

Love is in the air and spring is around the corner! February is heart health month. Read our last two February newsletters for more information on heart health or see our instore display for ideas on how to help heart health! Hawthorn tea has traditionally been used as a heart tonic with a proven number of benefits for the heart.



## Raynaud's Awareness

It is also Raynaud's Awareness Month and cold snaps can exacerbate symptoms for sufferers. Some natural ways to help episodes include taking B Vitamin supplements (particularly Niacin, B3), fish oil, Vitamin C and D, Ginkgo Biloba and L-Arginine (an essential amino acid).

Acupuncture has been shown to improve pain severity and joint stiffness in Raynaud's sufferers.

## FAIRTRADE FORTNIGHT



Visit our website to see our exciting new products which include delicious new chocolate that is Fairtrade, organic, vegan and in compostable packaging – a new favourite of ours! We will have an instore display and section on our website to highlight the range of Fairtrade products throughout the store.

## SIGN UP NOW

Sign up to receive our weekly emails to keep up to date with our latest offers and information! Go to the bottom of our home page, <https://www.fairhaven.co.uk/> and enter your email

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## SUPPLEMENT SPOTLIGHT

# PANAX GINSENG

(also known as Korean or Asian Ginseng)

Not to be confused with Siberian Ginseng (*Acanthopanax senticosus* - previously classified as *Eleutherococcus senticosus*), which is a completely different plant, Korean ginseng has been used for centuries with health benefits that have been widely researched.

As an adaptogenic herb, it can help the body to adapt to stress, maintain or normalize metabolic functions, and restore systemic equilibrium. Some of the proven benefits include:

- Providing relief from Chronic Fatigue Syndrome
- Controlling inflammatory diseases and microbial infections
- Helping with depression and anxiety
- Assisting with fatigue in multiple sclerosis sufferers
- Maintaining homeostasis of the immune system
- Tumour inhibition
- Improving cognitive and brain function
- Helping with erectile dysfunction
- Regulating glucose and insulin in diabetes

Whilst these benefits have been proven in scientific research, it is important to check interactions with other drugs if on medication. Panax ginseng is not suitable to use during pregnancy or whilst breastfeeding. The benefits have been studied in older adults.

# ANOSMIA

## THIS MONTH'S HOT TOPIC

Taste and smell are both reactions to the chemical makeup of solutions and the two senses are closely related. Smell is linked to emotion and memory, alerts us to danger and works with the sense of taste to give us flavour.

Anosmia is the absence of the sense of smell, which can be caused by damage to olfactory nasal tissue or the olfactory nerve, or by obstruction of the nasal passages or by nasal polyps.

Loss of smell is not always related to an underlying condition, such as the onset of Alzheimer's, it may be caused by smoking, cocaine abuse or medication side effects, nasal congestion, ageing and is also a common side effect of a COVID infection - being one of the first main symptoms of this disease.

It appears that the coronavirus changes the sense of smell in patients not by directly infecting neurons, but by affecting the function of supporting cells called sustentacular cells. These cells can regenerate from stem cells, which may explain why smell recovers quickly in most cases. Over 56% of people who contract COVID report a loss of smell - in mild cases of COVID, that increases to 86%.

The average time of olfactory dysfunction reported by patients was 21.6 days. After two months, almost a quarter (24.1%) of patients still suffered from anosmia. That number dropped to 15.3% of patients at 60 days post-infection, and nearly 5% at the six-month mark.



### Are there any ways that we can naturally assist these cells?

Olfactory training is recommended and involves repeat and deliberate sniffing of a set of odorants (commonly lemon, rose, cloves, and eucalyptus) for 20 seconds each at least twice a day for at least three months (or longer if possible).

Studies have demonstrated improved olfaction in patients with postinfectious Olfactory Dysfunction after olfactory training. Other helpful treatments include taking omega-3 supplements, intra-nasal saline treatment or vitamin A drops.

See our instore leaflet and display for more details or speak to a member of staff. It has now been found that in the vast majority of cases, the body is able to heal and recover and can eventually regenerate new olfactory cells.

## AWARENESS DAYS

*British Heart Foundation Heart Health, Raynaud's & Scleroderma Awareness Month*



- 1st Chinese New Year (2022 is the year of the Tiger)*
- 3rd – 9th Tinnitus Awareness Week*
- 4th World Cancer Day*
- 5th World Nutella Day (try our hazelnut and cocoa butter alternative!)*
- 7th Charles Dickens Day*
- 8th Safer Internet Day and Neil's Birthday!*
- 14th Valentine's Day (see our emails for a special Chocolate promotion!)*
- 14th National Impotence Day (see our spotlight on Panax ginseng)*
- 17th Random Acts of Kindness Day*
- 24th – 2nd March National Eating Disorders Week*
- 26th National Wear Red Day (Heart Health)*
- 27th Anosmia Day*
- 27th – 13th March Fairtrade Fortnight*
- 28th Rare Disease Day*