

OUR OPENING HOURS ARE CHANGING

We are pleased to announce that our opening hours will be extended from Monday 7th September and will now be Monday – Saturday 9am to 4pm.

Organic September is a month-long campaign which aims to raise awareness of Organic products, and the producers and farmers who bring them to us in the UK.

Foods labelled as organic must meet strict regulations on how they have been grown and produced. Organic food companies and farms are inspected yearly to ensure that they meet the high standards required for organic food under European law.

All the fruit & vegetables sold at Fairhaven are organic, as well as many other products throughout the store.



Mineral in Focus: Boron

A trace mineral that has largely been ignored in health maintenance, Boron has been shown to be beneficial in arthritis, osteoporosis, aging, menopausal symptoms, parasites, allergies, and candida albicans. Used in the first and second World Wars as a food preservative, recent studies suggest that boron is important for calcium metabolism. In addition, it has proven to be an effective mineral for the treatment and prevention of osteoporosis because of its ability to activate important vitamins and minerals in the body. Boron is naturally found in foods such as apples, beet greens, broccoli, cabbage, cherries, grapes, legumes, nuts, peaches, pears.

<https://www.regenerativenutrition.com/boron-osteoporosis-arthritis-allergies-menopause-hormones.asp>
<https://ods.od.nih.gov/factsheets/Boron-HealthProfessional/>

6th National Read a Book Day \ \ **7th** Know Your Numbers – blood pressure awareness week and rheumatoid arthritis week (see the article about Boron) \ \ **10th** World Suicide Prevention Day \ \ **12th** The Great British Spring Clean
18th Great British Beach Clean \ \ **20th** Recycle week \ \ **21st** International Day of Peace and World Alzheimer's Day
22nd World Car Free Day // **23rd** Seed Gathering Season \ \ **28th** BNF Healthy Eating Week (British Nutrition Foundation)
29th World Heart Day

September is also Urology Awareness Month

Urology surgery encompasses diseases of kidneys, bladder and prostate, including incontinence, impotence, infertility, cancer and reconstruction of the genito-urinary tract. It caters for patients of both sexes and all ages, from newborn infants to elderly pensioners. For more information go to: <https://www.baus.org.uk/patients/information/default.aspx>



As a new academic year begins, we all hope our youngsters can return safely to their studies and enjoy school life once more.

There are several supplements which can help maintain a healthy immune system, specially developed for children:

- Floradix liquid food supplement
- Nature's Aid Vitamin & Mineral drops
- Sambucol for Kids
- Viridian Viridikid capsules
- Solgar Kangavites chewable tablets

Optibac also have specific probiotics for children: a study found that a three-month daily supplementation with a probiotic and prebiotic formula significantly reduced the risks of common winter infections.



HOT TOPIC

Sleep

Sleep is a condition of body and mind in which the nervous system is relatively inactive, postural muscles relaxed, and consciousness practically suspended. As mentioned in our August newsletter, achieving a good night's sleep is vital for:

- overall well-being
- cognitive function and clearer thinking
- contributing to better mood and preventing depression
- lowering the risk of chronic diseases
- enhancing athletic performance
- potentially lowering weight gain

Having a good night's sleep allows the body's organs time to rest and repair and blood pressure to be regulated.

Hints and Tips for restful sleep are contained in the Sleep Hygiene leaflet. Ask for a copy in-store or download a copy via the link below:

<https://sleepcouncil.org.uk/wp-content/uploads/The-Good-Night-Guide.pdf> or ask in store for a copy.

As it becomes dark, your body naturally releases the hormone melatonin, which plays a large part in our sleep/wake cycles and signals to your body that it's time for bed, and making you start to feel a little bit more sleepy.

Natural remedies that have been shown to aid sleep include:

- Montmorency cherry, which naturally contains melatonin, the hormone responsible for sleep cycles. It is said to contribute to a healthy night's sleep
- Bach Flower essences – try the Jan de Vries Night Essence
- 5-HTP tryptophan helps the brain to produce serotonin, or the “happiness hormone”, an essential amino acid found in a high protein diet (soy products, nuts & seeds, legumes, dairy products, eggs and bananas!) Tryptophan is also the precursor for melatonin
- Magnesium acts as a muscle relaxant and aids sleep quality

Fairhaven also have a range of teas, tinctures and essential oils that have been shown to aid sleep: Lemon Balm tea, Celestial Sleepytime tea, Yogi Bedtime tea, lavender essential oil, A. Vogel Dormeasan, Jan de Vries Night Essence to aid a good night's sleep.

Nodding off has become recognised as a vital part of our lives – come and see how we can help you get a good night's sleep.



New Products

Dark and light muscovado sugar have been added to the Fairhaven brand line up! Also new in this month: White split (Urad Dal) Lentils, Organic soya oil and African Scotch Bonnet & Ginger Chilli Paste. We have hand crafted gifts made in Letchworth Garden City, including vegan scented candles, vegan melts for oil burners, crystal incense holders and a selection of beautiful, hand-bound notebooks – perfect presents!

follow us on instagram for product updates and more!
@fairhaven_wholefoods

OPENING HOURS

Monday - Saturday 10am - 4pm Sunday: CLOSED (see note on changing opening hours in this newsletter)
 Unit 27, Jubilee Trade Centre, Jubilee Rd, Letchworth Garden City SG6 1SP

<https://www.medicalnewstoday.com/articles/325353>
<https://sleepcouncil.org.uk/advice-support/>
<https://emerging-athlete.com/l-tryptophan-benefits/>
<https://www.avogel.co.uk/jan-de-vries/bach-flower-remedies/night-essence/>
<https://www.foodsforbetterhealth.com/top-8-tryptophan-rich-foods>



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