



APRIL 2022

# CO-OP NEWS

STRAWBERRY GOODNESS - FAMILY MOSQUITO PROTECTION - SPECIALS

## MEET THE MAKERS

## CAITANYA AND KARUNAMAYI

## VEDIC SCENTS INCENSE



Caitanya and Karunamayi are well-known for their family's Krishna's Kitchen in Maleny Lane on Maple Street. They have now developed a range of luxury, fair-trade incense sticks, Vedic Scents 'No Nonsense Scents', that are new to the Co-op. The sticks are 100% natural with no artificial chemicals and also traditionally hand rolled. All proceeds go to the charities ISKM Goshala Cow Protection and Food Relief, the latter supporting Maleny Neighbourhood Centre.

Karunamayi explains, " We are focused on ethical production for Vedic Scents. The incense sticks are made to support the charities and we are careful to source them from people we know and have visited in India. They are great for uplifting the senses, purifying the atmosphere and help to repel mosquitoes".

The incense sticks are available in six varieties at the Co-op and have a one-hour burn time. "The Premium Myrrh is my personal favourite and the Radha Ras Bihari and Wild Sandalwood are also popular", Karunamayi tells us.



The Maple Street Co-op sources local and high-quality products that are produced ethically. Vedic Scents incense sticks fit the bill perfectly.

<https://iskm.com.au/foodrelief>

**FIND VEDIC SCENTS  
IN THE INCENSE SECTION \$12.00**

*So much more than a health food store*

BY CO-OP NATUROPATH,

PASCALE RICHY



## The Sweet Heart of Fruit

Strawberries are truly one of nature's gifts, with their delicious sweet taste, attractive colour and pretty heart-shape. They also boast a myriad of health benefits, including scientifically proven protective effects on the cardiovascular system, due to their richness in the antioxidant ellagic acid and flavonoids. The doctrine of signatures, a concept from natural medicine since ancient Roman times, state that foods and botanicals that resemble parts of the body can heal those parts of the body, in this case the heart. Strawberries reduce elevated blood pressure, hyperglycemia, circulating adhesion molecules and inflammation, lessening the likelihood of heart disease and the vascular complications of diabetes. Researchers at the University of Warwick, U.K. attribute this to the activation of Nrf2, a protein that increases antioxidant activity within the body. Furthermore the strawberry's high fibre content, vitamin C and folate form an ideal cardiac health trio, according to a Harvard Medical School study, that found the consumption of 3 servings per week significantly reduced cholesterol in the blood vessels and reduced heart attack by 34 percent in middle aged women. Strawberries also show benefits in warding off diseases such as cognitive decline, macular degeneration and cancer.

Abundant iodine and potassium in the fruit are believed to contribute to the enhancement of brain and nervous system health and function, whilst the vitamin C and antioxidants offer protection to various structures in the eyes. Even UV damage to the skin can be reduced, according to Italian researchers, when using strawberry extracts for cosmetic purposes. A study in the Journal of Agricultural and Food Chemistry discovered strawberry extract decreased proliferation of both colon (HT29) and breast (MCF-7) cancer cells. Interestingly, organic strawberries had higher anti-carcinogenic characteristics than conventional varieties.

### SIMPLE STRAWBERRY AND HONEY FACE MASK

3 organic fresh strawberries

2 tablespoons raw local honey

Remove stems and mash strawberries in a small bowl. Stir in the honey.

Apply to facial skin and allow to dry for 20 minutes. Remove with a clean, wet cloth.

Sources:

[Promising Health Benefits of the Strawberry.](#)

[Eat blueberries and strawberries 3 times a week](#)

[Strawberry-Based Cosmetic Formulations Protect Human Dermal Fibroblasts against UVA-Induced Damage](#)

[An anthocyanin-rich strawberry extract protects against oxidative stress damage and improves mitochondrial functionality in human dermal fibroblasts exposed to an oxidizing agent](#)



**Pascale is one of our in-store naturopaths.  
Her practice is on Coral Street, Maleny**

# APRIL SPECIALS

Become a member of the Co-op for 5% everyday discounts ... and even more on Specials!

## SAN ELK ORGANIC STOCK

This hand-made stock of finely ground organic vegetable, herbs and spices naturally enhances the flavour of your meals. Each batch is individually hand-crafted to ensure attention to detail, consistency and freshness.

Vegetable, Vegetable Low Sodium, Chicken and Beef varieties.

Were \$11.95

Now \$9.56

Members \$9.08



## VITAL VEGAN PROTEIN RANGE

100% all natural vegan pea and hemp protein powders with high nutrient value.

All flavours.



10% off

Members 15% off

## TOM WOMEN'S SANITARY PRODUCTS

Organic panty liners, undies, period cups and tampons.

Find them at our Menstruation Station in the centre of the shop!

20% off  
(a further 5% discount for Co-op members)



## TURBAN CHOPSTICKS CURRY PASTE

Delicious curry pastes for a fast and nutritious meal.

Thai Green, Yellow and Red Curry, Laksa, Butter Chicken, Satay, Nasi Goreng, Sambal, Rendang and Korma.

Vegan, gluten-free and no nasties

Made in Australia

Were \$8.95 Now \$7.60 Members \$7.22.



