



HAPPY

BIRTHDAY

As we enter our fortieth year, the Fairhaven team would like to wish all our customers a healthy and happy new year! We have lots of celebratory ideas coming your way, so look out for details via email, Instagram, Facebook and in the monthly newsletters.



GIVE AWAY

From the second week of January we will be giving away ten free fortieth anniversary tote bags each week. We are also supporting the RSPB Big School's Birdwatch and will be giving 4kg bags of luxury bird seed to the first ten local primary schools that contact us. More special events and offers in next month's newsletter.



PRIZE WINNERS

Congratulations to John Gillan who was the winner of our £200 Christmas Hamper and Lisa Renney who won the £100 gift pack of Faith in Nature body care products. Thank you to Gavin, a customer on 21st December, who was our independent adjudicator and who pressed the random number generator to determine our winners. Thank you to all who took part! We will be adding email details to our mailing list, All details are held securely and never shared with third parties.

VEGANUARY

Particularly in January, but also throughout the year, Veganuary encourages and supports people and businesses alike to move to a plant-based diet as a way of protecting the environment, preventing animal suffering, and improving the health of millions of people. Go to <https://veganuary.com/> for more information and a raft of recipes to try. If you need any veganism advice, Temi, one of the team, has put together a booklet that you can pick up for free instore! Jacqui has been vegan for over 30 years and is a mine of information!



DRY JANUARY®

It only takes three weeks to break a habit and if you are concerned that you may be drinking too much, Dry January is an ideal way to reset your relationship with alcohol. From a study made last year, of those that took part, 86% saved money, 70% experienced improved sleep, 66% had more energy and 65% had generally improved health. You can say goodbye to hangovers, experience re-hydrated skin and eyes and can lose weight from the reduction of calories. If you are experiencing symptoms of alcohol dependence, consult a medical professional, as alcohol withdrawal can be dangerous. <https://alcoholchange.org.uk/get-involved/campaigns/dry-january>

HOT TOPIC

CYSTITIS

A urinary tract infection (UTI) is the most common cause of cystitis. Bacteria in your bladder cause it to swell and get irritated, which leads to symptoms like the urge to pass urine more often than normal, stinging, pain in the lower abdomen and generally feeling unwell and it is most common in females. Mild cases generally resolve themselves within three days, but if treatment is required, antibiotics can be prescribed.

NATURAL WAYS TO SUPPORT BLADDER HEALTH:

- Drink plenty of water – between one and a half and two litres through the day
- Drink herbal tea – chamomile has antiseptic and anti-inflammatory properties, nettle, goldenseal, cleavers or Yogi Women's Tea
- Pure cranberry juice (unsweetened) has been shown to prevent bacteria from clinging to the urinary tract and can be drunk as a preventative measure for recurrent cystitis
- D-Mannose is thought to block certain bacteria from growing in the urinary tract and is available as a supplement
- Vogel's Uva-ursi and Echinacea tincture is a licensed herbal remedy used to relieve symptoms of cystitis in women
- Dilute a spoonful or two of apple cider vinegar in a big glass of water and sip throughout the day
- Reduce your intake of refined sugar, processed foods, and inflammatory substances such as alcohol, caffeine and spicy foods. Eat more complex carbohydrates such as brown rice and wholemeal bread, fruit, vegetables, seeds and nuts

<https://www.webmd.com/a-to-z-guides/supplement-guide-selenium#1> || <https://pubmed.ncbi.nlm.nih.gov/12133202/>
<https://www.bbcgoodfood.com/howto/guide/what-selenium> || <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/> ||
<https://www.avogel.co.uk/health/cystitis/a-guide-to-the-best-and-worst-drinks-if-you-suffer-from-utis/>
<https://perfecthealthathome.com/angelica-archangelica-for-bladder-one-of-natures-wonder-herbs>
<https://www.guysandstthomas.nhs.uk/resources/patient-information/elderly-care/How-drinks-affect-your-bladder-and-bowel.pdf>

MINERAL SELENIUM

IN FOCUS:

Selenium has attracted attention because of its antioxidant properties. Antioxidants protect cells from damage. It also plays critical roles in reproduction, thyroid hormone metabolism, DNA synthesis, and immune function. It is found naturally in food and in water and only a small amount is needed. Some health conditions such as HIV, Crohn's disease, and others, are associated with low selenium levels. Whole foods are the best sources of selenium. Brazil nuts, walnuts, sunflower seeds and grains contain selenium, but the amount depends on the conditions in which the produce is grown. The mineral may also be destroyed during processing. The UK reference nutrient intake (RNI) for selenium is 75 and 60 ug/day for adult males and females respectively.

AWARENESS DAYS

National Keto Day is on 5th January. A ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet (30g or below), where more calories are obtained from protein and fat. This encourages the body to burn fats rather than carbohydrates, producing an energy source known as ketones. It may help people lose weight and control blood sugar. We have a number of new snack bars that are suitable for a keto diet!

<https://www.healthline.com/nutrition/ketogenic-diet-101>
<https://www.bbcgoodfood.com/howto/guide/what-ketogenic-diet>

1st New Year's Day and World Day of Peace || 6th Epiphany
6th Jan – 21st Feb The Big School's Birdwatch
18th Martin Luther King Day & Winnie the Pooh Day
18th Energy Saving Week || 24th National Compliment Day
25th Burns Night (Try our vegetarian haggis! – found in our freezer section)