

## DOUBLE DECEMBER X2

It has been our tradition in the past to have a Fairhaven Thank You Christmas Fayre with mulled wine and mince pies, offering 10% off on the day, but with the restrictions in place, this is sadly not possible. Instead, we are giving double loyalty stamps throughout December – present your full card to receive 10% off your shopping!



## WIN



As mentioned in our Comet advert, there's a chance to enter our free draw to win a £200 Christmas Hamper as first prize and a £100 gift pack of Faith in Nature bodycare products as a second prize. Free entry with every purchase in store or online!

### NEW PRODUCTS

The Christmas stock is now in with several vegan choices of mince pies and Christmas cake. We are delighted to announce the arrival of our new skin care range, Heavenly Organics, high quality organic, natural and vegan skincare handmade in Wales. For those taking part in Decembeard, there is a gorgeously soothing beard oil! If you're looking for a special present, we have a selection of ethical, locally handmade and environmentally friendly gifts. For our full range of new products and special offers, see our website, [www.fairhaven.co.uk](http://www.fairhaven.co.uk)



## MOVEMBER



Congratulations to all who grew Movember moustaches! Our very own Stefan managed a very respectable specimen, raising awareness of men's health. Feel free to ask instore for advice on a wide range of supplements to support men's health.

Decembeard encourages men to grow a beard or some chin stubble to raise awareness of, & much needed funds for, bowel cancer research. Did you know that bowel cancer is the 2nd biggest cancer killer in the UK? See our April 2020 newsletter for tips on how to maintain a healthy bowel.

Find out more:

<https://www.bowelcanceruk.org.uk/>

<http://www.fairhaven.co.uk/209/Monthly-News-Letter/>



## LOOKING AHEAD TO NEXT YEAR

We would like to take this opportunity to thank our customers, old and new, for your support in this challenging year for us all, and wish you a very Happy Christmas, hoping that the New Year brings us all that we dream of, with a return to more normal ways.

In 2021 Fairhaven Wholefoods Ltd will be celebrating forty years of serving the community, so look out for a series of celebratory special offers coming your way – we are about Wholefoods, but also a Whole Lot More!

**From The Fairhaven Team**



**AWARENESS DAYS:** 1st World Aids Day 2nd International Day for the Abolition of Slavery & National Grief Awareness Week  
5th International Volunteers Day & World Soil Day 10th World Human Rights Day 11th Christmas Jumper Day  
18th International Migrants Day 25th Christmas Day 26th Boxing Day 28th Bank Holiday 31st New Year's Eve



## CHRISTMAS WEEK

### OPENING HOURS

24th Dec: 9.00am-1.00pm  
25th-28th Dec: CLOSED  
29th & 30th Dec: 9.00am-4.00pm  
31st Dec: 9.00am-1.00pm



The body's largest organ is skin, and it protects us from microbes and the elements, helps regulate body temperature, and permits the sensations of touch, heat, and cold. Whatever you put on your skin is absorbed into your body and some would say, 'If you can't eat it, don't put it on your skin'.

Key elements nutritionally which are required for healthy skin are: Water, Vitamins A, B3 & B6, C, D, E & K, healthy fats, protein, zinc, methylsulfonylmethane (MSM), collagen, silica and selenium. When healthy, the skin layers work hard to protect us, but when it is compromised, the skin's ability to work as an effective barrier is impaired. Improve skin health to support it in maintaining its protective role.

Foods to eat to help maintain healthy skin include: Nuts, seeds, coconut oil, olives and olive oil, avocado, kale, berries, pomegranate, green tea, dark chocolate, water and lemon to remove toxins and zinc to help skin healing (zinc oxide is also recognised as the safest sun block). It is also known that processed foods can have a harmful effect on skin as well as other parts of the body, so limit sugar and refined carbohydrates & substitute for wholegrains, fruit and vegetables instead.

<https://www.healthline.com/nutrition/zinc#what-it-is> | <https://pubmed.ncbi.nlm.nih.gov/31305906/>  
<https://www.thefitglobal.com/foods-high-in-zinc/> | <https://steptohealth.com/the-role-of-zinc-in-the-human-body/>  
<https://www.webmd.com/beauty/nutrients-for-healthy-skin#1> | <https://www.medicalnewstoday.com/articles/317151>  
<https://www.medicalnewstoday.com/articles/318630> | <https://www.bensnaturalhealth.com/blog/zinc-prostate/>

Zinc is considered an essential nutrient, meaning that your body cannot produce or store it and for this reason, you must get a constant supply through your diet. It has a specific role in more than 300 enzymes because it participates in all biochemical reactions in the human body including: Gene expression, enzymatic reactions, immune function, protein synthesis, DNA synthesis, wound healing, growth and development.

- Immune function – Zinc helps fight colds!
- Helps balance your hormones and can improve sperm count
- Plays a role in maintaining a healthy prostate (too much Zinc however, may be harmful for the prostate)
- Is needed for healthy skin
- Helps food digestion.
- Supports proper growth in children.

**MINERAL**  
— IN FOCUS: —  
**ZINC**

Vegans and vegetarians need to be especially aware of zinc, as zinc availability is lower in plant foods than animal foods. Further, the amount of zinc found in vegetables and other plant foods can vary greatly depending on the zinc content of the soil where they were grown. The best plant dietary sources of zinc include hemp and pumpkin seeds as well as other seeds, nuts, broccoli, spinach, chard, asparagus, shiitake mushrooms, avocado, miso and oats or oatbran.

Excess zinc intake can have harmful effects, so proper moderation of the amount taken is important. The daily recommended amount is 11mg for men and 8mg for women and if taking a supplement, no more than 35mg daily is advised, considering absorption rates of 25%.

### We have a variety of zinc supplements available:

**Zinc Picolinate** – combined with picolinic acid and research has found that this is a highly absorbable form of zinc in humans

**Chelated Zinc** – is zinc combined with a chelating agent, a substance that bonds with zinc to create a more absorbable end product – zinc bisglycinate is a well-tolerated and well-absorbed zinc chelate, comprised of one zinc molecule bound to two (bis = two) molecules of the amino acid glycine. This form of zinc is absorbed intact (that is, bound to glycine), so does not compete with other minerals for absorption in the intestinal tract.

**Zinc Citrate** – the zinc salt of citric acid

**Skin, Hair and Nails Formula** - which contains Zinc.

### OPENING HOURS & CONTACT DETAILS

Monday - Saturday 10am - 4pm Sunday: CLOSED (until further notice)  
Unit 27, Jubilee Trade Centre, Jubilee Rd, Letchworth Garden City SG6 1SP  
[www.fairhaven.co.uk](http://www.fairhaven.co.uk) | 01462 675300   | Fairhaven Wholefoods

