

## COVID-19

On Wednesday 25th March, Fairhaven temporarily closed its doors to the public and we began picking orders for our customers. The system has worked well and the whole team appreciates the kind comments and grateful thanks that have been sent to us! Whilst there are still certain products that are difficult to get from suppliers, much of our stock has now been replenished. The quickest way to place an order is to email [web@fairhaven.co.uk](mailto:web@fairhaven.co.uk) – browse the website to get an idea of what's in store and ignore stock levels!



## HOT TOPIC

### How to protect against a stroke

A stroke happens when blood supply to part of the brain is cut off, causing death of that part of the brain. The effects of the stroke vary depending on which part of the brain is affected and how severe the stroke is. Most are caused by a clot or something else that blocks the flow of blood to the brain. These are called ischemic strokes.

About 10% of strokes are caused by bleeding in the brain and these are haemorrhagic strokes. Experts say that 80% of strokes can be prevented and high blood pressure is the number one cause of stroke, so monitoring blood pressure is important. Chances of recovering from stroke are greatly increased if emergency assistance is sought immediately by using the acronym **FAST**.

#### Preventative measures:

Lower blood pressure by exercising and lifting weights, reduce salt intake, moderate alcohol consumption, cut down on sugar and refined carbohydrates, stop smoking and lose weight if overweight. Eat oats as well as potassium and polyphenol-rich foods (vegetables, leafy greens, tomatoes, potatoes, berries, melon, nuts & seeds

and beans) also calcium-rich diets are linked to healthy blood pressure levels (vegetables, leafy greens and tofu). Drink coconut water which is rich in both calcium and magnesium, and beetroot and pomegranate juice have also been found to be effective in lowering blood pressure. Natural supplements that can be taken include: garlic extract, magnesium, berberine, omega-3 oil, Coenzyme Q10, and hibiscus and hawthorn teas have traditionally been used to aid heart and circulation health. Eating dark chocolate and cocoa powder rich in flavonoids can help relax blood vessels – in moderation of course!

Lastly, reduce stress by listening to calm music or meditating, which has shown to not only reduce blood pressure, but also lengthen telomeres.

*(explanation reserved for another issue's Hot Topic!).*



**Stroke protection products can be purchased at Fairhaven**

**For identifying symptoms, use the acronym FAST :**

**F**acial drooping,  
**A**rm weakness,  
**S**peech difficulties,  
**T**ime to call 999.



#### Website Links and References:

[https://www.stroke.org.uk/sites/default/files/how\\_to\\_prevent\\_a\\_stroke\\_1.1\\_web.pdf](https://www.stroke.org.uk/sites/default/files/how_to_prevent_a_stroke_1.1_web.pdf)  
<https://www.medicalnewstoday.com/articles/318716#fifteen-remedies>  
<https://everydayroots.com/high-blood-pressure-remedies>  
<https://www.curejoy.com/content/foods-that-help-lower-blood-pressure-naturally/>



## AWARENESS DAYS IN MAY

**May is Stroke Awareness month - see the Hot Topic for more information on preventing a stroke**

4th - Sun awareness week  
8th - Bank Holiday (Fairhaven closed)  
10th - Food Allergy awareness week  
11th - ME awareness week, Coeliac awareness week, National Vegetarian week  
17th - National Children's day  
20th - National Epilepsy Week  
23rd - English Wine week (new wines in stock)  
23rd - National Children's Gardening week  
25th - Bank Holiday (Fairhaven closed)

### MEET TEMI

In our previous newsletter we introduced you to our newest team member, Temi. Here is a short interview with her to introduce herself to our lovely customers, while our doors are closed due to Covid-19 isolation.

#### What has been the best thing about working at Fairhaven so far?

When the doors were open it was meeting and getting to know the customers! Learning about all the different health foods and supplements has been extremely useful too.

#### What is your favourite food or drink?

I love tropical fruits, king coconuts, papaya, and mangoes especially take me to the beach!

#### When you are not working at Fairhaven what do you like to get up to?

I learnt how to book-bind a few years ago and now I run a small online business called Ankara Notes selling African wax print covered notebooks and purses and I also like to keep fit, exercising and practicing yoga :)



Available via email:  
ankaranotes@gmail.com

### STAY UP TO DATE

Visit our website, [www.fairhaven.co.uk](http://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.

### ORDER CONTACTS

#### Placing an order:

Email: [web@fairhaven.co.uk](mailto:web@fairhaven.co.uk)  
Call : 01462675300 (between 10am-4pm Mon-Fri)

#### Collecting an order:

07581 227 886 - call when outside the shop

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



[www.fairhaven.co.uk](http://www.fairhaven.co.uk) | Fairhaven Wholefoods  
01462 675300

#### NEW PRODUCT

### Suma

New soap tins, cotton bags and bags for loose soap and loose Fruit & Veg - by Suma



### VITAMIN D3

There is now evidence that supplementing with vitamin D3 could reduce the risk of influenza and COVID-19 infections and deaths. We have a variety of different Vitamin D supplements available – see our website for more details.

<https://www.ncbi.nlm.nih.gov/pubmed/32252338>

#### OPENING HOURS

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