



NOVEMBER Issue 2



The festive season is now fast approaching. We'll be releasing Christmas goodies. Expect little aloe vera plants, alpaca soaps, vegan candles, aromatherapy jewellery, mince pies, Xmas puds, Advent calendars, new essential oils and festive greetings cards supporting the Garden House Hospice, just to name a few. Our Christmas product range will be available in-store soon.

DID YOU KNOW?

This month is World Vegan Month, celebrating health, environmentalism and animal rights. Such activism has raised awareness on industrial practices and lifestyle choices for people of all dietary persuasions.

Speaking of veganism, come visit our stall at the Hitchin Vegan Market on Saturday 16th November at 10.30am – 4pm. For more info pick up a leaflet at the till.

**HITCHIN
VEGAN MARKET
10:30 - 16:00
SATURDAY
16TH NOVEMBER**

SEE YOU THERE

HOT TOPIC: Diabetes Awareness Month

Type 1 Diabetes

Type 1 is an autoimmune condition, which means your immune system attacks healthy body tissue by mistake. In this case, it attacks the cells in your pancreas. Your damaged pancreas is then unable to produce insulin. Glucose cannot be moved out of your bloodstream and into your cells. Type 1 diabetes usually starts in childhood but can start in adulthood too. The classic symptoms are frequent urination, increased thirst, increased hunger, and weight loss. Additional symptoms may include blurry vision, tiredness, and poor wound healing.

Type 2 Diabetes

Around 90% of people with diabetes in the UK have Type 2. This is a condition characterised by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. There has been much research into how diet (and exercise) can be used to control or even reverse Type 2 Diabetes.

Vitamin C is great for your skin but also it significantly helps improve blood sugar levels and regulates insulin production. Great sources of vitamin C are citrus fruits, tomatoes, blueberries, and amla. Amla is an edible fruit, commonly grown in Southeast Asia. Also known as Indian Gooseberry.

Ask for more information at the till or read more at:

<https://www.nhs.uk/conditions/type-1-diabetes>

<https://www.holistichealthliving.com/4-natural-remedies-type-1-diabetes>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5426415/>

<https://www.diabetes.co.uk/news/2019/aug/ketogenic-diet-improves-hba1c-and-blood-glucose-in-people-with-type-2-diabetes-90817967.html>

<https://www.thediabetescouncil.com/can-you-manage-your-diabetes-on-a-ketogenic-diet/>

Key dates this month:

1st World Vegan Day 12th World Pneumonia Day 13th World Kindness Day 14th World Diabetes Day 16th Hitchin Vegan Market
19th International Men's Day 20th Universal Children's Day 23rd Fairhaven Christmas Fayre 29th Advent begins

UPDATE:

Viridian Winter Wellness supplements that keep your immune system ticking all through winter will be offered at 10% off on the day, in addition to the 10% off all shopping. Come and speak to the Viridian rep who will be available to give advice from 1pm – 4pm.

ZAO makeup

- For all Makeup lovers, there'll be the opportunity to try colourful makeup testers and ask their Rep for cosmetic advice as we launch our new makeup range, Zao Essence of Nature.
- Premium, Certified Organic Makeup that uses sustainable bamboo packaging with an innovative refill system to reduce plastic waste.
- Zao organic beauty products are animal cruelty free, vegan certified and paraben free.

For updates during November follow us on Facebook and look out for our adverts in The Comet.

FAIRHAVEN WHOLEFOODS'

CHRISTMAS

FAYRE

13:00 - 16:00 

SAT 23rd NOVEMBER



GARLIC & GINGER

Ginger and garlic provide many health benefits with their anti-inflammatory and antioxidant properties.

Ginger may:
Aid digestion, treat colds and nausea, reduce arthritic and menstrual pain, ease migraines, promote heart health, improve brain functions, help fight infections.

Use ginger in juices, smoothies, sauces, salad dressings, soups or tea.

Garlic may:
Help control hypertension, boost immunity, aid to combat allergies, relieve toothache, help detoxify heavy metals, improve bone health. Use garlic crushed in hummus, soups and sauces, roast or fry with veggies to make a quick stir fry. WikiHow has tips on growing both plants, and garlic into a natural homemade pest repellent.

Find lots of organic ginger and garlic in store.



FLOWER REMEDIES

REFILL SPEED

5 litre washing up liquid refills will take longer than usual as it gets colder, so you can drop your containers off and return later, or take the opportunity to browse at leisure.

Try our organic vegan mulled wine or non-alcoholic winter punch for the coming bonfire night, lovely winter warmers. Bioforce Emergency and Highly Strung flower essences will help keep nervous pets tranquil during the noisy fun. That same week just so happens to be International Stress Week for us humans. Dr Bach's Rescue Remedy and others can help with stress and anxiety during this hectic season (ask in-store). You can also come and have a look at our community notices for yoga and meditation classes.

**THE
FAIRHAVEN TEAM**



**WHOLEFOOD
& A WHOLE LOT MORE**

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

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 Fairhaven Wholefoods