

We welcome August and hopefully a few more beautiful sunny days and evenings! Remember to hydrate as the warm summer days continue – easy to do with our range of refreshing drinks at Fairhaven. Just imagine reaching into your fridge for a cooling kombucha or our new refreshing Organic Clipper infusion iced tea. They are still and made with organic fruit juice.

This month we are taking care to help those in our lives with psoriasis. Check out the section on Psoriasis to help better understand the condition and how you can help.

## AUDREY'S RETIREMENT

On 2nd October we will be saying goodbye to the wonderful Audrey who is retiring after working at Fairhaven since 1986! We are sure that there are hundreds of customers she has helped over the years, and she will be missed immensely by everyone – customers, and staff alike. Please remember to sign her retirement book when in-store. Also keep an eye out for our special celebrations for her.



## CHAGA MEDICINAL MUSHROOM

Medicinal mushrooms seem to be having their moment within natural and holistic health circles. Recently you may have seen or heard of Lions Mane, Reishi, Chaga, Cordyceps, Turkey Tail, Shiitake and Maitake in social media or medical research. Collectively they provide immune support and antioxidants, help to balance blood sugar, support healthy inflammation response, the nervous system and brain health and cognition and increase energy and stamina.

This month we are looking further into the mushroom known as Chaga.

It tends to grow on birch tree bark in colder climates including Northern Europe, Siberia, Russia, Korea, Northern Canada, and Alaska. Chaga was historically used within 16th century Russia in the form of tea to improve stomach health.

Furthermore it can support healthy blood sugar levels, reduce inflammation, oxidative stress, regulate your immune system and decrease cholesterol. Due to anti-inflammatory properties it can have a positive impact on further diseases including Psoriasis, Rheumatoid Arthritis, Heart Disease and possibly even depression.

If you are interested in learning more about the mechanisms behind the benefits of Chaga Mushrooms these websites will be of assistance:

*Chaga Tea: Health Benefits, Health Risks, Nutrients, Preparation (webmd.com)*  
<https://www.webmd.com/diet/health-benefits-chaga-mushrooms>  
<https://www.realmushrooms.com/7-medicinal-mushroom-benefits-for-health/>

A therapeutic way of taking chaga is as a powdered or encapsulated supplement which can often increase the percentage of the mushroom or beneficial properties that you are absorbing.

At Fairhaven, we stock Terranova Chaga, Mushroom Synergy Superblend. 'The Herbtender' supplements are new this month.



Chaga has been shown to interact negatively with diabetes medications as chaga can lower blood sugar. It has also been seen to interfere with blood clotting and therefore those taking any blood thinning medications should avoid consumption. Also avoid if you suffer from kidney disease. If unsure talk to a healthcare practitioner.

## SAVE THE DATE

### 21st AUGUST TERRANOVA SAMPLING DAY

We are excited to announce that Angela from terranova will be in-store with us. This time she will be offering samples of the brilliant 'Life Drink' Medicinal Mushrooms are one of the many amazing ingredients present in this product.

# Psoriasis

## THIS MONTH'S HOT TOPIC

Psoriasis is an inflammatory autoimmune skin condition which causes a dramatic increase in skin cell production. Typical skin cells usually have a turnover rate of approximately 3 to 4 weeks; however, this process only takes 3-7 days in psoriasis prone skin. This cell proliferation presents as scalene skin lesions (also known as plaques) that are associated with psoriasis. These patches of skin may be itchy and sore and in severe cases the skin around joints can bleed and crack.

There are a variety of different psoriasis classifications. Plaque Psoriasis tends to be the most prevalent and is categorised by dry skin lesions usually occurring on the scalp, elbows, knees, and lower back (as well as any other body part).

Being an autoimmune disorder means that one of the suspected causes of psoriasis includes immune system malfunctions. In this case the body's T cells attack the persons own skin cells causing multiplication of the cells on the skin surface. It is very important to stress that psoriasis is not a contagious condition.

Certain circumstances can activate either the development of psoriasis and/or may induce a flare-up. These can include stress, skin injury, infection, some medications, tobacco, and alcohol consumption. Warmer weather resulting in sunburn and/or periods of time spent in air-conditioning, as well as cold dry weather are also influencing factors.

Due to the inflammatory nature of the condition certain inflammatory foods may affect its development. Triggering foods can include alcohol, processed food, red meat, dairy, gluten, nightshade plants, citrus fruits, and condiments.

We have plant based, dairy and gluten free products. Including gluten free breads and pastas and many options of dairy free milks. In some circumstances psoriasis has also been linked with the development of psychological disorders due to the effects on the sufferer's quality of life.

Light therapy may have a positive impact with the procedure targeting and killing the overactive white blood cells.

Dietary changes have been shown to help improve psoriasis symptoms with emphasis on consuming anti-inflammatory foods. These include fruits and vegetables (especially berries, cherries, and leafy greens), fish high in Omega-3 Fatty Acids, antioxidant rich herbs and healthy fats. It is also advised to reduce processed foods, refined sugars,

fatty cuts of red meat and dairy, stopping smoking, and trialling a gluten free diet. Healthy weight loss in overweight individuals has also shown improvements due to fat cells synthesising proteins that trigger inflammation possibly worsening the condition.

Research has shown links between Betulinic Acid (BA) a compound found in chaga mushrooms and improvements in psoriasis symptoms, skin lesions and inhibition of Th17 development.



Another study had results showing 76% of patients were cured after taking chaga and 16% had improvements in symptoms. See our in-store display for mushroom products.

Acupuncture has been shown to reduce inflammation, when used in combination with other treatments, and has been shown to help manage anxiety and depression in patients too. For advice, consult a health practitioner.

Viridian's Clear Skin Complex, Organic Chickweed Balm and Organic Repair 5 Serum are a few of the products stocked at Fairhaven which may ease symptoms.

Currently Psoriasis is incurable however there are a variety of natural remedies and supplements that can be used to help support the condition.

### Awareness Days

**Psoriasis Awareness/Psoriasis Action Month, National Road Victim Month**

**July 22nd – August 6th National Marine Week**  
**July 25th – August 2nd National Preserving Awareness week**  
**July 28th – August 4th Love Parks Week**  
**July 18th – 17th August South Asian Heritage Month**  
**August 1st – August 7th World Breastfeeding Week**  
**August 2nd National Playday**  
**August 7th – August 13th Afternoon Tea Week**  
**August 12th The Thoughtful Traveller Day**  
**August 12th International Youth Day**  
**August 13th International Left Handers Awareness Day**  
**August 18th Never Give Up Day**  
**August 19th World Photo Day**  
**August 19th World Humanitarian Day**  
**August 28th National Plum Day**  
**August 30th International Day of the Disappeared**

<https://www.nhs.uk/conditions/psoriasis/> || <https://www.aad.org/public/diseases/psoriasis/what/causes>  
<https://www.everydayhealth.com/psoriasis/diet/foods-to-avoid-if-you-have-psoriasis/>  
<https://www.nhs.uk/conditions/psoriasis/symptoms/#:-text=its%20symptoms%20are%20dry%20skin,joints%20may%20crack%20and%20bleed>  
<https://antioxi.co.uk/blogs/news/chaga-the-best-mushroom-for-psoriasis> || <https://ard.bmj.com/content/63/7/7755>  
<https://foragehyperfoods.com/blogs/news/chaga-for-psoriasis-can-it-help> || <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8154484/>  
<https://www.webmd.com/skin-problems-and-treatments/psoriasis/psoriasis-avoid-foods>