

We welcome the summer holidays and hope that many of you are now able to enjoy some time away as protection measures continue to be relaxed and more businesses re-open, and that we can all slowly return to a more normal way of life. As per the latest Government guidelines we are asking all customers to ensure they have a face covering when entering the shop, unless there are medical reasons which prevent this.



NEW PRODUCTS

We are expanding our ethnic food offerings and now have the following spices:
Ras-El-Hanout, Za'atar & Baharat as well as Sriracha Chilli Sauce.

Also new this month:

Panko Breadcrumbs, Tempura Batter mix, Tamarind Paste, Rendang Paste, Zhoug Green Harissa, Tomato & Basil Passata

Follow us on Instagram!

Stay up to date with us through Instagram for all things Fairhaven along with topical health tips and a whole lot more!

HELLO!

from our new team member Jacqui

Since joining the team at the start of July, I've been made to feel very welcome and I'm enjoying meeting everyone.

About me:

I have been a customer of Fairhaven since it's conception in 1981.

I am a Mum of 4, Grandmother of 4. I have been a vegan for 37 years and am passionate about cooking and eating. As well as this I am very into my fitness. My weapon of choice is weights.

I have a background in skin care, holistic therapies and vegan nutritional coaching.

My favourite goodies are:

- MCT oil or pure organic coconut oil in an organic coffee in the morning which gives me a 'pep in my step' and sets me up for the day.

- Nutritional yeast because it tastes so good! It is also packed with B vitamins which do so much for our body.

Let's be honest, who doesn't love a Vego bar!?

Please come and say hello when you are next in store. I look forward to meeting you.



HOT TOPIC

Telomeres

Rest and relaxation, as well as a healthy lifestyle, are vital for good health but also impact the telomeres at the ends of our cells' chromosomes.

Our body is made up of millions of cells, each of which contains DNA and these need to divide to form new cells. Each time a cell divides, it makes a copy of all of its chromosomes, which are tightly coiled strands of DNA, the genetic material that holds the instructions for all life, and sends an identical copy to the new cell that is created. A telomere is a region of DNA at the end of a chromosome. Like the plastic tips of shoelaces, they protect the ends of chromosomes from deteriorating (getting worse) or fusing (joining) with other chromosomes. Each time a cell divides, the telomeres shorten, so they are shortened as we age, but they can also be shortened by stress, smoking, obesity, lack of exercise and a poor diet. So, telomeres act as the aging clock in cells.

Eventually, telomeres become too short to do their job and cells stop functioning correctly.

There are ways to naturally lengthen telomeres:

-  Eat healthy foods such as red peppers, kale, blueberries, cloves and have a diet high in fruit, vegetables and wholegrains
-  Drink the recommended daily amount of water – little and often
-  Exercise on a regular basis
-  Reduce stress – meditate, use calming herbs (try Tension Tamer tea), breathing exercises, massage, visualisation, and positive thinking
-  Maintain a healthy weight

Supplements which may help lengthen telomeres:

-  Vitamin D, NAC (N-acetyl-cysteine), which supports the body's internal cell production of the antioxidant Glutathione, Milk Thistle seed extract, Korean Ginseng, Angelica sinensis (Dong Quai) and Beetroot extract.



Good sleep has a vital role to play with not only our physical health, but also our mental wellbeing too! (More on this in our next newsletter)

Awareness Days for August

- 6th** - Cycle to Work Day
- 7th** - International Beer Day
- 10th** - National Allotments Week
- 13th** - National Prosecco Day
- 15th** - National Relaxation Day and Cavernoma Awareness Day
- 31st** - Summer Bank Holiday (The shop will be closed)

OPENING HOURS

Monday - Saturday 10am - 4am Sunday: CLOSED (until further notice)
Unit 27, Jubilee Trade Centre, Jubilee Rd, Letchworth Garden City SG6 1SP

<https://www.tasciences.com/what-is-a-telomere.html>
<https://www.parsleyhealth.com/blog/telomeres-stay-young-aging/>
<https://www.healthyell.com/blog/how-to-lengthen-telomeres-with-7-natural-ingredients>
<https://pubmed.ncbi.nlm.nih.gov/32321410/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3995358/>



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