

# OUR PEOPLE FOOD COOP NEWS

JANUARY/FEBRUARY 1990 134 W. Aurora St. Ironwood, MI 49938  
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## LETTER FROM THE PRESIDENT OF THE BOARD:

Hello Everyone,

The Co-op has been doing very well since October. For those interested in details - ask Jody for more information, and see the Financial Report in this Newsletter.

Our Christmas Season business was brisk and busy. Lots of people must have gotten plenty of "good-for-you" food and things from the Co-op!

We are still working on getting a freezer. Would the membership be willing to make a specific donation to a special fund to obtain one? What other options or fundraisers could we do? Please give Jody or a board member your thoughts and feelings on this.

Common Health has responded to our plea not to discontinue the Mayacamas Soup Mixes in the small packages. This product is a good seller at the Co-op, so of course we're pleased with this news. Send Common Health a "thank you" for listening to its' membership!

At the December 14th board meeting Jack Polich talked to us about recycling. The board members learned quite a bit. It was decided that the best role the co-op could play would be an informational/ educational one.

So expect flyers, newsletter articles, and bag stuffers to come your way to fulfill this objective.

Jack and I will be going to Ashland in mid-January, to talk with the "New Horizons" staff about recycling and to encourage curbside pick-up in Hurley. If anyone would like to come with us, please

leave your name and number at the co-op and I will contact you.

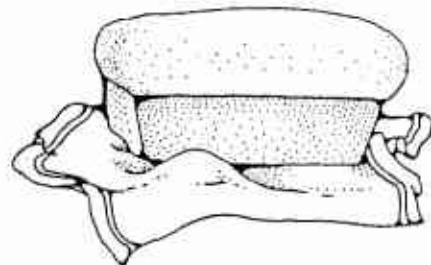
A bit of information for you: "On average an American consumes about 22 tons of materials a year, twice that of a Japanese, ten times more than the planetary average." (from "Building Economic Alternatives", published by Co-op America)

Here's hoping your December was pleasant and joyful, and that your New Year is merry and bright!

Sincerely,  
Leigh Taylor  
President

## FINANCIAL REPORT

Our financial reports for the fiscal year ending 9-30-1989 are in. As of 9-30-'89, we show a net profit of \$2182, compared to last year's net loss of <\$1101>. This is definitely a step in the right direction, but we have a long way to go before we're on stable ground. We have managed to raise our profit margin up due to increased sales, decreased expenses, and adjusting of prices and discounts. We will continue to adjust prices and discounts until we come up with a system that results in a more stable financial condition for our co-op. Stay tuned for future developments. The complete financial statements as reviewed by our accountant are available at the store.



# A WORD FOR THE HEART

With Valentine's Day fast approaching we will be thinking of our Sweethearts, but should we not also be thinking of our Heart? In the last year we have heard much to do about cholesterol, so I won't bore you with that today. What I will do is mention a little bit about Vitamin E and Garlic.

Please don't take my word on what I'm about to tell you, read it yourself in the books mentioned at the end of each article.

Remember: take care of your Heart; if not for yourself, how about for your Sweetheart?

## GARLIC

Garlic has been nicknamed the "Body Cleanser", as it can clean the entire blood system in less than an hour. Garlic is nature's antibiotic. It has been claimed to do the following:

- \*Kill microorganisms which cause colds, pneumonia, and tuberculosis.
- \*Clean up intestinal disorders - gas, worms, and infection.
- \*Purge the body of pollutants.
- \*Cope with dysentery and diarrhea.
- \*Lower blood pressure (in many instances).
- \*Reduce high blood cholesterol level (linked to heart disease) (it is used to emulsify the cholesterol and loosen it from the arterial wall).
- \*Improve circulation of patients with atherosclerosis (accumulation of fatty substances in arteries).
- \*Proven useful in asthma, whooping cough, and allergies.
- \*Fight other ailments and disease to help prolong life.
- \*Cause the skin to secrete a natural insect repellent.

NOTE: An element found in garlic called Germanium is said to be highly effective against Cancer.

Garlic comes in many forms: fresh, minced, granulated, powdered, salt, and capsules (garlic and garlic/parsley)

Reference: From the Book of Garlic, Lloyd J. Harris (Whole Foods); Garlic Nature's Cure-All, James F. Scheer (Bestways 7/81); The Handbook of Alternatives to Chemical Medicine, Jackson/Teague; Common Herbs for Common Illness, William R. McGrath, B.A., N.D.

## VITAMINE

Vitamin E is a group of eight different compounds of similar structure called tocopherols. All the tocopherols that occur in nature are named d-, the ones named dl- are synthetics.

Around 1910 when the new milling methods were introduced, it permitted for the first time the complete stripping away of the highly perishable wheat germ (a major dietary source of Vitamin E). With the loss of this natural antithrombin, coronary thrombosis appeared on the scene. This helps support Dr. Wilfird Shute's theory that deficiency in vitamin E is causally linked to this county's staggering rise in cardiovascular deaths.

A few claims which have been made about vitamin E are:

- \*Shows impressive results against heart disease and other cardiovascular disorders.
  - \*Is an antioxidant.
  - \*Prevents clotting in blood vessels.
  - \*Used as a preventative of leg cramps.
  - \*Decreases oxygen need.
  - \*Used as a promoter of lung health dealing with air pollutants.
  - \*Protects other vitamins specifically Vitamins A & C, as well as unsaturated fats.
- NOTE: Persons with high blood pressure, diabetes, and anyone taking blood thinners should consult your physician before taking Vitamin E.

Some sources of Vitamin E are: all seeds, meat, milk, nuts (raw), molasses, unrefined cereal products.

Source of information: The Complete Home Guide To All Vitamins, Ruth Adams; Whole Foods Magazine; Good 'N Natural Vitamin and Mineral Guide; First Statistical Evidence: Hearts Need Vitamin E, Prevention March 1971; Vitamin E for Ailing & Healthy Hearts, Wilfrid E. Shute, M.D.

