



DECEMBER 2021

CO-OP NEWS

AGM PHOTOS - FESTIVE SPECIALS - REMEDIES FOR RESPIRATORY INFECTIONS

AGM 2021

Our AGM in October was a celebration of our shop extension, recognising the team for their hard work during a challenging year and thanking our members for their loyalty.

We also had great food, drinks and best of all a chance to hear from our local makers and suppliers.

Photography-Ketaki Jewson-Brown



Anni and Paul

Marc and Ridley



Annie Wall of Skye Chair, Juliet Kalifa Maleny artist and Robin Clayfield permaculture author



Some of our team
Rod, Mita, Kitty, Coby, Charlotte,
Charlotte, Pascale, Kaylan, Lynne, Fi and Peter



Helen with Peter Pamment



Richard Langley Secretary, Board Directors; Patricia Lake, Anna Morningstar, Adrian Anderson, Robyn Harper, Kamala Alister, Elke Watson and Kerry Cosgrove

So much more than a health food store

Meet the Makers

Our makers and producers gave 2-minute Lightning Talks at the AGM then chatted with members.

We all loved it!



Caron and Carl from Tin Shed Farm eggs



Scott Montville Coffee, James Kendall Hop Valley H2O Noosa, Scott Whittaker Hinterland Bees



Wyn and Malcolm Four Cow Farm



Bernard Crystal Waters Wood-Fired Bakery



Dom of Maleny's Medicine Room



Paula Jeremiah's Sourdough Bakery



Shakira and Nic from Tribe of Quins Microgreens



Door prizes donated by our makers

PASCALE RICHY CO-OP NATUROPATH



SIMPLE HOME REMEDIES FOR ACUTE RESPIRATORY INFECTION

1. Onion and honey infusion – this remedy is used in European folk medicine to break up mucous in the chest and airways. Finely cut a brown onion, layered in a jar with raw honey preferably Manuka. Ensuring the onion is fully immersed, infuse for 24 hrs to release the medicinal properties. Take 1 teaspoon 3 times daily. Onions are high in quercetin, a flavanoid considered to be an immune booster, antihistamine and anti-inflammatory that reduces viral replication and enables intake of zinc to the cells.

2. Salt inhaler with Iodine – Respiratory viruses enter the body by infiltrating cells of the nasal orifice and working their way down to the throat and chest. This recommendation from British Naturopath Dr. Myhill is aimed at dealing with the virus at the early stage. It can be used daily as a prophylactic or more intensively with the first symptom of itchy nose or itchy eyes.

The best method uses a salt pipe, adding 2 drops of Lugols iodine, then drawing deep breaths in through the nose and into the

mouth. Alternatively, you can put the salt and iodine in a small bowl and use cupped hands to direct the vapour. Iodine has a long history as a contact antimicrobial, highly effective in killing germs on the skin or on the mucous membranes. The salt is also very cleansing for the airways and has long been a folk and physician's remedy for respiratory ailments.

3. Herbal teas – Mix various herbs for antiviral, immune boosting, antioxidant, anti-inflammatory and the specific action of blocking the ACE2 receptor. The medicinal properties of infused herbs are as strong as tinctures or capsules but enough must be consumed to meet therapeutic dosage, typically 3 cups daily. Herbs include Andrographis, Astragalus, Berberine (Golden Seal, Barberry) Cats Claw, Cordyceps, Dandelion leaf, Echinacea, Elderflower (leaf/bark), Ginger, Ginkgo, Hawthorn, Licorice Root, Mullein, Olive Leaf, Pomegranate, Thyme, Turmeric and Wormwood.

Acknowledgements:

Helga Richy, Dr. Judy Myhill

Sources on p.4



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DECEMBER SPECIALS

Festive Gifts That Don't Cost the Earth

MAPLE STREET CO-OP

EST. 1979

So much more than a health food store

Festive Special Offers for DECEMBER

Bennetto Luxury NZ Chocolate range

Organic, vegan, Fairtrade 100g bars were \$6.95,
Special \$5.95 | Members \$5.65

Nimbin Candles - 6-pack hand-dipped were \$9.95
Special \$8.95 | Members \$8.50

La Mav beauty range - Organic, vegan, cruelty-free
10% off (Members 15%)

H2O Noosa sparkling hop water - New refreshing party drink
(6 pack) were \$18.95, **Special \$15.50 | Members \$14.73**
singles were \$3.15, **Special \$2.68 | Members \$2.45**

Ever Eco Safety Razor - Low-waste replaceable blades,
black & rose gold were \$44.95,
Special \$39.95 | Member \$37.95
Razor refills 10 pk were \$7.95,
Special \$6.95 | Members \$6.60



37 Maple Street, Maleny
www.maplestreet.coop

MINOR FIGURES MILKS

Minor Figures Barista oat milk and organic barista oat milk

Were \$4.95

Now \$3.95

Members \$3.75

Minor Figures Latte and Mocha Oat Milk

Were \$6.75

Now \$5.45

Members \$5.18



MONTHLY WINNER

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

Cont. from p3. References

Chinese herbal compounds against SARS-CoV-2: Puerarin and quercetin impair the binding of viral S-protein to ACE2 receptor 2001-0370/

Boyu Pan et al. <https://pubmed.ncbi.nlm.nih.gov/33200026/> accessed 21/11/20

Natural Products Modulating Angiotensin Converting Enzyme 2 (ACE2) as Potential COVID-19 Therapies
Murtala Bello Abubakar, et al. Published 2021 May 3 <https://pubmed.ncbi.nlm.nih.gov/34012391/> Accessed 24/11/2021

In Vitro Effect of Taraxacum officinale Leaf Aqueous Extract on the Interaction between ACE2 Cell Surface Receptor and SARS-CoV-2 Spike Protein D614 and Four Mutants

Hoai Thi Thu Tran, et al

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8538008/> accessed 24/11/21