

Happy New Year!

Wishing you, our wonderful customers a very Happy New Year from all the team at Fairhaven!

New beginnings for a new year, our New Year's Resolutions can sometimes be fleeting attempts to change a habit, or to try to live a healthier lifestyle, but they can be lifesavers if adhered to!

Our friendly team are always willing to help with advice, or a listening ear, and to help you succeed!

WINNERS

Congratulations to our hamper winners! Our top prize of the £100 Fairhaven hamper was won by Barbara Jenkins with the Viridian and A. Vogel hampers being won by Luca Bellavita and Dave Saunders. There were numerous lucky runners up, winning A. Vogel goody bags, Viridian supplements, and Foundations of Nutrition books!



VEGANUARY



Veganuary is an opportunity to follow a plant-based diet and we have 100s of products for you to try and plenty of reference books to peruse... or perhaps try Dry January, a time to have a rest from alcohol? Milk Thistle is a traditional herb used to support the liver and Dandelion Tea is famous for its ability to assist with detox.

HONEY

Celebrating Winnie the Pooh Day on the 18th January, we thought we would highlight some of the wonderful benefits of honey, not just those anecdotal benefits that our elders knew of, but also those proven through scientific research:

- Phytonutrient powerhouse
- Antimicrobial and probiotic
- Soothes gastric disorders
- Soothes sore throats
- Assists in wound, burns and ulcer healing
- Anti-inflammatory
- Can help to lower cholesterol and regulate insulin
- Can assist in weight loss by curbing sugar cravings
- A source of antioxidants: polyphenols and flavonoids
- Immune, nervous and cardiac system support

Note: Experts recommend waiting until after a baby's first birthday to introduce honey into their diet due to a rare risk of botulism from eating honey contaminated with *Clostridium*, a bacterium which can be found in soil.

Manuka honey has been found to inhibit the growth of *Clostridium* (also known as *C. difficile*) and being anti-bactericidal, it is particularly useful where there has been long term use of anti-acid medication or antibiotics. **Read about these benefits of honey and more, and the science behind them in the website links given.**

We would like to take this opportunity to thank Nina Gorski and recognise Nina's late husband, Roman, for their many years in supplying Fairhaven with delicious local, raw, and unprocessed honey. We wish Nina all the very best in her retirement and look forward to Roman's best friend George continuing to supply us with Hertfordshire Honey!

MORE ON GUT HEALTH

Lectins and other aspects affecting the gut

An old Ayurvedic Proverb says ...

**'When Diet is Wrong, Medicine is of no Use.
When Diet is Correct, Medicine is of no Need.'**

An interesting ancient proverb and as discussed in the last newsletter, the health benefits of a good gut microbiome are far reaching, affecting all aspects of our bodies' health including digestion, heart, brain, bone, immune system, and mental health.

Lectins are a family of carbohydrate-binding proteins found, in varying amounts, in all plants and animals. It is known that animal lectins play a part in physiological functions and plant lectins appear to be involved in plants' defences against insects and other herbivores. Because of their binding properties, lectins can cause nutrient deficiencies, disrupt digestion, and cause severe intestinal damage when consumed in excess by an individual with dysfunctional enzymes. The highest amounts of lectins are found in legumes and grains, but it has been shown that correct soaking, cooking or sprouting can destroy lectins.

There exist on the internet, a plethora of food lists highlighting which foods to eat with low lectin content and those to avoid if a lectin sensitivity is suspected, however it is important to monitor the effects of diet to ascertain which lectins a body may be sensitive to, and to protect the gut by eating foods that are easily digestible and that a person's microbiome can break down.

The byproducts of food break down by gut microbes are short-chain fatty acids like butyrate, which are vital for gut health. Butyric acid (BTA) supports the health and healing of cells in the small and large intestine. It's also the favoured source of fuel for the cells lining the interior of the large intestine or colon.

The BTA content in ghee is one of the main components that provides all those wonderful ghee benefits. Consuming butyric acid in foods like ghee or in supplement form has been shown to aid digestion, calm inflammation and improve overall gastrointestinal health.

L-Glutamine is an amino acid which may help with irritable bowel syndrome (IBS). Tissues in the intestine use this amino acid as a fuel source to function well and it also appears to have a role in maintaining proper barriers within the intestine.

Digestive enzyme supplementation therapy may also play an important role in several digestive and malabsorption disorders, as it has been shown that the natural release of digestive enzymes from the gut and pancreas decreases with age and can also be affected by certain health conditions, such as coeliac disease and Crohn's.

Aspects to consider that also affect the gut: Sleep, exercise, fasting, digestive enzymes, mealtimes & portion sizes, fibre and water intake, as well as alcohol, caffeine, and sugar consumption, as these are all digestive stimulants.

Lastly, it is extremely important to chew food thoroughly as the digestive process begins with saliva!

See our informative in store displays!

Dry January, Veganuary, and Love Your Liver month

1st New Year's Day

3rd Festival of Sleep Day

4th World Braille Day

5th Jan – 21st Feb Big School's Birdwatch

11th Paget's Awareness Day

13th – 20th National Obesity Awareness Week

14th STIQ Day (Sexual Health Awareness)

17th Martin Luther King Day, Brew Monday

17th – 23rd Cervical Cancer Prevention Week

18th Winnie the Pooh Day

18th – 24th Big Energy Saving Week

21st National Hugging Day

25th Burns Night

27th Holocaust Memorial Day

28th – 30th RSPB Big Garden Birdwatch

29th – 4th Feb National Storytelling Week

30th World Leprosy Day

31st International Zebra Day & Bug Busting Day

