1 pm - 3 pm, FREE Federal Way 28
29	30	31				

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

BODY WORK

Schedule



TACOMA

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

Vitamin B shots with
Voda Health
Tuesday, 10 am – 2 pm

FEDERAL WAY

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

Vitamin B shots with Voda Health
Wednesday, 11 am – 3 pm

FEDERAL WAY

Reiki & Energy Work with Windy Stabile
By appointment only. Please call 616.917.6000



FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

HOURS

Monday-Saturday: 8 am - 8 pm
Sunday: 9 am - 7 pm

**We value your suggestions and
feedback! Write to us at:**
feedback@marlenesmarket-deli.com



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OCTOBER 2017

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

2017 Holiday Catering Menu

Marlene's Market & Deli will begin taking orders on October 23.

Place your order in-store or give us a call, Federal Way – 253.839.0933 or Tacoma – 253.472.4080

Dinner for Two 29.99 Includes turkey breast, cranberry orange chutney, gravy, smashed potatoes, green bean casserole, sourdough stuffing, mini pumpkin pie. Sorry, no substitutions

Gluten Free Dinner for Two 29.99 Includes turkey breast, cranberry orange chutney, gravy, smashed potatoes, seasoned green beans, cornbread stuffing, pumpkin mousse. Sorry, no substitutions

Roasted Turkey Dinner 159.99 or **Ham Dinner** 149.99

Dinners come with your choice of three side dishes plus cranberry orange chutney, gravy, and your choice of pie. (feeds 8 – 10)

Side Dishes

Smashed Potatoes (gf), Mashed Sweet potatoes (gf),
Apple Quinoa Salad (gf), Cornbread Stuffing (gf),
Broccoli Cranberry Salad, Green Bean Casserole,
Sourdough Dressing

Pies (most can be made gluten free)

Apple, Banana Cream, Black Bottom*, Blackberry,
Blueberry, Chocolate Cream, Coconut Cream, Key
Lime*, Lemon Sour Cream, Peach, Peanut Butter*,
Pumpkin, Raspberry, Triple Berry

* not available in gluten free

All holiday orders will need to be paid in advance and are on a first come, first served basis. Supplies are limited – please note that we will sell out quickly! No changes may be made after November 17.

Sorry, no substitutions on ingredients.

All orders are available for pick up November 21 and November 22. We are closed Thanksgiving day.