



CHRISTMAS
OPENING HOURS

24TH 09:00 - 13:00 || 25TH CLOSED || 26TH CLOSED
27TH CLOSED || 28TH 09:00 - 17:00 || 29TH CLOSED
30TH 09:00 - 18:00 || 31ST 09:00 - 13:00 || 1ST CLOSED

MERRY CHRISTMAS & A HAPPY NEW YEAR from the Fairhaven Team 

NOVEMBER EVENTS

The Hitchin Vegan Market and our Christmas Fayre last month were very busy and successful. They generated good publicity and it was nice to see both familiar and new faces. Thanks to all visitors for coming down and supporting their local independent health superstore.

And congratulations to Fotini for winning the vegan hamper worth £50!



HOT TOPIC: Immune Health

Looking after our immunity is important in preventing any type of illness and now that the temperature is dropping it's time to give yours a boost. Since 70% of our immunity resides in the gut, it's helpful to make conscious decisions about what we feed it. For example, citrus fruits provide us with vitamin C, live cultured yoghurts with probiotics, and turmeric for its anti-inflammatory properties (1). You have probably already heard about the power of probiotics and how friendly bacteria can offset the probability of catching something, or at least reduce the time in which we feel ill. Many brands like OptiBac provide this for all ages and occasions, notably for use during and after a course of antibiotics. Another way to keep your immunity tip top is the subtler yet effective herb Slippery Elm used by our knowledgeable ancestors. The following herbs are blood cleansers that may improve the lymphatic system, where fighting off infections take place:

Cleavers (Viridian): a tonic, diuretic, improves fluid balance, great after viral infections or antibiotics, soothes mucus membranes, reduces inflammation.

Marigold aka calendula (A. Vogel): heals wounds within digestive tract, acts on viral and fungal infections. Avoid during pregnancy. (2)

The resource for this information and other health books can be borrowed from our communal library.

Find out more information about this months topic at:

(1) Dr. Group's Healthy Living Articles. (2019). 8 Foods That Boost Your Immune System. [online] Available at: <https://www.globalhealingcenter.com/natural-health/8-foods-that-boost-your-immune-system/> [Accessed 28 Nov. 2019].

(2) Kindred, G. (2006). Herbal Healers. Butleigh: Wooden Books, pp.18, 38.

(3) Lori Alton, s. (2019). Milk thistle improves detoxification and liver health. [online] NaturalHealth365. Available at: <https://www.naturalhealth365.com/milk-thistle-liver-damage-2715.html> [Accessed 28 Nov. 2019].

(4) NHS (2018). HIV and AIDS. [online] Available at: <https://www.nhs.uk/conditions/hiv-and-aids/> [Accessed 19 Nov. 2019].

Key dates this month:

2nd National Grief Awareness Week 3rd International Day of Persons with Disabilities 5th World Soil Day 10th Animal & Human Rights Day
15th International Tea Day 25th Christmas Day 26th Boxing Day 31st New Years Eve

World AIDS Day

It is World AIDS Day on 1st December, a day of awareness for a disease that has impacted many lives. "AIDS (acquired immune deficiency syndrome) is the name used to describe a number of potentially life-threatening infections and illnesses that happen when your immune system has been severely damaged by HIV (human immunodeficiency virus)." - NHS, 2018 (4). We've come a long way in lessening the stigma of having HIV/AIDS and the medical field has made progress in allowing those with it to live for longer than before.



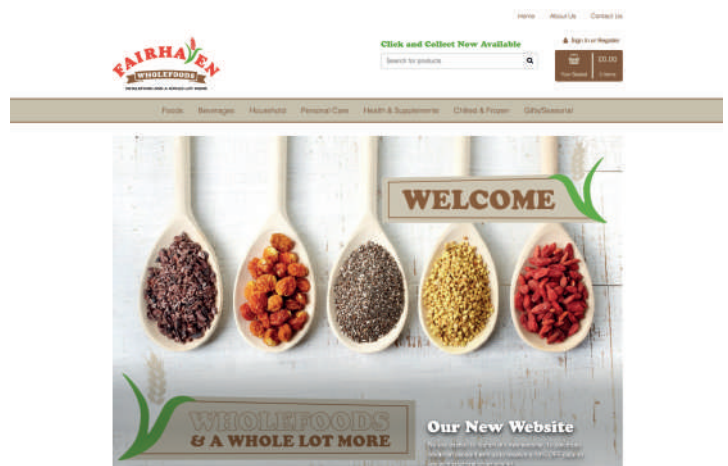
We now have Christmas favourites and delightful stocking fillers on the shelves. 'Tis also the season for giving to those less fortunate than ourselves, and one way to do so, is by choosing the Christmas cards Garden House Hospice has provided us. 100% of the money funds their free care service for patients, families, and carers. Another good cause is brought by the Life Association with their Dalit clay tealights: "Our candle pots are hand crafted in the slums of Mumbai and all the profits go to providing a loving home and education for orphans and other vulnerable children in India".

Organico and St Dalfour do different forms of chestnuts to add to your Christmas and New Year buffets. For those who enjoy a tippie, we have a new selection of gins as well as our usual vegan organic wines, some of which are sulphite free.

Need a little liver protection? Milk thistle (A. Vogel) has been shown to reduce liver damage by promoting regeneration of liver cells, thereby strengthening the cell walls (3). Activated charcoal supplements like WindAway are also good in aiding overindulgence. Our non-alcoholic alternatives include St Peters 0% beer and a marvellous range of spiced virgin punches to keep the chill off.

Our New Website - Now Live!

We are delighted that our new website is now live. Go on to www.fairhaven.co.uk where you can now click and collect or order deliveries. To celebrate the launch of our new website we are offering 10% off your first order online when you create an account with us.



LOYALTY CARD SCHEME

Fairhaven now has a loyalty card. Pick yours up today 10% off your 7th shop. Ask at the till for more details

Got Our Comet Advert?

Bring any of our recent Comet adverts in to claim your FREE tin of Vegan Hotpot or Thai Curry

WIN our £100 Christmas Hamper

Don't forget to pick up a copy of our family quiz! Return completed quiz sheets to member of staff before 5pm 16th December.



 Fairhaven Wholefoods

Mon: 09:00 - 18:00 | Tues - Sat: 09:00 - 17:00 Sunday: CLOSED

Unit 27, Jubilee Trade Centre, Jubilee Rd, Letchworth Garden City SG6 1SP

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