



OCTOBER 2021

CO-OP NEWS

AGM AND MEET THE MAKERS WEDNESDAY 27 OCT 6PM COMMUNITY CENTRE

MEET THE MAKER

DOM LIVKAMAL THE MEDICINE ROOM



“I buy certified organic herbs and local oils” she says. “I formulate the lotions and balms for me, and then make it into the Medicine Room range. They all do the job they were designed to do. I don’t have a favourite, they are like children to me, I love them all!”. Medicine Room was created in 1999 and has sold through the Co-op from the beginning. “I think the Co-op is incredible, a friendly connection point for community. The crew are supportive, incredibly welcoming and you can trust all of the products they sell”

Dom is also a professional writer and journalist, having written several books including The Wellness Zone. In addition to her consultations, her Coral Street practice is open on Wednesdays from 10am to 2pm for visitors to see the herbal dispensary in action.

<https://medicineroom.com.au/>

From her teenage years Dom LivKamal did not simply decide to become a naturopath. “I didn’t have a choice” she told us. “This is what I’m do. It’s hard to explain. It’s my dharma”. From her apothecary and dispensary in Maleny, Dom makes over 80 herbal extractions and the beautiful array of Medicine Room beauty and body care products sold at the Co-op



So much more than a health food store

BY CO-OP NATUROPATH, PASCALE RICHY

THE VITAMIN C ADVANTAGE

Immune system support is what we think of when it comes to vitamin C, but it also has a diversity of roles in various tissues and systems of the body. Vitamin C supports the production of neurotransmitters such as serotonin helping to maintain a positive mental outlook, improve memory and concentration, assist sleep and manage stress. In fact, the adrenal glands contain one of the highest concentrations of vitamin C in the body where it is needed for the synthesis of cortisol, enabling stress adaptation and conferring anti-inflammatory effects. Furthermore vitamin C is required for the synthesis of collagen, key for cardiovascular health and control of bruising and bleeding. Vitamin C even has a role to play in energy production, the generation of ATP and may also facilitate fat and weight loss.



Finally the antioxidant function of vitamin C makes it a potent neutraliser of free radicals, protecting the body from toxins and increased levels of oxidative stress associated with an array of chronic health issues. Vit C also helps to recycle vitamin E and glutathione, two crucial antioxidants which promote a resilient body and healthy aging.

The best food sources of vitamin C are capsicums, (especially red), guava, kale, moringa, rosehips, kiwi fruit, cabbage, black currants, strawberries and citrus. Vitamin C content may be affected by location, season, transport, storage time, shelf life, cooking practices and chlorination of water. Eat foods raw or lightly steamed and fresh for optimal vitamin C advantage.

ASK OUR NATUROPATHS PASCALE AND NAYHA FOR ADVICE TO IMPROVE YOUR HEALTH AND VITALITY

OCTOBER SPECIALS

Local Kin-Kin Dish and Laundry Liquids, Latte Powders, Clean Greens and Liquid Chlorophyll

KIN KIN DISHWASHING AND LAUNDRY LIQUIDS

Dishwash Liquid 550ml was \$7.95 now \$6.95

Members \$6.75

Laundry Liquid 1050ml was \$14.95 now \$13.45

Members \$12.70

or

BYO container and save !

Bulk Dishwash Liquid and Laundry Liquid (/Kg)

was \$11.50 now \$9.95 Members \$9.75



NUTRA ORGANICS LATTE RANGE

Simply mix two teaspoons of these organic, botanical blends to your hot milk of choice for a healthy cuppa at home.

Lunar for sleep, Matcha for enlivening, Velvet to cleanse, Mermaid for balance and Golden to soothe your body.

100g makes approx. 16 drinks for \$21.95

now \$19.75 Members \$18.65

GRANTS CHLOROPHYLL

Trending on TikTok and now back in stock at a special price 500ml

Was \$14.40

now \$12.95

Members \$12.25



NUTRA ORGANICS CLEAN GREENS

Add a teaspoon to a smoothie or juice of your choice for an instant shot of wellness.

400g Was \$38.95

now \$34.95

Members \$33.10



WHAT'S GOING ON?

MEET THE MAKERS @ THE CO-OP AGM

Wednesday Oct 27th 5.30 for 6pm
our annual AGM will be followed by a
Meet the Makers session.

At the Community Centre, all
Members will receive a free drink and
tasting platter.

The bar will be open.

Nominations for Board Director close
4pm Wednesday 20th October
Come and celebrate our biggest year
yet!

A small selection of our wonderful,
local growers and makers will be
showcasing their wares and getting to
know you, our members.

Come and meet the folks from Free
Little Ducks, Skye Chai, The Medicine
Room, Hinterland Bees, Robin
Clayfield Permaculture, Four Cow
Farm, Crystal Waters Woodfired
Bakery, Jeremiah's Bakery, Tin Shed
Farm, Montville Coffee, Full Circle
Botanicals Teas and Tribe of Quinns
Microgreens and more!



Hear about our best year ever, meet our suppliers,
meet & greet staff, directors and members,
enjoy munchies, drinks and more!

OUR COMMUNITY GARDEN COME ALONG!

Sunday 31st October 9 - 12

Join us for a potter in the garden

Meet new people

Share skills

A healthy activity for all the family

Morning tea

Contact Fi on 0416057702

or just turn up!

COMMUNITY SUPPORT

We are sponsoring the Mega Chairs
ride for littlies at the combined River
School, Maleny and Conondale
Schools' Fair on Friday 26th
November. It's a great way for us to
support the community and reach out
to new members.



Maple Street Co-operative Society Ltd
37 Maple Street, Maleny Qld 4552
Phone: 07 5494 2088

✉ sales@maplestreet.coop
🔍 www.maplestreet.coop
📘 fb.com/maplestreetcoop
📷 [@maplestreetcoop](https://www.instagram.com/maplestreetcoop)