

Autumn is upon us and as well as the prospect of beautiful autumnal colours, it is an opportunity to make the most of nature's bounty, harvesting antioxidant rich berries as well as other fruit and seeds for overall health. Fairhaven has a range of winter wellness products to help ensure you are well prepared for the coming of the colder seasons. October is Black History Month and Breast Awareness Month, and many will be trying to 'Go Sober for October'! For chocolate lovers, celebrate Chocolate Week from 14th-19th October: Follow us on Instagram and Facebook to keep up to date with our latest news and special offers.

Mineral in Focus: Phosphorus

The human body uses minerals for many things, including keeping bone and blood cells healthy. Minerals work along with vitamins as essential components in enzymes and coenzymes. If an essential mineral is lacking, your body will not be able to work at its best.

The health benefits of phosphorus include healthy bone formation, improved digestion, regulated excretion, protein formation, and hormonal balance. It also ensures improved energy extraction, cellular repair, optimized chemical reactions, and proper nutrient utilization.

One of the recent discoveries of phosphorus also links it to heart health, meaning that with a proper intake, you can better protect yourself from a range of cardiovascular diseases. Phosphorus can be found in pumpkin, sesame and sunflower seeds, in brazil and cashew nuts and almonds, also in mushrooms, oat bran and wheat bran.

As we celebrate World Egg Day on Friday 9th October, it is good to know that eggs are one of nature's highest quality sources of protein, and indeed contain many of the key ingredients for life.



The proteins contained within eggs are highly important in the development of the brain and muscles and also an excellent source of choline, essential in memory and brain development. When you factor in convenience and terrific taste, there is just no competition.

Fairhaven sells organic free-range eggs that come from Welton Farm, Ruskington, Sleaford, a family-run business adhering to the highest possible livestock welfare standards.

Eggs have a key role to play in disease prevention and contribute to general well-being. One large egg contains approximately 15% of an adult's recommended phosphorus intake. A healthy diet is usually sufficient in supplying your phosphorus needs.



HOT TOPIC Bone and Joint Health



Bone Health

Improving bone health is simple and can be achieved by eating calcium-rich foods such as: cheeses, milk, yoghurt, and eggs. If you don't eat animal products, there are lots of other calcium-rich foods such as green leafy vegetables, almonds, sesame seeds, dried fruit (particularly figs and apricots), pulses, dark molasses, fortified soya drinks and soya protein (tofu) that can be included in your diet. Audrey's tip is to include a tablespoon of dark molasses into your favourite stew! A vegetarian diet is not a risk factor for osteoporosis, and vegetarians and vegans do not appear to have poorer bone health than the rest of the population. Ask for our non-milk based information sheet in store.

Calcium is the most important mineral for bone health, and is the main mineral found in your bones. Old bone cells are constantly broken down and replaced by new ones, so it is important to consume calcium daily to protect bone structure and strength. Calcium and Vitamin D supplements can be taken as D3 is not only vital for the immune system, but also plays a crucial role in musculoskeletal health as it promotes calcium absorption from the bowel. Start weight-bearing exercises, stop smoking and regulate alcohol consumption.

Magnesium is also a vital mineral for keeping bones strong and dense. Your body does not rely on magnesium to absorb calcium. But without it, calcium can become toxic, depositing itself in soft tissues, kidneys, arteries, and cartilage rather than in bones where it has the greatest benefit. This can lead to some quite severe health conditions. Balancing calcium with the right amount of magnesium stops these potentially harmful issues occurring.

Vitamin C is a building block of collagen—one of the first elements in bone formation. Some research shows that women who take vitamin C supplements have stronger bones. Viridian Bone Health Complex contains Magnesium, Calcium, Vitamin C, Vitamin K2, Malic Acid, Boron and Vitamin D3.

Joint Health

Arthritis is a joint disorder and causes depend on the type of arthritis. While osteoarthritis is caused due to wear-and-tear of joint cartilages as age progresses, rheumatoid arthritis is an autoimmune disease. Symptoms of arthritis include pain and stiffness in joints, difficulty in movement, etc. Treatments vary depending on the type of arthritis. Focusing on reducing symptoms and improving quality of life.

Medication for arthritis includes pain relievers and anti-inflammatory tablets. For the treatment of rheumatoid arthritis, corticosteroids or disease modifying anti-rheumatic drugs (DMARD's) may be prescribed, which will suppress the immune system. Turmeric, ginger, chillies and apple cider vinegar are all scientifically proven to ease the symptoms of arthritis – ask instore for advice.

Awareness Days for October

- 1st World Vegetarian Day
- 1st International Coffee Day
- 4th World Animal Day
- 5th-11th National Curry Week
- 9th World Egg Day
- 12th World Arthritis Day
- 14th-19th Chocolate Week
- 18th World Menopause Day
- 20th World Osteoporosis Day
- 23rd Wear it Pink Breast Cancer Day
- 26th-1st November International Brain Tumour Awareness Week
- 29th World Stroke Day

- <https://betteryou.com/health-hub/why-getting-enough-magnesium-and-calcium-is-essential-to-good-health/>
- <https://www.organicfacts.net/health-benefits/minerals/health-benefits-of-phosphorus.html>
- <https://www.nhs.uk/Conditions/Arthritis/>
- <https://www.bathingsolutions.co.uk/blog/health/natural-remedies-arthritis/>
- <https://tasty.co/recipe/heartly-vegetable-stew>
- <https://theros.org.uk/media/ef2ideu2/ros-vitamin-d-and-bone-health-in-adults-february-2020.pdf>

OPENING HOURS

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



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& A WHOLE LOT MORE**