

A very Happy Easter to all our customers! In the words of the Al Jolson song, 'Though April showers may come your way They bring the flowers that bloom in May ...'



This month, win a beautiful A. Vogel umbrella! Free entry with every A. Vogel purchase and in addition get a chance to win an A. Vogel hamper! The draw will take place on Monday 26th April. We also have 40 A. Vogel goodie bags to give away. Two bags will be given away each day to random customers as an act of kindness - part of our on-going 40th Anniversary celebrations.

DO YOU REMEMBER YOUR FIRST VISIT?



Look out for details about the culmination of our celebrations happening in July! We are looking for customers who have been shopping with us over the years and asking for anecdotes about Fairhaven experiences which we will include in an exhibition of memorabilia of the last forty years.

A BIG THANK YOU!



Thank you to all who donated to our Great Daffodil Appeal, raising money for Marie Curie nurses. A total of £32.93 was raised and Fairhaven has matched the amount, doubling it and rounding it up to £100.

Please note that the shop is closed over the entire Easter break.

HOMEOPATHY

Homeopathy Awareness Week is both a national and an international event. It provides homeopaths with the opportunity to raise public awareness of the many benefits of homeopathy, a gentle, safe and effective system of medicine, using the principle of 'Like cures like'. For example, a patient suffering from hayfever may benefit from the homeopathic remedy Allium Cepa (onion) because it produces similar symptoms such as watery eyes or runny nose. It is used to treat conditions affecting the mucous membranes of the nose, eyes, and throat and is a popular remedy in cases of allergies such as hayfever and in cases of colds.

Homeopathy is used by over 200 million people worldwide and whilst a 2010 House of Commons Science and Technology Committee report on homeopathy said that homeopathic remedies perform no better than placebos, there is a wealth of anecdotal evidence from people who have used homeopathy, successfully treating various acute and chronic conditions. Working on Newton's and Einstein's laws of physics of matter and energy, one of Einstein's major findings was that energy and mass are two forms of the same thing (matter). He found that just a tiny amount (mass) of a substance can be transformed into a huge amount of energy. Homeopathic remedies facilitate transformation of energy by raising our energetic vibration and thus stimulating the immune system, rebalancing body and mind. We have an excellent Homeopathy Reference book in store which details many remedies and their profiles as well as remedies that can be purchased in store.

Sarah Hyatt, LCPH MARH RHom, a former nurse and mother of three, trained as a homeopath at the College of Practical Homeopathy and as a doula with Michel Odent. Here is what she has to say, 'I've always used homeopathy for all my children, it's useful from birth to adulthood. It makes motherhood just that little bit easier too. A little bit of magic in your cupboard. Easy to administer, safe and non-toxic. I've been a homeopath for 16 years and practice via Zoom or in clinic in Hitchin or Letchworth. **Please call me on 07813802563 with any questions.**'

Stress Awareness Month & Bowel Cancer Awareness

National Pet Month – Ask in-store for a free rumble stick treat for your doggie!

2nd Autism Awareness Day || 2nd Good Friday || 4th Easter Sunday || 7th World Health Day

10th – 16th Homeopathy Awareness Week || 11th World Parkinson's Day

22nd Earth Day || 23rd St George's Day || 30th – 6th May RSPCA week

HOT TOPIC STRESS

People under stress have a greater risk of experiencing health problems. During Stress Awareness Month, healthcare professionals and health promotion experts across the country join forces to increase public awareness about the causes and cures for our modern stress epidemic. We are physiologically designed to deal with stress, and react to it.

When we feel under pressure the nervous system instructs our bodies to release stress hormones including adrenaline, noradrenaline, and cortisol. These rouse the body for emergency action; your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper, which is known as the 'fight or flight' response and allows the body to react quickly to whatever is triggering the stress response to promote survival.

A prolonged stress response can adversely affect the body, and can lead to: heart disease, high blood pressure, a weakened immune system, constipation or diarrhoea, nausea, IBS, skin issues, headaches, jaw and eye pain from teeth grinding, as well as insulin resistance and infertility.

The following are recognised ways of managing stress levels: regular exercise, seeking companionship, good time management, yoga, eating a nutritious diet full of fruit and vegetables, spending time in nature, being able to say 'no', avoiding sugar, drugs and alcohol, focusing on breathing exercises.

Natural supplements shown to help relieve stress levels include: Ashwagandha, L-theanine, an amino acid found in green tea, Magnesium, Rhodiola, Lemon Balm, Vitamin B Complex and AvenaCalm (Avena sativa) drops and Passiflora spray, both licensed A. Vogel herbal remedies which can be useful when you are facing mild stress or experiencing mild anxiety, and can also be used to help you sleep.

Humans are not the only ones who can benefit from the emotional support provided by natural remedies. Bioforce Animal Essences are available to support your beloved pet: Timid, Highly Strung, Over Dominant, Separation and Emergency essences are gentle ways of helping your pet. For more information see: <https://www.avogel.co.uk/pet-care/animal-flower-remedies/>

<https://www.dailymail.co.uk/health/article-4040/Homeopathy-works.html> ||| <https://homeopathychoice.org/does-homeopathy-work/>
<http://www.homeopathyawarenessweek.com/> ||| <https://www.stress.org.uk/national-stress-awareness-month-2019/>
<https://www.livestrong.com/article/13725957-effects-of-stress-on-body/> |||
<https://www.everydayhealth.com/stress/best-supplements-that-may-help-reduce-stress-and-one-to-avoid/> |||

CALLING YOUNG ARTISTS ...

Mental Awareness Week is celebrated in May and this year focuses on the mental health benefits provided by nature. We are asking children to create artwork of nature for an exhibition in May.

Four loyalty stamps and a Moo Free Bunnycomb Bar for each creative piece!

