



As the daffodils bloom and St David's day heralds the start of March, those who suffer with hayfever can begin their preparation now to lessen the symptoms that the spring and summer seasons bring. Those allergic to tree and grass pollens are advised to begin their supplements at the beginning to mid-March. For hayfever sufferers the immune system regards pollen as dangerous and so mobilises the body's defence systems, causing streaming eyes, coughing, sneezing, congestion, skin irritation, swelling and itching.

More detailed information at: <https://www.avogel.co.uk/health/hayfever/>

A green banner with a white border containing the text "HOT TOPIC - The Immune System" in white letters. To the left of the banner is a stylized green leaf and a red wheat stalk.



Keeping our immune system in good working order is vital to help the body fight off infections from bacteria, viruses and fungi. With hayfever season approaching and the worldwide concern over the spread of Coronavirus, here are some of the things you can do to boost your immune system:

- Increase your Vitamin C intake – one of the biggest immune system boosters of all. Currently we have Nature's Aid Vitamin C with 33% extra (240 capsules for the price of 180). Also Vitamin B6 and Vitamin E.
- Take an Echinacea supplement, which exerts an antiviral effect by strengthening the body's immune response. It raises white blood cell count and increases the body's inherent powers of resistance by increasing the number of natural killer (NK) cells the body produces. (NK cells are also a main defence against cancer.)
- Take Elderberry extract which is particularly effective against different strains of influenza virus. We currently stock Sambucol as well as a high potency Viridian organic Elderberry Extract + Vitamin C. Benefits seem to be greatest when started 24-48 hours after symptoms begin.
- Increase your intake of Zinc (pumpkin and hemp seeds, firm tofu, lentils, chickpeas, oatmeal, spinach, kidney beans, shiitake mushrooms or a zinc supplement.)
- Eat local honey which is a great immune system booster.
- Ensure you get sufficient restful sleep and limit alcohol consumption.
- Maintain a healthy gut as it contributes to a strong immune system, heart health, brain health, improved mood, healthy sleep, and effective digestion. (More on this next month.)

Feel free to pick up a complimentary Winter Wellness leaflet in store.



References:

<https://www.ncbi.nlm.nih.gov/pubmed/16041619>
<https://www.rainbow.coop/library/natural-killer-cells-and-echinacea-root-extract/>
<https://www.webmd.com/diet/supplement-guide-elderberry>
<https://www.leaf.tv/8262338/raw-honey-vs-bee-pollen/>
<https://flowingfree.org/natural-and-effective-ways-to-stop-smoking/#Understanding>Addiction+and+Withdrawal>

AWARENESS DAYS IN MARCH

March is Veggie Awareness month - all our fresh fruit and vegetables are 100% certified organic and come from UK suppliers where possible.

5th Crufts – try your best friend on our nutritional and balanced vegetarian dog food

11th National No Smoking Day – sip Tension Tamer infusion from Celestial Seasonings to reduce cravings and help with withdrawal symptoms. Or take a Rhodiola supplement. Ask to see our advice sheet.

19th Spring Equinox

22nd Mothering Sunday

23rd National Natural Therapy Day - ask one of our experienced staff for help on natural remedies or browse the in-store library of helpful leaflets and business cards for therapists.



FAIRTRADE FORTNIGHT



Fairtrade fortnight continues until 8th March. Find Fairtrade products at Fairhaven and read the literature on how purchasing Fairtrade products makes a real difference to people's lives around the globe.



MOTHERING SUNDAY



22nd MARCH

Delicious chocolates, vegan perfume and makeup, and a super selection of natural body care as well as ethical gifts in-store

IN OTHER NEWS

RECIPE OF THE MONTH

Vegan spinach protein pancakes - Pick up a copy in store along with all the essential ingredients

WWW.FAIRHAVEN.CO.UK

Online orders are now running smoothly. Don't forget you can get 10% off when you create an account.

PART TIME JOB OPPORTUNITY

We are currently looking for a new member of staff to join the Fairhaven team. If you would like to find out more about the role please email us:

info@fairhaven.co.uk (closing date 14th March)

FAIRHAVEN'S EASTER RANGE

Look out for our range of Easter goodies in store soon! Including Vegan, Dairy-Free and Sugar-Free.



A.VOGEL SPECIAL OFFER

Don't forget that you can still pick up a free bottle of cough spray with every A.Vogel herbal purchase.

Whilst stocks last!



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