

Last Month's Fundraising



Announcing, with great pride, that a total of £260.89 was raised by you, our wonderful customers, for Brain Tumour Research! A heartfelt thank you from the Fairhaven team for your contributions to the fundraising efforts!



Winner of the £50 Fairhaven Gift Voucher was Ruth Featherstone and the A. Vogel umbrella was won by Gavin Clarke. Congratulations to our winners and many thanks to all who entered the raffle!

HAPPY RETIREMENT

On the 31st March we said goodbye to one of our longest standing members of staff. A 'behind-the-scenes' angel in the weighing room, Audrey Forde joined the company in 2004 and had already retired once! But being of a robust and energetic nature and not wanting to sit around doing nothing, decided to come and help at Fairhaven. Now, 18 years later all the Fairhaven team send their warmest wishes for her to enjoy retirement proper – a quite remarkable person!



IBS AWARENESS MONTH

For IBS awareness month ... Did you know that L-Glutamine is a well-researched non-essential amino acid which helps your body produce immune-boosting cells, and has been shown to prevent digestive issues such as leaky gut syndrome, diverticulitis and Crohn's disease. It also helps repair the gut wall.

SUPPLEMENT SPOTLIGHT

ASTAXANTHIN

Astaxanthin is a naturally occurring carotenoid (organic colour pigment) produced by the microalgae *Haematococcus pluvialis* as a defence mechanism against harsh environmental conditions.

Natural astaxanthin has a clinically proven safety profile and has antioxidant, anti-inflammatory, and immunomodulatory properties. These unique features can make this natural compound an excellent option to minimize inflammation and its consequences.

Studies have also revealed the following benefits: Improved and calmed immune function, anti-aging and skin rejuvenation, cancer prevention, cardiovascular health, boosts male fertility, slower brain aging and dementia progression (as astaxanthin is able to cross the Blood Brain Barrier allowing its protective features to be exerted on the brain), improved eye health and reduced muscle fatigue after exercise.

Studies have also shown that astaxanthin is able to reduce the likelihood of cytokine storm from COVID-19 – a situation where excessive cytokines are produced, resulting in an exaggerated and dangerous immune response within the body, causing immune cells to attack the lungs and other organs.

Viridian Astaxanthin is sourced from freshwater microalgae, cultivated with water from the Himalayas. It is currently on offer at 20% off the normal RRP. Read more at:
<https://www.viridian-nutrition.com/shop/Astaxanthin-P828.aspx>

If taking this supplement, it is recommended to be taken with a meal which also contains fat. Care should be taken if allergic to seafood or if on blood thinning medication as low blood pressure is a rare side effect of taking this supplement. It is also not recommended if pregnant or breastfeeding.

LONG COVID

THIS MONTH'S HOT TOPIC

An estimated 1.5 million people living in private households in the UK were experiencing self-reported long COVID as of 31 January 2022. Symptoms of long covid are reported as being:

- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ("brain fog")
- difficulty sleeping (insomnia)
- heart palpitations

Other symptoms also include dizziness, orthostatic problems (when rising to a standing position), pins and needles, joint pain, depression and anxiety, tinnitus, earaches, feeling sick, diarrhoea, stomach aches, loss of appetite, temperature, cough, headaches, sore throat, changes to sense of smell or taste and rashes.

The cause of long COVID is not clearly understood, but recent studies believe it may be due to mitochondria (microorganisms in cells that are responsible for generating energy) not functioning properly in patients with post-COVID syndrome. Other findings suggest patients appear to have elevated levels of a cytokine called interleukin-6, suggesting they may be suffering from a state of chronic inflammation. Yet another clue found in one subgroup of patients was an unusual pattern of activity by key immune system cells, such as T-cells, supporting the idea that the virus is hiding in the body.

Currently there are more questions than answers and whilst many people do recover from COVID, there are still those struggling with the lingering effects of the disease that can be very serious and life-altering.

A recent study by Cambridge University Hospitals found that treating the gut to a blend of five different friendly bacteria called lactobacillus probiotics, combined with a chicory-rich ingredient known as an inulin, could help with acute and long-term Covid symptoms.

Other remedies and supplements that have been recommended include: Quercetin (a polyphenol found in fruits and vegetables, particularly in apple skins), Zinc, Vitamin C, Vitamin D3, ginger, lemon, garlic, black seed oil, anti-viral herbs such as Liquorice, Oregano oil, Olive leaf, Elderberry, Astragalus, Turmeric and Andrographis.

Finally, for a suggested detailed cell repair protocol, read more here:

<https://vitalitymagazine.com/article/help-for-covid-19-long-haulers-dr-bens-cellular-repair-program/> or refer to our information sheet instore written by Patrick Holford.

AWARENESS DAYS

IBS and Stress Awareness Month (Read the articles in our November/December and January newsletters for more information on gut health and last year's April newsletter for ideas on how to combat stress)

National Pet Month, Parkinson's & Bowel Cancer Awareness Month

2nd World Autism Day

4th International Carrot Day

10th – 16th World Homeopathy Awareness & Parkinson's awareness Week

15th World Art Day

15th – 18th Easter weekend (please see our website for Easter opening times)

21st National Tea Day

22nd Earth Day

23rd St George's Day and English & Spanish language Day (say something to us in Spanish for a special treat!)

25th – 1st May MS Awareness Week

25th World Penguin Day (Visit us for lots of ways to reduce your plastic usage!) & World Malaria Day

26th - 30th Allergy Awareness Week

27th Stop Food Waste Day

WEBSITE LINKS

<https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/>

<https://www.cuh.nhs.uk/news/friendly-gut-bacteria-speeds-long-covid-recovery/>

<https://pubmed.ncbi.nlm.nih.gov/33034398/> || <https://pubmed.ncbi.nlm.nih.gov/33113418/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8421583/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8741849/> || <https://draxe.com/nutrition/astaxanthin-benefits/>

<https://www.bbc.com/future/article/20200505-cytokine-storms-when-the-body-attacks-itself>

<https://www.lifeextension.com/magazine/2013/4/astaxanthin-provides-broad-spectrum-protection>

<https://www.cherokeephennix.org/healthstudy-reveals-root-cause-of-long-term-covid-symptoms/article>

<https://www.npr.org/sections/health-shots/2021/11/12/1053509795/long-covid-causes-treatment-clues?t=1648552694329> || [ffd77d4e-7d64-11ec-9378-f37fd13abe1d.html](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/prevalenceofongoingsymptomsfollowingcoronaviruscovid19infectionintheuk/3march2022)

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/prevalenceofongoingsymptomsfollowingcoronaviruscovid19infectionintheuk/3march2022>

