



Dear Valued Customer,

Thank you for your patience and understanding over the past few weeks – unprecedented times! We very much appreciate your kind comments, as well as your custom, as we introduce our new approach to safe shopping during these times.

**Our operating hours are currently Monday to Friday, 10am-4pm.
We are also pleased to report that our shelves are gradually being restocked!**

More detailed information at: <http://www.fairhaven.co.uk/251/Coronavirus-News/>



With around 42,000 people diagnosed each year, bowel cancer is the fourth most common cancer diagnosed in the UK. Eating wholefoods and a high fibre diet, as well as a diet high in fruit and vegetables has been shown to be beneficial in lowering the risk of developing bowel cancer.

Fibre is an important part of a bowel healthy diet and is very important in reducing your risk of bowel cancer. Fibre keeps everything moving easily through your digestive system, adds bulk to your waste and makes it easier to travel through the bowel. There are two types of fibre: soluble and insoluble.

Good sources of soluble fibre include: oats, barley, beans, peas, lentils, chickpeas, apples and carrots.

Good sources of insoluble fibre include: wholegrains such as brown rice, wheat and spelt as well as nuts, seeds, potatoes in skins and dried figs. You should try to eat at least 30g of fibre every day. Good bacteria feed on fibre.

The gut microbiome not only supports the digestion of foods, but also the immune system, brain function and latest research suggests mental health too. Peyer's patches, located in your ileum (part of your small intestine), play an important role in immune surveillance of materials within your digestive system. Immune surveillance refers to the process by which your immune system recognizes and destroys potential pathogens. In addition, a study by Jespersen et al (2015), found that recovery from flu-like illness was sped up by three days in people who took probiotic *Lactobacillus paracasei*.

Natural digestive enzyme production begins to decline at the age of 27. Digestive enzymes help break the food you eat into smaller pieces. This helps your body to better absorb, assimilate, and use nutrients. It can even help those with food sensitivities. We have Udo's Choice Digestive Enzymes as well as Viridian High Potency Digestive Aid capsules. Which are supplements that can be taken to support the digestive process.

Cutting down gluten, alcohol and sugar intake is also a helpful step you can take to support the health of your gut.

Website Links and References:

<https://www.bbcgoodfood.com/howto/guide/health-benefits-manuka-honey>
<https://www.bowelcanceruk.org.uk/about-bowel-cancer/risk-factors/reducing-your-risk/diet/>
<https://flowingfree.org/natural-and-effective-ways-to-stop-smoking/#Understanding-Addiction-and-Withdrawal>
<https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety>
<https://globalhealing.com/natural-health/digestive-enzymes/>
<https://www.udoschoice.co.uk/collections/udos-choice/products/udos-choice-enzyme-blend>

Jespersen et al (2015) Effect of *Lactobacillus paracasei* subsp. *Paracasei*, *L. casei* 431 on immune response to influenza vaccination and upper respiratory tract infections in healthy adult volunteers: a randomized, double-blind, placebo-controlled, parallel group study. *Am.J.Clin.Nutr*;101(6):1188-1196

AWARENESS DAYS IN APRIL

April is Bowel Cancer Awareness Month - the Hot Topic outlines how to help support a healthy bowel. This month is also designated Stress Awareness Month. Lemon balm, Ashwagandha, Green tea and omega-3 fatty acids, exercise and meditation all help to relieve anxiety.

6th - A week where the Running Bee Foundation promotes the benefits of an active lifestyle, champions health and wellbeing initiatives and aims to help reduce childhood obesity. This week is dedicated to bee-ing active, healthy and happy in your community.

8th - Parkinson's Awareness week

10th to 13th - Easter weekend

20th - MS Awareness week

20th - 26th Allergy Awareness week

22nd is Earth Day - Today will mark 50 years since this was first celebrated in 1970

24th - National Skipping Day

29th - Stop Food Waste Day

PLACING AN E-MAIL ORDER?

web@fairhaven.co.uk

Placing an order via E-mail is the easiest way to get your order to us at this time. You can use our website to browse through our products. Stock levels on the website are not correct. Please include a contact number as we will call you to discuss your order, take payment and arrange collection from the store.

DELIVERIES INTO FAIRHAVEN

During this time our deliveries are not as regular, and a number lines are out of stock too, including flour, yeast, pasta varieties and VMS lines including Zinc, Elderberry and some Vitamin C products.

RESTRICTIONS ON ITEMS

Due to uncertain deliveries and lower stock levels we have made the decision to restrict popular item quantities to 2 until further notice.

NEW PRODUCT

A 2014 study of manuka honey found that, it efficiently inhibited influenza viruses - we have a Manuka honey, Mullein & menthol syrup by Comvita on sale at £13.99 (the herb Mullein - *Verbascum thapsus* has traditionally been used to support the lungs and respiratory system)



STAY UP TO DATE

URGENT

CHECKOUT SUSPENDED

DUE TO DIFFICULTIES GETTING STOCK DELIVERED INTO FAIRHAVEN WE HAVE REGRETTABLY HAD TO MAKE THE DECISION TO DISABLE OUR WEBSITE.

HOW TO PLACE AN ORDER:

CALL US: 01462 675300 - MONDAY TO FRIDAY 10AM-4PM
OR
EMAIL YOUR ORDER TO: web@fairhaven.co.uk

WE WILL THEN CONTACT YOU WHEN YOUR ORDER IS READY

THANK YOU

WHOLEFOODS & A WHOLE LOT MORE

Coronavirus Update
Please follow the link to find out how to place an order during this difficult time.
[Find Out More](#)

Visit our website, www.fairhaven.co.uk for the latest information regarding opening hours and ordering as well as to see what delicious 100% organic fruit and veg is currently available. This list will be updated regularly. We are working hard to get the website up and running again as soon as possible.

IN OTHER NEWS

WELCOME TEMI

We are very pleased to welcome our new member to the Fairhaven team. A part time job has quickly turned into a full time role! We are all very grateful to Temi for offering extra help during this time.

FAIRHAVEN'S EASTER RANGE

We still have a range of Easter goodies in store soon! Including Vegan, Dairy-Free and Sugar-Free. Please call to enquire about them.



We are privileged to still offer our service to the local community!

THANK YOU
THE FAIRHAVEN TEAM

