



British Heart
Foundation

The British Heart Foundation declares February as National Heart Month, aiming to raise awareness of heart diseases and encouraging people to look after their hearts. We have several free handouts on heart health, as well as an informative display!



Calling art enthusiasts – come and see our children's exhibition of birdlife following the RSPB Big Garden Birdwatch. Fairhaven gave out 40 packs of birdseed to promote the event and asked our young ornithologists to be creative. Our exhibition will be on show for the whole of February, so children can still hand in artwork for display and they receive 4 loyalty stamps for their efforts.



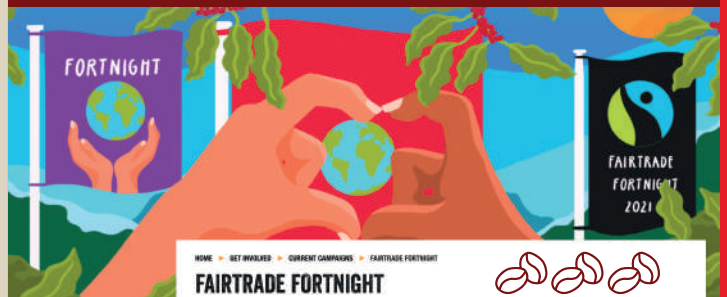
**ON
SALE**

Fairhaven bags of ethics, commemorating 40 Years of Fairhaven, are now on sale for £5 – perfect for large bags of oats, lentils, seeds and more.



FAIRTRADE

Fairtrade Fortnight. Make a real difference to people's lives by choosing to buy Fairtrade: better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world!



New products this month: Free and easy gluten free Moroccan flatbread mix, vegan Golden Crunch bar, which has proved to be extremely popular already and a whole host of new vegan products, tinned and frozen including gluten free vegan sausages. We also have a new supplement from Viridian – Cardio Multi. www.fairhaven.co.uk

National Heart Month & Raynaud's and Scleroderma Awareness Month

- 3rd-9th Tinnitus Awareness week - <http://dremilykane.com/2002/05/10/top-five-remedies-for-tinnitus/> recommends acupuncture, Ginkgo biloba, zinc & B12, also hawthorn
- 5th Wear Red Day for Children's Heart Surgery Fund
 - 12th Chinese New Year beginning a year of The Ox
 - 14th Valentine's Day, National Impotence Day & Congenital Heart Defect awareness Day
 - 16th Shrove Tuesday
 - 17th Ash Wednesday
 - 20th – 28th Real Bread Week

HOT TOPIC

HEART



Our June 2020 newsletter gave details of supplements that have been shown to support Heart Health. We also have a series of information sheets available in store.

Top tips for a healthy heart from Healthline:

'Slim down; Engage in hobbies; Eat fibre; Listen to music; Eat food rich in Omega-3 (fish or flaxseed oil); Laugh; Stretch; Drink alcohol in moderation; Avoid salt; Move; Know your numbers; Eat dark chocolate; Do housework; Eat nuts; Have fun; Own a pet; Interval train; Avoid fat; Enjoy your ride; Have breakfast; Take the stairs; Drink tea; Brush your teeth; Walk; Lift weights; Make love; Find your happy place!'

Herbal remedies that have supporting scientific research for heart health: Garlic, Ginger, Hawthorn, Hibiscus Lemon balm and Motherwort.

Goji berries, and berries in general, as well as cherries, are rich in powerful polyphenol antioxidants, including anthocyanins, flavonols, and catechins, which may help keep your heart healthy by protecting against cellular damage and reducing inflammation. Cherry Active is a multi award-winning product which has also been shown to benefit joint mobility, muscle recovery and sleep patterns.

If you are already taking medication for a heart condition, always check with a medical practitioner regarding any interactions that the herbs may have with your medicine.

<https://www.foodmatters.com/article/why-you-dont-need-to-drink-milk-to-get-enough-calcium> ||
<https://www.healthdirect.gov.au/blog/are-calcium-supplements-dangerous> || <https://pubmed.ncbi.nlm.nih.gov/30562057/>
<https://www.movementandnutrition.co.uk/sources-of-calcium-rich-foods/> || <https://www.healthline.com/health/healthy-heart-tips> ||
<https://www.naturalmedicinejournal.com/journal/2011-07/hibiscus-hawthorn-and-heart> ||
https://www.healthline.com/nutrition/cherries-benefits#TOC_TITLE_HDR_3



MINERAL CALCIUM

IN FOCUS:

To absorb calcium efficiently the body also requires adequate amounts of vitamin D and magnesium. It is one of the most abundant minerals in the human body with 99% of your body's calcium stored in your bones and teeth. Until you reach older adulthood, your body is constantly rebuilding and strengthening your bones, requiring a regular intake of calcium. Calcium is needed in nerve transmission to contract muscles and get you moving, so heart function requires calcium for the heart's contraction mechanism and is important for maintaining normal blood pressure. You should be able to get the required amount of calcium from diet and you do not necessarily need to consume dairy products: leafy greens (bok choy, kale, parsley, broccoli and water cress); seaweeds (nori, agar, kelp and wakame which has up to ten times more calcium than milk); almonds; sesame, poppy, celery and chia seeds; tahini; tempeh; edamame beans; figs; white beans; fortified bread and fortified milk alternatives, are all good sources of calcium. Eating a high fibre, prebiotic diet encourages a healthy population of gut bacteria, which may improve your calcium uptake.

It is important to note that as with other minerals and nutrients, your body needs just the right amount, so too much calcium can have negative side effects. According to the NHS, taking 1,500mg or less a day is unlikely to cause any harm. In rare cases, too much calcium can cause deposits of calcium in your blood, which is called hypercalcemia.

The recommended daily intake of calcium is:

Infants under 1yr – 525mg
Children: 1-3yrs – 350mg; 4-6yrs – 450mg; 7-10yrs – 550mg
Adolescents: Boys 11-18 – 1000mg; Girls 11-18 – 800mg
Adults over 18yrs: 700mg; Breastfeeding mums – 1250mg
Women past menopause and adults over 70yrs – 1200mg