

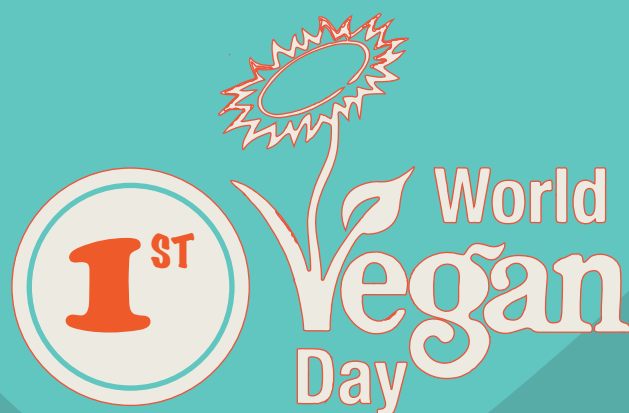


## A NEW LOCKDOWN ...

We can confirm that our shop will remain open to customers. Fairhaven have well established systems in place which adhere to Government guidelines to keep us all safe. Purchases can be made either in store or via our website.

Thank you for continuing to support your local independent health store.

*With very best wishes, stay safe and well, from all the Fairhaven Team!*



## WORLD VEGAN MONTH

World Vegan month, celebrated in November and established in 1994, commemorates the forward movement of the ideology, as well as the creation of The Vegan Society in the UK.

It is an opportunity to not only try the Vegan diet, avoiding meat, dairy and honey, but also to live more sustainably. During November, how about taking the Veg Pledge Challenge to raise money for Cancer Research UK? Find out more at:

<https://www.cancerresearchuk.org/get-involved/do-your-own-fundraising/veg-pledge>



Movember encourages the growth of moustaches to raise awareness of men's health. See instore for a wide range of supplements to support men's health.

## MINERAL

IN FOCUS:

## CHROMIUM


Chromium (as trivalent Chromium) is an "essential trace element" because only very small amounts of chromium are necessary for human health. Chromium is used for chromium deficiency. It is also used for diabetes, high cholesterol, a hormonal disorder that causes enlarged ovaries with cysts (polycystic ovary syndrome or PCOS), and several other conditions.

Chromium is present in many foods, including wholegrain products, oats, barley, brown rice, broccoli, garlic, potatoes, green beans, sweet potatoes, tomatoes, apples, bananas, romaine lettuce, free range eggs, nuts, spices, brewer's yeast, beer, and wine. However, chromium amounts in these foods vary widely depending on local soil and water conditions as well as agricultural and manufacturing processes used to produce them.

Chromium is vital to the Glucose Tolerance Factor (GTF) – a critical enzyme system that works with insulin to absorb glucose into cells, regulating blood sugar levels. Chromium levels can be depleted by over-consuming refined sugars and white flour products as well as a lack of exercise. If considering taking a chromium supplement, check possible interactions if taking insulin, levothyroxine or NSAIDs such as ibuprofen.

**LOTS OF NEW PRODUCTS THIS MONTH AVAILABLE ONLINE AND INSTORE!**

[www.fairhaven.co.uk](http://www.fairhaven.co.uk)



## HOT TOPIC

### Diabetes



Diabetes is a serious condition where your blood glucose level is too high. It can happen when your body does not produce enough insulin, or when you cannot produce any at all. Insulin is a natural hormone made in the pancreas that helps to regulate blood glucose levels. This hormone moves glucose from the bloodstream and stores it in fat cells, muscles, and the liver. If you are sensitive to insulin, you will only need a small amount of insulin to keep your blood glucose levels within the normal range.

However, if you are resistant to insulin, the body cannot effectively use insulin to absorb glucose from the bloodstream. This leads to a high level of blood sugar, which if left untreated, may result in complications such as blindness, kidney problems, and nerve damage. And if you are resistant to insulin, you will require more insulin to achieve the same blood sugar-lowering effects. Insulin resistance causes high levels of insulin to circulate in the blood, which can result in heart failure, obesity, osteoporosis, and high blood pressure. Luckily, if you have low insulin sensitivity, you can improve it through lifestyle changes that include diet and exercise. Improving your insulin sensitivity can help reduce your risk of developing many diseases, including diabetes.

Increasing your intake of foods that are rich in soluble fibre can help improve your body's sensitivity to insulin. You can take high soluble fibre foods such as: oatmeal, brussel sprouts, oranges, and legumes. Also make sure you reduce your intake of carbohydrates and foods high in trans-fats (hydrogenated fat which can be found in some fast food, cakes and biscuits). Instead, choose foods with a low glycaemic index which include brown rice, sweet potatoes, and quinoa. Chromium picolinate supplementation has been found in recent studies to increase insulin sensitivity. Cinnamon has been shown to lower blood sugar by acting like insulin and increasing insulin's ability to move blood sugar into cells.

There are several types of diabetes (latin Diabetes Mellitus) and most common are:

**TYPE 1** which is believed to be caused by an autoimmune process in the body that mistakenly destroys the insulin-producing or beta cells in the pancreas and occurs in genetically predisposed individuals, which means that little or no insulin is produced. Sufferers must inject insulin to regulate blood sugar levels.

**TYPE 2** diabetes is where your body does not respond to insulin properly, and you may not produce enough. People with type 2 diabetes are said to have insulin resistance.

Gestational diabetes occurs in pregnant women when the hormones that are secreted by the placenta make the mother's body less responsive to insulin, known as insulin resistance and results in raising blood sugar levels.

Diabetes insipidus is not related to blood sugar levels as in diabetes mellitus, but it does share some of the same signs and symptoms (excessive thirst and needing to urinate frequently).

**Ask instore for further information and a supplement chart that may help with Diabetes.**

### Awareness Days for November

1st All Saints Day & World Vegan Day  
2nd National Stress Awareness Day  
8th Remembrance Sunday  
9th National Spa Week  
11th Armistice Day & Sugar Awareness Week  
13th World Kindness Day  
14th World Diabetes Day  
16th Anti-Bullying Week | 27th National Tree Week

### OPENING HOURS

Monday - Saturday 9am - 4pm Sunday: CLOSED (until further notice)  
Unit 27, Jubilee Trade Centre, Jubilee Rd, Letchworth Garden City SG6 1SP

<https://www.webmd.com/vitamins/ai/ingredientmono-932/chromium>  
<https://chriskresser.com/pills-or-paleo-preventing-and-reversing-type-2-diabetes/>  
<https://www.canadianinsulin.com/articles/insulin-sensitivity-increase>  
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<https://www.healthline.com/nutrition/cinnamon-and-diabetes>  
<https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>  
<https://perfectketo.com/benefits-chromium-picolinate/>  
<https://www.diabetes.org.uk/diabetes-the-basics>



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