



NOVEMBER 2021

CO-OP NEWS

IN-STORE SPECIALS - MEMBER GET TOGETHERS- BIMBLEBOX CALENDARS

MEET THE MAKER MONTVILLE COFFEE



You may have known about the great flavour of Montville Coffee, but did you know about their 20-year history of ethical and sustainable business, establishing themselves as the first Fairtrade Certified Organic coffee roasters in Queensland? "

The Fairtrade model of third-party independent auditors provide us and our customers with the confidence that all coffee sold has been sourced from a grower and co-operative that has been fairly paid for their hand-picked, harvested and processed coffee." says Sean the sales manager.

The team is heavily involved in growing local partnerships such as with Mooloo ice-cream. Another passion is for community-building activities such as Sconetime where people in communities are brought together for a convivial morning tea. Montville Coffee plays a key role with other local businesses in providing the coffee, equipment and staff time.

"It's so important to for us at Montville Coffee acknowledge those of you who choose to support and purchase our products locally through the Maple Street Co-op. Without you, our Fairtrade coffee farmers and their very own co-operatives may not exist, and nor would we."

You'll find Montville Coffee both in packs and loose in The Pantry area of the shop (bulk food) for you to grind for freshness. www.montvillecoffee.com.au



So much more than a health food store

BY CO-OP NATUROPATH, PASCALE RICHY

Oral Health and the Gut Connection

The health of our teeth, and particularly our gums have a role to play in the health of that fundamental part of our body that naturopaths love to talk about

- THE GUT!

There are several conditions that come under the banner of Inflammatory Bowel Disease (IBD) and it is important for our overall gut health to consider the impact of periodontal disease, an inflammatory condition of the gums. The mouth being the first part of the digestive tract means that not only the foods that we eat have an impact on the “downstream” digestive system but also the oral environment and its microorganisms.

We are familiar with the concept of the gut microbiome, the ecosystem of symbiotic organisms that can both aid and hinder health, depending on balance and composition. However the oral cavity has its own specialised microbiome that when in good balance can protect against harmful bacteria overgrowth and the resulting degradation of teeth and gums.

As important as dental hygiene is to protect from decay and decline, let's have a look at what else we can do to promote better natural protective balance and what happens when we do not. Whilst the microbiomes of the mouth and gut have been thought of as separate, new research is showing that



orally derived bacteria present in large amounts in periodontitis patients indices significant changes in systemic and intestinal inflammation. Clinical studies indicate that transmission of oral bacteria that colonise the large intestine are common in colorectal cancer patients. A meta-analysis of 6 studies into IBD concluded periodontitis was significantly associated with the disease, also suggesting that better management of oral health may see improved outcomes in treatment of Crohn's, ulcerative colitis and other IBDs.

Currently research is underway to determine whether specific probiotic species can be used to improve the oral microbiome and therefore assist with risk and management of IBD. Particular strains of the species *Lactobacillus reuteri* are showing great promise by producing antimicrobial substances that inhibit overgrowth of anaerobic organisms, reducing inflammation and modulating systemic immune response.

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

NOVEMBER SPECIALS

Skin Care for Summer and Protein Shake Goodness



NOOSA-MADE SURF MUD SUN LOTIONS

Founded by a couple of Sunshine Coast surfers, Surf Mud is reef safe, non-toxic, hypoallergenic, cruelty-free and comes in low-impact packaging

Lotion 50g \$11.25 **now \$9.95 Members \$9.60**

Lotion 125g \$22.50 **now \$20.25 Members \$19.25**

Baby Lotion 125g \$22.50 **now \$20.25 Members \$19.25**

Tinted 45g tin \$20.95 **now \$18.95 Members \$17.90**

ECO TAN TANNING RANGE

Australia's first Certified Organic natural tanning products. Proudly vegan. Cruelty free.

Hempitan \$36.95 **now \$32.25 Members \$31.60**

Face Tan Water 100ml \$32.95 **now \$29.65 Members \$28.15**

Cacao Mousse 125ml \$31.95 **now \$28.75 Members \$27.30**

Invisitan 150 ml \$32.95 **now \$29.65 Members \$28.15**

Winter Skin 200ml \$26.95 **now \$24.25 Members \$23.05**



GREEN PLANET PROTEIN POWDERS

600g Chocolate, vanilla, and original flavours. Why not mix with oat milk special for a nutritious shake?

Was \$38.95

now \$34.95

Members \$33.30



NEW IN THE SHOP

Good Hemp Oat and Hemp Milk from Ceres and Barista Mylk from Rebel



WHAT'S GOING ON?

OUR MISSION



You may have noticed a few additions to the Co-op that aim to help the community better understand our ethos and mission - and encourage folks to join us as Co-op members. The story boards are connecting us with our growers and makers and the chalkboards at the counter explain the 7 Cooperative Principles of all co-ops.



COME ALONG AFTER HOURS

Great conversation, sample tastings and drinks and the whole shop to ourselves! We have been reaching out to new members inviting them to 'After Hours @ The Co-op' to find out what is important to our members and also give them a deeper understanding of the workings of the Co-op. If you'd like to come along to the next session on a Sunday afternoon just email Fi on assistantmanager@maplestreet.coop

BIMBLEBOX CALENDARS ARE BACK

Locally designed and proceeds go towards protecting the cultural and environmental heritage of Queensland, most notably the Galilee Basin. The delightful 2022 Calendar features a star each month from the Bimblebox 'Frogs Friday' Facebook posts. The Co-op does not take commission for these so all money goes to wildlife reguges.

MONTHLY WINNER

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



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