

As our gardens and allotments smarten up in preparation for the growing season, many begin to prepare for the pollen season too! Pop in to see our Hay fever & Allergy display for ideas on how to support yourself to keep symptoms at bay (the new Terranova Quercetin Nettle Complex is worth a look!)



WORLD EARTH DAY

World Earth Day falls on Saturday 22nd April and Denise has painted an incredible Earth Day image which is now hanging above our refill area in the shop. Everytime you come in for a refill we would love you to fill out a leaf with a comment about why refilling is important to you. We are sticking all the leaves onto the painting - watch as the tree grows with every refill completed.



EASTER WEEKEND

Easter Friday falls on 7th April and a reminder that **Fairhaven will be closed over the whole Easter weekend** (as in previous years) - a well-deserved rest for the whole team. We wish all our lovely customers a very Happy Easter!
Friday 7th - 10th April the shop will be closed and normal business hours resume on Tuesday 11th April at 9.00am.

Save The Date!



Emma Belton Nutrition
CALMING YOUR DIGESTION

SATURDAY 22nd APRIL
11:00am - 12:30pm



SHOP SPOTLIGHT

DIGESTION

We can, in essence, be described as human doughnuts, with the centre being our digestive system. In that digestive system, there are a multitude of actions and interactions that take place, several organs that are involved, vital microbes that call this place home, plus it is known as our 'second brain', so it is definitely worth paying more attention to what we casually put into it!

A wholefood diet is recommended with plenty of fibre, use healthy fats such as extra virgin olive oil, virgin coconut oil, flaxseed oil or grass-fed organic butter, manage stress levels, stay hydrated, incorporate gut-supporting nutrients such as probiotics and fermented foods.

We have also just taken delivery of our new Terranova Digestive Enzymes with Microflora which have shown to aid digestion and are on offer this month with 10% off. We also have Viridian's Digestive Elixir, A. Vogel's Digestisan, Udo's Digestive enzymes as well as a variety of other supplements that can support digestive problems - please ask instore for more information.



Finally, with it being Bowel Cancer Awareness month, Turkey tail and Maitake mushrooms have both been shown to be particularly beneficial for gut health and, in studies, showed promise in treating colon cancer cells.

For Irritable Bowel Syndrome information, see our newsletter from January

https://www.fairhaven.co.uk/newsletter/FH_NEWSLETTERJANUARY23.pdf

We are fortunate to have Emma Belton, a local nutritionist, coming in on Saturday 22nd April to present a talk on digestive health - 'Calming your Digestion' and the importance nutrition plays in maintaining a healthy gut. Tickets are on sale on the website and also in the shop. One not to be missed!

<https://www.fairhaven.co.uk/Emma-Belton-Nutrition-Talk-220423/>

Parkinson's

DISEASE - THIS MONTH'S HOT TOPIC

A condition that affects the brain and causes problems with movement, balance, and coordination, Parkinson's Disease initially causes tremor in one hand, stiffness or slowing of movement and gets progressively worse. It is the fastest growing neurological condition in the world, affecting about 10 million people globally, and more than 145,000 people in the UK.

Parkinson's Disease is caused by the loss of nerve cells in a part of the brain called the substantia nigra, which produce a chemical called dopamine. Dopamine helps to control the speed and smoothness of movements, and when it is reduced, symptoms such as tremor, slowness, and stiffness appear.

Whilst there is no known cure, there has been some success in research to show that there can be a 40-50% deficit in total glutathione levels in the substantia nigra in patients with Parkinson's disease (PD). Glutathione is an antioxidant produced in cells. It is comprised largely of three amino acids: glutamine, glycine, and cysteine. Glutathione levels in the body may be reduced by a number of factors, including poor nutrition, environmental toxins such as pesticides, and stress. Its levels also decline with age.

Researchers have also found that other risk factors include inflammation, oxidative stress, and mitochondrial dysfunction. Reishi mushrooms have been shown to support all three. Whilst taking them will not cure the condition, the benefits of taking Reishi mushrooms, which contain hundreds of bioactive compounds, are that they exert powerful anti-inflammatory and antioxidant effects on the brain. Plus, they have been shown to improve mitochondrial function in the brain while protecting and repairing neurons.

Supplements which may support Parkinson's Disease include Vitamins B1, B12, C and D, CoQ10, zinc and iron. Always consult a health professional before introducing new supplements in case there are any contraindications to existing medication being taken.



Eating a diet including foods from all food groups, consuming plenty of grains, vegetables, and fruits, limiting sugar intake, reducing salt and sodium intake, eating foods that contain antioxidants, such as brightly coloured and dark fruits and vegetables are all recommended.

For more information, follow this link:

<https://www.parkinsons.org.uk/information-and-support/what-parkinsons>

WEBSITE LINKS

<https://www.everydayhealth.com/digestive-health/tips-for-better-digestive-health/>
<https://www.healthline.com/nutrition/ways-to-improve-digestion> || <https://healthygut.com/7-fats-for-healthy-guts/>
<https://www.parkinsons.org.uk/news/number-people-parkinsons-rising> || <https://pubmed.ncbi.nlm.nih.gov/18400456/>
<https://www.healthline.com/health/glutathione-benefits> || <https://www.sciencedirect.com/science/article/pii/S0753332221001621>
<https://drinkyu.com/blogs/learn/best-mushroom-for-parkinsons-disease> || <https://www.medicalnewstoday.com/articles/parkinsons-diet>

AWARENESS DAYS

Stress Awareness & Bowel Cancer Awareness Month National Pet Month

2nd Autism Awareness Day
3rd - 9th Community Garden Week
7th World Health Day
7th Good Friday (**FAIRHAVEN IS CLOSED**)
8th Easter Saturday (**FAIRHAVEN IS CLOSED**)
9th Easter Sunday (**FAIRHAVEN IS CLOSED**)
10th Easter Bank Holiday Monday (**FAIRHAVEN IS CLOSED**)
10th - 17th Parkinson's Awareness Week
20th - 26th Allergy Awareness Week
22nd Earth Day (See our Earth Day request)
23rd St George's Day
23rd Neil and Tressa's 35th Wedding Anniversary ❤️
24th - 30th MS Awareness Week
30th - 6th May RSPCA week

MIGHTY HIKES MACMILLAN CANCER SUPPORT

A big thank you to customers who have donated to Stef & Gina's Mighty Hike already. The hike is 22nd May and we now finally have a donation box in-store as well as our just giving page: tinyurl.com/bdf2bsrw

