

There is nothing quite like seeing beautiful spring blossom to make your heart feel glad, however the downside of brighter sunshine is being able to see dust and cobwebs – the product of a long, grey winter! Never fear, we have an amazing range of clean cleaning products to help you spruce up your home in no time and even a new vegan and plastic free wooden dish brush that has a replaceable brush head!



WELCOME ANGUS!

In shop news we bid a Fairhaven fond farewell to Finola, who leaves us after four years of working at Fairhaven on Saturdays, to pursue her chosen career in Criminology. And we are delighted to welcome Angus who will be taking her place in the Saturday team. Do give Angus a warm, 'Hello!', when you're next in on a Saturday.



We hope that you enjoy a restful and very happy Easter and be quick as we only have a few vegan and dairy free Easter goodies remaining.

EASTER WEEKEND - SHOP CLOSED!

We will be closed on the following days:

Good Friday - Easter Saturday - Easter Sunday
Bank Holiday Monday



Normal Opening Hours Tuesday 22nd April

BAKING GOODIES FOR EASTER?

We have a great range of organic baking ingredients and baking equipment including our sustainable beechwood rolling pins and new peanut, hazelnut and walnut flours as well as a multitude of gluten-free ingredients.

For those who were following our Saturday Cooking we are aiming to restart our culinary delights for you to taste soon! Check out our social media posts by following us on Instagram & Facebook @fairhaven_wholefoods

L-THEANINE SUPPLEMENT SPOTLIGHT

Linking to our Hot Topic, another stress coping activity is to drink tea! It has been found that L-Theanine, an amino acid found in tea leaves – black, green, or white tea, decreases stress and anxiety, and can increase Serotonin, GABA and Dopamine which can lessen anxiety levels and promote relaxation. In addition, a randomised trial from 2019 found that individuals taking L-Theanine over four weeks had reduced stress related symptoms.

L-Theanine can also improve mental clarity and focus, and the benefits heighten when it is taken with caffeine, although its effect can vary between individuals.

Supplementation with L-Theanine is deemed generally safe if the individual adheres to the appropriate doses and does not exceed 500 mg a day. If pregnant, breastfeeding or taking medications, proceed with caution and check with a healthcare practitioner before taking any supplements.

At Fairhaven we stock a wide range of organic black, green, and white teas and matcha alongside Viridan's L-Theanine and Lemon Balm and Terranova's Theanine Complex Supplements. There is also a free information sheet with further details in store.

Awareness Days

2nd International Children's Book Day, World Autism Awareness Day - 4th Walk To Work Day
5th International Pillow Fight Day - 7th World Health Day
11th World Parkinson's Day - 15th International Microvolunteering Day - 17th World Haemophilia Day
22nd International Mother Earth Day
25th World Malaria Day - 27th London Marathon
28th International Workers Memorial Day, World Day For Safety And Health At Work - 29th AMKD Awareness Day
30th Stop Food Waste Day

STRESS

Hot topic

We have all been told that too much stress is bad for us, but why? This month we are focusing on what we can do to help reduce our stress levels.

If in a stressful situation, this is a simplified description of what happens to us:

1... The hypothalamus releases the hormone ACTH

2... ACTH causes the adrenal glands to release the hormones adrenalin and cortisol

3... These chemical messengers cause:

--> The liver to convert glycogen to glucose to produce energy

--> The bronchioles in our lungs to dilate for more oxygen for the muscles

--> The digestive system to suppress its activity

--> Blood pressure to increase

--> Heart rate to increase

All of this is known as the 'Fight or Flight' response and shows how our body prepares to either deal with the stress trigger or get away from it and nearly every cell in the body has receptors for cortisol! Whilst stress is a normal physical and psychological reaction to difficult circumstances, and limited stress has been shown to improve brain function as well as motivation (how many of us have stopped procrastinating once a deadline is looming?!), constant stress can lead to health issues as our stress hormones are not disabled:

Physical: Digestive difficulties, chest pain, sexual dysfunction, aches and pains, fibromyalgia, arthritis, weakened immune system, exhaustion, high blood pressure, heart palpitations, stress rashes (hives), headaches, shaking or dizziness, polycystic ovarian syndrome

Mental: sadness, depression, panic attacks, anxiety, irritability

Behavioural: eating disorders, smoking, substance use, alcohol use disorder, gambling disorder

Demands of modern day life have meant that many more stress challenges are faced daily and it is vital for our health to find coping strategies to help disable the constant cycle of stress hormone release. Everyone is unique and whilst these suggestions for coping may not fit each individual's daily routine, finding your own manageable coping strategy will reap ultimate health improvement rewards. Ideas include:

Breathe deeply, go outside, try progressive muscle relaxation, neck or foot massage, write down what you're grateful for or your accomplishments from the day, be physically active (e.g., walk or try yoga), set goals, meditate, have a cuddle (with a human or a pet), light a candle or use essential oils, socialise with positive people, laugh, learn to say no, make a decision and avoid procrastination, discuss emotions and have a calming sleep routine.

In addition to lifestyle methods of coping with stress, the food we eat has an impact too.

Unsurprisingly, fruit, vegetables, wholegrains, healthy fats, lean or vegan sources of protein, contribute not only to overall health, but certain foods can also have an impact on hormones. Production of Serotonin, also known as the happiness hormone, can be increased by consuming complex carbohydrates (such as wholegrains).

Foods high in Vitamin C such as kiwi, strawberries, cantaloupe, broccoli, kale and cauliflower have been shown to curb the level of stress hormones. Spinach and other magnesium rich foods can assist in decreasing fatigue and headaches and the Omega-3 fatty acids in fatty fish aid brain health, reducing stress hormones and protect against PMS, depression and heart disease. Finally, healthy fats like those found in nuts and seeds can help decrease cholesterol, reduce the likelihood of diabetes and lower inflammation.

Herbal teas and supplements can also be beneficial in assisting with stress management. Visit our information table in store to find out more and maybe write down how you cope with stress in our customer journal.

