

# VEGANUARY



**NEW**  
**THIS**  
**MONTH**

**VEGAN PRODUCTS**

**at FAIRHAVEN**

This month is Veganuary, encouraging people to try the vegan diet for a month. If you're taking on the challenge, we have a selection of Organic fruit and vegetables, delivered fresh to Fairhaven on a Monday and Friday. In addition to fruit & veg we sell a large variety of Vegan friendly food, along with ingredients to experiment with and make your own - including nuts and seeds, flavoured and plain Organic Tofu and Tempeh. Tempeh is rich in nutrients, high in protein and is also fermented which is great for gut health. Helping to support your immune system. Iron produces blood, important enzymes, and carries oxygen. Iron can be found in pulses, dried fruit, wholegrains, tofu, green leafy veg and blackstrap molasses, which can all be found at Fairhaven. Iodine assists with energy and a healthy thyroid gland, found in seaweeds and sea salt(1), also available at Fairhaven. Throughout the month we will be adding to our vast range of Vegan products. Look out for them next time you are in-store.

We sell a variety of different supplements to help support a vegan diet. Ranging from Vegan health oral spray, multi vitamins, Iron and B12. We are always happy to offer advice and help point you in the right direction.

You may have noticed a new display of makeup at the shop in the past month. Zao uses vegan ingredients with refillable bamboo containers. Everything on display is a tester for you to experiment with. Once you've found the perfect item, please inform us of the code(s) at the till for purchase. Or speak to a member of staff.



## Key dates this month:

1st New Years Day 3rd Festival of Sleep 4th World Braille Day 11th Paget's Awareness Day  
14th National Obesity Awareness Week 20th Sugar Awareness Week 25th Chinese New Year

## HOT TOPIC: DETOX

Detoxing is ridding a living organism of poisons. For us that would mean reducing any toxic substances in our bodies that could be detrimental to our health. December may have been a month of merriment and indulgence, so getting our bodies to run as optimally as possible can be our focus in the new year.

To help you on this quest, we have a range of Irish and Japanese seaweeds. Studies have shown that seaweed has detoxifying properties when used as a viral support (2). And of course the classics comprising of lemon, ginger, green tea, echinacea, dandelion and burdock root in the form of hot drinks and tinctures, that maintain good digestion in conjunction with detoxing.

We mentioned in the last newsletter that milk thistle helps to repair the liver, where detoxing mostly takes place. It's also Love Your Liver month, a reminder that some TLC for this essential organ is vital for your general health.

### References

- (1) Cook, L. (2017). *So What Do You Eat? A practical guide to healthy animal free nutrition and easy family meals* (3rd ed.), p 5-8.  
(2) Raleigh, N (ed). "Veganuary: So, You Think You Know Veganism?" *Just Natural*, January-March 2020: p 4-5

## REFILLS ARE EXPANDING

Bio-D and Ecover are making a few changes to their refills. Some of the refills that we offer are out of stock at the supplier. We hope they will be back in stock as soon as possible. Suma are also extending their range of shower products. These will appear on the shelf soon!

## IN OTHER NEWS

### LOYALTY CARD SCHEME

The launch of our loyalty card has been very successful. Pick up your loyalty card at the till and start collecting stamps.

### WWW.FAIRHAVEN.CO.UK

Online orders have started to increase. Don't forget you can get 10% off when you create an account.

### OUR CHRISTMAS FAYRE

A big thank you to everyone who came to our Christmas Fayre. It was great to see so many new & familiar faces. Congratulations Monika who won the £100 hamper.

### JUST NATURAL MAGAZINE

Pick up a copy in-store. Inside you will find a selection of coupons that can be redeemed at Fairhaven through the next few months. Page 12-13

## MONTHLY RECIPE



## CHINESE SOUP

Celebrating the Chinese New Year of the rat? we're offering you a Chinese soup recipe to try out at home. Something warming and nutritional to have at home with the family or during your lunch break at work. Just pick up a sheet along with the ingredients in store

THE FAIRHAVEN TEAM



 Fairhaven Wholefoods

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

Unit 27, Jubilee Trade Centre, Jubilee Rd, Letchworth Garden City SG6 1SP

01462 675300