

Spring has arrived, the birds are singing and the blossom is blooming!

HAYFEVER SUPPORT

Although spring is a time of beautiful new birth and blooming, for some people it also carries the struggle of Hayfever. As always here at Fairhaven we stock a range of supplements and ointments aimed at helping those who might be suffering. Pop in to see what's available and feel free to ask for assistance if needed, as we are always here to help!



GLUTEN-FREE GALORE!

One of the top requests from customers is for Gluten-Free products. We are always expanding the range that we offer in store. Most recently we have added two new Gluten-Free Rude Health nut milks and this month we will have a special offer on the Rollagranola Cereals which are also Gluten-Free. Look out for 'Gluten-Free' labels on our shelves



FERMENTED FOODS SHOP SPOTLIGHT

Fermentation occurs when certain microorganisms (for example bacteria or yeasts) are added to a food source, causing the breakdown of sugars and starches into alcohols and acids. This practice has been used across many different cultures for thousands of years to preserve and enhance the flavour profile of certain foods. Research now shows this process also increases the bioavailability of minerals in food such as calcium, iron and zinc.

In recent years such foods have gained scientific interest due to the benefits of consuming the range of beneficial bacteria provided as a result of fermentation. Certain fermented foods are now known to have antioxidant, anti-microbial, anti-fungal, anti-inflammatory, anti-diabetic and antiatherosclerotic effects resulting from the microbes.

Kefir - A fermented milk drink which may help control blood sugar associated with Type 2 Diabetes (T2DM), improve gut health and inflammation and assist in weight loss. It also provides a good source of vitamins and minerals including B, C, A, K, Magnesium, calcium and phosphorus.

Kimchi - fermented vegetables and spices originating from Korea which usually has a salty and sour taste. Regular consumption has been linked to cholesterol reduction, improved gut health and supporting blood sugar regulation. It may prevent certain cancer types and aid brain and skin health. Depending on the vegetables included, kimchi also provides a range of vitamins and nutrients.

Sauerkraut - Fermented cabbage which is associated with decreasing IBS symptoms, provides Probiotics and beneficial nutrients including Vitamin C, B6 and Iron.

Kombucha - A tart and carbonated drink is made by fermenting tea with a scoby. Due to the use of green tea it is also a source of antioxidants and offers a range of beneficial Probiotic bacteria.

Yogurt - Is made by adding bacteria to milk, the health benefits associated include enhancing gut and bone health, promoting heart health, optimal cholesterol levels, blood fat and pressure, assisting with weight management and reducing the risk of T2DM and certain cancers. Avoid yoghurt with high sugar content.

Miso - A fermented soybean paste. The consumption of has been linked to improving blood sugar control, gut health and reducing the risk of heart disease and certain cancers.

Other fermented foods with associated health benefits include some types of cheeses, sourdough bread and apple cider vinegar.

We stock all of the fermented products mentioned including a variety of locally made kimchi, water kefir and sauerkraut. We also stock Fermented Black Garlic and Kombucha supplements.



The Gut Microbiome

Hot topic

There continues to be a real focus on The Gut Microbiome, which spans your stomach, small intestine and large intestine. This is due to its widespread impacts across the body in both physical and mental health.

Microbial imbalance (Dysbiosis) within this microbiome can cause stomach bloating, gas and gas pain, poor digestion, lower abdominal pain, diarrhoea or constipation, and may also impact the effectiveness of your immune system. It is attributed to either a loss of beneficial bacteria or overall diversity or a proliferation of pathogenic or 'bad' bacteria.

The Microbes are affected by many factors including:

Diet: Diverse high fibre diets help increase microbial variation however the consumption of processed foods, sugar and saturated fats can encourage an imbalance.

Chemicals: These include alcohol, tobacco smoke, medications and pollutants. Antibiotics tend to kill both the good and the bad bacteria and certain medications which alter the pH of the microbiome can have negative effects.

The gut microbiome works in combination with a variety of other body systems which include:

The Digestive System - Microbes metabolise bile, break down complex carbohydrates and dietary fibres, provide enzymes needed to synthesise vitamins and produce Short-Chain Fatty Acids.

The Immune System - 80% of your immune cells are found within the gut and good bacteria helps to outcompete pathogens. The Short-Chain Fatty Acids produced by microbes are anti-inflammatory and help maintain the gut barrier

The Nervous System - Gut microbes affect your nervous system through the gut-brain axis and can produce or stimulate neurotransmitters including Serotonin, Melatonin and Tryptamine

Endocrine System(hormones) Gut microbes



work with the endocrine cells to help regulate metabolism, blood sugar and cues of hunger and satiety(feeling full).

Links have been shown between a variety of health conditions, disorders and the health of your Gut Microbiome. These include Infections, SIBO, IBD, Atherosclerosis, Allergies, Anxiety, Asthma, Autism, Chronic Fatigue Syndrome, Colon Cancer, Diabetes, Fatty Liver Disease, IBS, Liver Cancer, MS, Neurodegenerative Diseases, Obesity, Pancreatic Cancer and Rheumatoid Arthritis.

Dietary and lifestyle factors that are supportive for the health and diversity the Gut Microbiome include consuming a variety of fibre rich foods, fermented foods, limiting saturated-fat, processed foods and additives and being mindful of antibiotic use. Additionally taking a Probiotic (bacteria) or Prebiotic (dietary fibres) supplement to help colonise and feed your Gut Microbiome is generally beneficial.

At Fairhaven we stock a variety of fibre rich whole-grains, fresh fruit and vegetables, Optibac Probiotics, fermented foods, drinks and Prebiotics.

Links & References

<https://my.clevelandclinic.org/health/body/25201-gut-microbiome> || <https://pubmed.ncbi.nlm.nih.gov/28945458/>
<https://www.frontiersin.org/journals/microbiology/articles/10.3389/fmicb.2023.1098412/full>
<https://zoe.com/learn/top-fermented-foods> || <https://tinyurl.com/4h2svthh> || <https://tinyurl.com/4zm6ezk3>
Collen, A. (2015) 10% Human. Great Britain: William Collins

Awareness Days - April

Bowel Cancer, IBS, Stress, Caesarean Awareness, Parkinsons, Active for April,

1st April Fools Day || 1st - 7th Community Garden Week

2nd World Autism Awareness Day || 2nd - 8th World Autism Acceptance Week

6th International Pillow Fight Day || 7th World Health Day

10th - 16th World Homeopathy Awareness Week

11th World Parkinson's Day || 16th World Voice Day

17th World Haemophilia Day || 19th Pyjamas For PanCan Day

22nd International Mother Earth Day

22nd - 26th Allergy Awareness Week

22nd - 28th MS Awareness Week

22nd - 29th World PI week || 23rd St. George's Day, World Book Night

24th - 30th World Immunization Week, Global Intergenerational Week || 24th Stop Food Waste Day

25th World Penguin Day, World Malaria Day || 26th World IP Day

29th International Dance Day