



MARCH 2022

CO-OP NEWS

MEET THE MAKER - MANAGING CHRONIC PAIN - MARCH SPECIALS

MEET THE MAKER BILLY'S AYURVEDIC READY MEALS



Billy's delicious veggie meals are back on our shelves. We thought you'd like to hear more about this very special approach to these wholesome meals made right here in Maleny.

"I make the organic veggie curry meals according to the ayurvedic principles." Billy tells us. "One of these main principles is that a meal should have all six tastes incorporated; sweet, sour, salty, bitter, astringent and pungent. This gives us a satisfied feeling after eating the meal, as the body needs these important tastes to maintain proper health through balance" Billy has been cooking in this style for over 34 years and loves to share his passion through his cookery classes and catering service. "Each day I make meals similar to this mild curry. It has sustained me well over the years, and I enjoy the whole process very much. I make everything as simple as possible, so it can become an easy daily routine."

He is keen to tell us that most of the ingredients are sourced through Maple Street Co-op such as our organic basmati rice and split mung dhal, organic veggies and apples, organic milk used in making Indian paneer (fresh cheese) and organic butter used to sauté the spices and veggies.

"The other important ingredient is love."

**FIND BILLY'S READY MEALS
IN THE FREEZER SECTION \$13.95**

So much more than a health food store

BY CO-OP NATUROPATH,

PASCALE RICHY

Managing Chronic Pain

About 20% of Australia's population are impacted by chronic pain, which not only interferes with daily activities but can affect sleep, relationships and mood; in some cases, leading to depression.

Most people who suffer from chronic pain will be familiar with supplements such as magnesium, turmeric/curcumin and fish oils and perhaps topical applications such as arnica, comfrey and camphor/menthol (e.g. Tiger Balm), which can offer significant relief.

Here are a few tips for less well-known remedies which can alleviate pain directly and in some cases address the accompanying ailments identified earlier.

- Palmitoylethanolamide (PEA) - has proven in controlled studies over recent years to have analgesic and anti-inflammatory properties which are effective in a variety of underlying conditions. PEA belongs to the endocannabinoid family, a group of fatty acid amides, that also effect energy, mood and wellbeing in positive ways, making it an ideal approach for treatment of depression associated with chronic pain.
- Probiotics – not only play a role in reducing pain within the gastrointestinal tract,(i.e. conditions associated with



gut inflammation such as Crohn's or ulcerative colitis) but are also proving beneficial in reducing pain outside of the gastrointestinal tract. The mechanism for this relates to gut barrier breakdown where the presence of intestinal bacteria can trigger immune responses that initiate inflammation throughout the body. Probiotics assist by combating dysbiotic bacteria, increasing protective mucous on the gut barrier, producing anti-inflammatory short chain fatty acids and can activate and enhance opioid receptors which reduce pain sensitivity.

- Kunzea – A plant in the family Myrtaceae and native to Australia is fast becoming popular for topical use due to its sesquiterpene compounds which offer analgesic and anti-inflammatory actions along with the ability to increase blood flow and calm nerve endings.
- Green tea – yes green tea! Due to its L-Theanine content, this amino acid increases production of alpha brain wave patterns promoting a calm meditative-like state and by crossing the blood brain barrier, it plays a role in increasing neurotransmitters such as serotonin, dopamine and GABA, that influence pain perception, mood and sleep.

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

MARCH SPECIALS

Wholesome and earth-friendly products at great value

AMY'S KITCHEN ORGANICS

- Medium Chilli – Was \$8.95 Now \$8.05 Members \$7.64
- Spicy Chilli – Was \$8.95 Now \$8.05 Members \$7.64
- Indian Golden Soup – Was \$7.95 Now \$7.15 Members \$6.79
- Veg Lentil Soup – Was \$6.50 Now \$5.85 Members \$5.55
- Refried Black Beans – Was \$7.95 Now \$7.15 Members \$6.79



SPIRAL INSTANT RAMEN - ALL 20% OFF



MISTY LANE BEESWAX WRAPS 30% OFF

- 2-pack
Was \$18.95
Now \$13.26
Members \$12.59
- 4-pack
Was \$37.5
Now \$26.25
Members \$24.93



SUMMER SALT BODY ESSENTIAL OIL ROLLERS

- Were \$22
- Now \$19.95
- Members \$18.95



WHAT'S NEW WHAT'S IN SEASON

ON A MEXICAN THEME...SALSA, CORN CHIPS AND LIMES

HOUSE OF SALSA

Made here on the Sunshine Coast, The House of Salsa create fresh Mexican salsas, perfect for a no-fuss meal or snack.



ABSOLUTE ORGANIC CORN CHIPS



LIMES
\$4.95/ KG
WHILE
STOCKS
LAST



HARI CHAI

Brought to you by our local producers of Hari Ghee. Made using the Maple Street Co-op's organic Rooibos tea.

IMUNI IMMUNE DEFENCE

Find it in our Supplements area. Quercetin, Zinc, Vitamin D3 and Vitamin C. Australian-made and vegan.

AU REVOIR!

We're sad to see Annika and Kaylan leave the Co-op team. Both have been a great asset to our Co-op with their friendly and efficient customer service. Good luck to both!

MONTHLY WINNER

Every member-spend of \$50 in any day during the month gives you a place in our draw. This month's winner is Andrea Jones!



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