

With January behind us, spring beckons with the beautiful sight of delicate snowdrops and the promise of dancing daffodils. The team members at Fairhaven are no strangers to surviving the chill, but if you find it too fresh to leave home, remember that we offer a local delivery service. You can also select to collect your shopping from outside the store if you are unable to come into the shop. Visit our website to place your order!

FAIRHAVEN DELIVERY

Within 5 miles, over £40 - FREE
Within 5 miles, under £40 - £2.50
Between 5-15 miles, over £100 - FREE
Between 5-15 miles, under £100 - £5
Over 15 miles - speak to a member of staff.

GREAT NEWS

Ooosh (delicious vegan frozen ready meals) will be continuing their operation from Weymouth and hope to deliver to us every 6 weeks. Also, we have some exciting new products in store and are adding to our supplements range. See the Shop Spotlight later on in the newsletter.



10% OFF

Love is in the air during February with Time to Talk Day and Random Acts of Kindness Day and, here at Fairhaven, we're always available to chat and share a cup of tea if you need one. If we're talking Valentine's, you can't go wrong with some Booja Booja chocolates: dairy free, vegan, and delicious with 10% off all our Booja Booja chocolate range during February!


SPECIAL OFFER
THROUGHOUT THE MONTH

SHOP SPOTLIGHT

TERRANOVA

We are delighted to be expanding our offering of quality supplements formulated and manufactured in Britain. Many of our lovely customers know that we firmly favour supplements that use quality ingredients, without the use of unnecessary fillers and binders. To that end, we often recommend Viridian supplements as they are also ethical, against animal cruelty and pure, allowing a customer to choose specific vitamins or minerals that they require.



With Terranova supplements, we can offer a range of products that include botanicals to enhance the effects of the vitamins or minerals being taken. Terranova call this Synergistic Nutrition. **Their products are also 100% suitable for vegans.**

Pop into the store to see the new supplements and to find out more about the products. If there is something that you would like us to stock, let us know! Alternatively, we can take orders for specific items and save you delivery charges.

References & Website Links

<https://www.thehealthy.com/fatigue/herbal-remedies-fatigue/>
<https://www.mesupport.co.uk/articles-index/related-conditions/stress-fatigue>
<https://www.nhs.uk/live-well/sleep-and-tiredness/why-am-i-tired-all-the-time/>
<https://www.mayoclinic.org/symptoms/fatigue/basics/causes/sym-20050894>
<https://www.mayoclinic.org/diseases-conditions/addisons-disease/expert-answers/adrenal-fatigue/faq-20057906>
<https://www.healthline.com/health/food-nutrition/foods-that-beat-fatigue>
<https://www.thehealthy.com/fatigue/herbal-remedies-fatigue/>
<https://biologydictionary.net/hpa-axis/>
Bartram, T. (1995), Bartram's Encyclopedia of Herbal Medicine. London: Grace Publishers.
<https://www.terranovahealth.com/>
<https://www.terranovahealth.com/magnifood-synergistic-nutrition/>

Fatigue

THIS MONTH'S HOT TOPIC

At a time when 'burn out' has been affecting a number of public figures, it is ever more obvious that lifestyle can lead to extreme fatigue and rob a person of their usual vitality and zest for life. Whilst there are many common causes, including: stress, poor or interrupted sleep, fear, medication, lack of exercise, plus other lifestyle aspects, fatigue may also be caused by an underlying medical condition such as: hypothyroidism, cancer, anaemia, viral infection, depression, liver disorder, diabetes or heart disease. If you are experiencing persistent fatigue and are concerned, it is important to seek help from a health professional to eliminate any underlying medical condition.



Many of us will experience fatigue and it is important to address the root cause for a full return to health, and if it is a lifestyle change that is needed, be instrumental in making alternative life choices to allow your body to heal itself. Nutrition and complementary therapies that have been shown to support healing when experiencing fatigue are:

..zzzz Eating wholefoods, nuts, pumpkin, sunflower and chia seeds, fruit (particularly bananas), vegetables and lean protein (beans, peas, lentils), bee pollen, honey, kelp, molasses

..zzzz Drinking sufficient water to stay hydrated, and avoiding caffeinated drinks, as caffeine blocks the effects of adenosine, a brain chemical that makes you feel tired, and once addicted to caffeine, it is then difficult for your body to wind down naturally, leaving you in a perpetual state of arousal

..zzzz Vitamins and supplements may assist your recovery and some of those which have been found to be helpful include Vitamin B12, Vitamin B Complex, folic acid, Vitamins A, C & D, iron, chromium, zinc, cordyceps mushrooms

..zzzz Exercise may seem counterproductive when feeling exhausted, but the hormones and chemicals released by the body during exercise, such as endorphins, interact with the receptors in your brain triggering a positive feeling in the body. Others released after exercise aid cell repair

..zzzz Alternative therapies that may be of benefit: olive leaf extract, Panax (Asian) ginseng, ashwagandha, maca powder, rosemary oil aromatherapy or massage (put a few drops of rosemary oil into a carrier oil such as sweet almond oil), homeopathy and Bach Flower Remedies - an excellent way of providing support when experiencing chronic fatigue

Always speak with a health professional if already taking medication when considering an alternative therapy, to ensure there are no interactions with the medication you are currently taking.

In January's edition of What Doctors Don't Tell You, there is a comprehensive article about Adrenal Fatigue (not a medical term, but commonly used by complementary therapists), describing the delicate balance between the hormones released in the HPA (hypothalamic-pituitary-adrenal) axis and the effect that our daily lives have on these hormone producing glands.

For more information, see the references overleaf, or pop into the store.

Awareness Days

British Heart Foundation Heart Health, Raynaud's & Scleroderma Awareness Month, LGBT+ history month

2nd Time to Talk Day

3rd National Wear Red Day (Heart Health)

4th World Cancer Day

6th - 12th Tinnitus Awareness Week

7th Safer Internet Day

8th Neil's birthday!

14th Valentine's Day (10% off Booja Booja chocolates during February) & National Impotence Day

17th Random Acts of Kindness Day

27th - 5th March National Eating Disorders Week

27th Anosmia Day (a loss of smell)

27th - 12th March Fairtrade Fortnight

28th Rare Disease Day

