



MAY 2023

# CO-OP NEWS

DO YOU KNOW A CO-OP MEMBER WHO IS STRUGGLING? ASK ABOUT OUR MEMBER CARE FUND

## OUR YEAR OF LOCAL MEET THE MAKERS LIQUID CHAI'S BILLIE AND FAMILY



Hi! We're a family team - Naomi (aka the chai goddess), John and myself, Billie. Naomi has been brewing chai for years, and we decided to share her delicious blend with the world. Our Liquid Chai journey began in Melbourne, but we always knew deep down that our hearts belonged to the Sunshine Coast. So, soon after starting our business, we couldn't resist any longer and decided to pack up our cars with two cats, two dogs and make the move. It was a wild adventure!

Our Liquid Chai is the real deal - it's not just a drink, it's an experience. We believe that it's important to know the difference between an authentic chai concentrate and a syrup full of

sugars or nasties. That's why we're proud to offer a natural chai concentrate with no artificial ingredients nor sweeteners, handcrafted, and brewed. It delivers a delicious, full-bodied chai, bursting with spicy flavours and cosy aromas. With no added nasties, our concentrate is the perfect way to enjoy a healthy and authentic chai.

We pride ourselves on our unique blend, chai concentrate that has all the delicious, warming flavours of a loose-leaf blend, without any of the hassle. We use whole spices, fresh ginger, and organic tea, so you can taste the quality in every sip. It's as easy and convenient as a powdered or syrup chai. Simply add a splash of Liquid Chai to your favourite milk and you've got a perfect cuppa.

We've been supplying the Co-op for only two months, but we're already feeling the love from Maleny locals. At our recent sampling day outside the Co-op, we had a blast meeting everyone and sharing our products. Even the Co-op staff couldn't resist asking us for refills throughout the day!

Liquid Chai concentrate is located in the Co-op tea section at the rear of the shop.

*So much more than a health food store*

BY CO-OP NATUROPATH,  
PASCALE RICHY

# OLD SCHOOL REMEDIES - TISSUE SALTS...



...what they are and what they do

Also known as Schuessler's Cell Salts, these biochemic remedies were introduced by William H. Schuessler, M.D., in the 1800's. He proposed that disease is caused by insufficiencies of mineral salts in the tissues and cells of the body. The Salts aim to correct the deficiencies, restore cellular metabolism and vitality, thereby ameliorate disease. Tissue salts are important for daily functioning, maintaining and rebuilding, the cells, as they harmonize the bodily functions and improve nutrient absorption from food.

The Salts are not mineral salts in the usual sense, instead they are potentiated through dilution (like the homeopathic process), and therefore nourish the cells directly. They achieve their effect through the inter-cellular liquid at the cell membrane or directly within the cell itself; they do not first have to be processed by the digestive system. The basic alkaline and acidic elements are combined to form the 12 essential salts.

1. Calc flour (Calcium fluoride) – Imbalance can result in varicosities, muscle tendon strain, cracked, dry skin and deficient tooth enamel. This remedy is often recommended to prevent stretch marks.
2. Calc Phos (Calcium phosphate) – Imbalance can cause impaired digestion, teething troubles, itching, chilblains, simple anaemia.
3. Calc Sulph (Calcium sulphate) - Helps to relieve skin symptoms such as pimples during adolescence, sores that are slow to heal and sore lips.
4. Ferr Phos (Iron phosphate) – Imbalance may cause diarrhoea, constipation, and even spontaneous nose bleeds. Useful for chills, fevers, inflammation congestion, rheumatic symptoms, and anaemia.

5. Kali Mur (Potassium chloride) - Used sometimes in combination with Ferum Phos in cases of coughs, colds, respiratory illness, and children's feverish ailments.
6. Kali Phos (Potassium phosphate) - Imbalance leads to nervous exhaustion, nervous indigestion, nervous headaches, tinnitus, and insomnia. Eases stress due to worry or excitement.
7. Kali Sulph (Potassium sulphate) - Eases rough dry scaly skin, hastens wound healing, also useful for hair loss and nail disorders.
8. Mag Phos (Magnesium phosphate) – Deficiency can cause cramps, flatulence, neuralgia, muscle spasm, colic, hiccups and shooting pains.
9. Nat Mur (Sodium chloride) - Imbalance may result in salt cravings, hay fever, and watery discharges from the eyes and nose. This remedy may also prevent heartburn, swollen ankles, and dry skin.
10. Nat Phos (Sodium phosphate) – Neutralises acid, so is good for over-acidity of the blood, gastric disorders, heartburn, and rheumatic symptoms.
11. Nat Sulph (Sodium sulphate) - Known as the "liver" salt, eliminates excess water, relieves liverish symptoms, bilious attacks, watery infiltrations, and symptoms of flu.
12. Silica (Silicon dioxide) - literally 'Salt of the Earth' this remedy strengthens our hair, skin, nails, and bone surfaces. Silica can also be a great cleanser- pushing out splinters, boils, abscesses, ulcers, and corns. Sore throats, sinus and ear congestion can move out quickly under its influence.

These remedies are simple, gentle, and easy to use, making them ideal for self-management of minor ailments and concomitant use with other forms of therapy.

*Pascale is one of our in-store naturopaths.*

*Her practice is on Coral Street, Maleny*

*This information for educational purposes only and is not intended as a substitute for health care advice. Please consult your friendly local naturopath, herbalist or other health care practitioner for personalised advice, particularly if you have a diagnosed medical condition or take pharmaceutical medications.*

# MAY SPECIALS

15% off.

Members 5% off discounted price!

## BOULDER CANYON POTATO CHIPS



A healthier chippie option using better-for-you oils, including olive and avocado.

## ECORIGINALS NAPPIES



More than 90% biodegradable. Breathable, natural layers help eliminate nappy rash. 12+ hours leak free, and touch-dry. No fragrances, dioxins or bleach. Irritant free - Dermatest approved.

## JONNY CONDOMS



Made from biodegradeable natural latex, sourced from rubber plants. Vegan (other brands may contain casein, a milk product).

## ECORIGINALS WIPES



Made from soft bamboo and purified water, with organic aloe vera extract, Vitamin E, and soybean amino acid to complement the skin's natural defences. Breaks down in your home compost.

## TOOSHIES REUSABLE NAPPIES



Designed in Melbourne by a team of parents. Quick-dry, moisture wicking with seven layers of absorbency and velcro fitting for convenience.

# WHAT'S NEW

## NEW FROM KOALA ECO



We love the natural scents from Australian botanicals, helping keep your home (and now, dog!) fresh and clean.

Multi-Purpose cleaner concentrate 500ml  
Natural Laundry Delicate Wash  
Dog Wash

Extra-large refill sizes of glass cleaner, fruit and veg wash and others. Great value.

## JUST IN-NEW BENT ROAD WINES

Wilhelm Scream Sangiovese  
La Petite Mort Pet Nat (Manseng grape)  
La Petite Mort Nebbiolo Rosé

## MORE NEW PRODUCTS:

New from Eastwell Farms, Kin Kin -Oyster mushroom and Lion's Mane mushroom kits. Also locally-made Lion's Mane mushroom powder.

New Proper Crisps - BIG CUT Marlborough Sea Salt, Cracked Pepper & Salt and Dill Pickle

New from Ozganics - Keto Tomato Ketchup, Green Goddess Salad Dressing, Vegan Caesar Dressing, Vegan Ranch Dressing and Mango and Chilli Dressing

New from Offaly Good - Chilli Chicken Pate

New from Natural Super Foods and Co. - Beef Liver Capsules

# WHAT'S HAPPENIN'

## JEREMIAH'S SOURDOUGH

For fans of this Mary Valley bakery, we now have deliveries on Thursday as well as Tuesday.

## SUPPLY SWAPS

A world shortage of organic psyllium husks and supply issues has seen our price increase as we change to the only source available. Also, we have swapped-in some brands of mustard and mayonaise as sourcing is tricky.

## FARM VISIT AND TRIVIA NIGHT

Watch your inbox for invitations to our Tin Shed Farm tour on Sunday May 14th and also our trivia night to raise funds for our fabulous Maleny Neighbourhood Centre on Saturday June 17th. Muster your team!

## CO-OP COMMUNITY GARDEN NEWS

Greg McCosker, local woodie has created our new garden sign and noticeboard, installed with the help of Peter Pamment.

Garden Gatherings on the 2nd and 4th Tuesdays 8-10am



## MONTHLY DRAW WINNER

To be fairer, an entry to the draw is now for each item purchased instead of for every \$50 spent. Congrats to this month's winner - Janet Stirling.



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