

This February we are bringing you a variety of new incredible supplements and new products: Viridians Repair 5 serum, two Terranova supplements 'Dong Quai and Soya Sprout' and 'Fermented Kombucha'.

Frank Fruities supplement gummies is a new brand which will be on our shelves soon. These supplement gummies are made of fruit! Keep your eyes peeled for more exciting product news this month.



Chinese New Year

2024 is the year of the Dragon. The Chinese new year follows the Lunar calendar. This year the second new moon after the winter solstice is 10th February. Check out our instore display for ingredients and Chinese cuisine recipe ideas.



REPAIR 5 SERUM

SUPPLEMENT SPOTLIGHT

Viridian, one of the supplement brands we support here at Fairhaven, have recently released a new topical serum which has been shown to help improve the symptoms of 5 skin conditions.

The serum is a blend of 5 natural oils which come from organic origins. The 5 oils are:

Black Seed Oil, which originates from the Nigella sativa plant contains thymoquinone which is a powerful antioxidant and anti-inflammatory compound. Used topically the oil helps improve eczema, acne and psoriasis symptoms. In rare cases people might respond negatively to the oil in the form of rashes.

Flaxseed Oil, is incredible for your skin (and overall health) with its high content of vegan omega-3 fatty acids in the form of ALA and has been shown to help reduce inflammation. Additionally it supports healthy skin hydration, smoothness, and reduces roughness and reactivity to irritation.

Lavender Oil, has wide ranging positive effects from calming anxiety, reducing inflammation and assisting with acne, dry skin and eczema. The beneficial effects on skin health come from the antibacterial, antifungal and non-comedogenic (meaning it won't clog up pores) properties of the oil. Furthermore studies show that lavender oil may reduce wrinkles (through targeting Free Radicals), heal wounds (may prompt collagen production) and decrease scarring (by encouraging tissue growth).

Chamomile Oil, has been shown to work favorably in response to anxiety, skin irritation and digestive issues. Due to the anti-inflammatory properties of the oil it has been shown to assist in decreasing skin redness and swelling. Furthermore, this oil possesses anti-inflammatory, antifungal, anaesthetic, antioxidant and calming properties which make it a brilliant oil to be used topically for skin in response to acne, rosacea, eczema and other skin conditions. In rare circumstances some side effects have been seen including hives, allergic reactions and itching.

Safflower Oil, research has shown that it has anti-inflammatory and non comedogenic properties which makes it beneficial in helping with acne and eczema. Additionally when used topically it helps moisturize the skin which may again be helpful regarding the previously mentioned skin conditions.

With the topical use of any of the oils it is advised to patch test them on a small area of skin prior to widespread use to check if the individual has a negative reaction and use diluted versions of the essential oils.



Anxiety

Hot topic

Although the occasional feeling of anxiety is common, issues can begin when this becomes a frequent and more consuming worry or fear about daily circumstances. In this instance the person suffering may be diagnosed with an anxiety disorder which may end up interfering with daily activities and could lead to the sufferer avoiding triggering situations.

There are a variety of different classifications however some of the general symptoms can include nervousness, a sense of impending panic or doom, concentration, sleep and gastrointestinal issues, hyperventilation, increased heart rate, panic attacks, and sweating or trembling.

Factors which may influence the development of anxiety include side effects from medication, trauma, individual personality, stress relating to illness or a general stress buildup, family history of anxiety, drugs, alcohol or other mental health disorders. Anxiety may in some cases worsen other conditions, therefore making it even more crucial to seek support.

There are many natural ways to help assist those suffering from anxiety which include natural remedies, herbs, diet and lifestyle changes and supplementation.

Herbal remedies that can help support include lavender, lemon balm, chamomile, passionflower and kava. Many of these herbs are available in the form of supplementation, tea or essential oil and have been shown to promote a sense of calm. Essential oils can be used through diffusers, roll ons, or steam inhalations. Other essential oils used to encourage a sense of relaxation include, Ylang Ylang, Grapefruit, Clary sage and Bergamot. Finally CBD oil (sourced from hemp plants without THC levels) has been shown to be helpful and can come in the form of tinctures, gummies, drinks and topical creams.

Increasing exercise has a positive impact on reducing anxiety as it triggers the release of natural feel good hormones also known as endorphins. Other supportive lifestyle choices include meditation, deep breathing exercises, yoga, optimizing sleep and other activities which can regulate your nervous system. It is also advised to cease smoking and reduce alcohol intake as these can worsen anxiety.

Diet is important and can help make some of the symptoms more manageable. Diets low in Magnesium may increase anxiety so consuming leafy greens, legumes, nuts, seeds and wholegrains can be supportive. As can eating iron rich foods (including oysters, cashews and egg yolks), omega-3 fatty acids (fatty fish), probiotic foods (pickles, kimchi, sauerkraut and kefir) and B vitamin rich foods (avocado and almonds). As with most conditions a healthy diet rich in wholefoods and limited processed foods will be beneficial overall.

Supplements which have been shown to assist with anxiety include Vitamin D3, magnesium, omega-3 fatty acids, chamomile, valerian root, ashwagandha and kava. See our instore display for the range of supplements that we have in store. Products we stock at Fairhaven to help alleviate anxiety include a variety of nuts, seeds, wholegrains, healthy ready meals, green leafy vegetables, fermented foods, and calming drinks and teas.

B6 and B12 have also been shown to improve the symptoms of anxiety and in particular B6. Some supplements may interact with medication, so check with a health practitioner first.

Website Links

<https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>
<http://tinyurl.com/47y78ssp> || <https://www.webmd.com/anxiety-panic/natural-remedies-for-anxiety>
<http://tinyurl.com/2s3mzdy2> || <https://www.healthline.com/nutrition/flaxseed-oil-benefits>
<https://www.medicalnewstoday.com/articles/322948> || <http://tinyurl.com/2zvej8mt>
<https://www.webmd.com/vitamins/ai/ingredientmono-990/flaxseed-oil> || <http://tinyurl.com/bddkh5fc>
<https://www.medicalnewstoday.com/articles/lavender-oil-for-skin#safety>
<https://www.healthline.com/health/safflower-oil-for-skin#takeaway>

Awareness Days - February

1st Dignity action day, Time to talk day || 2nd World wetlands day, Wear Red day, NSPCC day || 4th World Cancer day
8th Neil's 60th Birthday!
5th - 11th Tinnitus Awareness Week, Children's Mental Health Week, HIV Testing Week, National Apprenticeship Week
6th Safer Internet day || 11th International day of Girls and Women in Science || 12th - 18th Student Volunteering Week
12th International Epilepsy day || 13th Shrove Tuesday || 14th Valentines day, International Book Giving day || 16th World Care day
17th Random Acts of Kindness day || 19th - 25th Cancer Prevention Action Week || 22nd World Encephalitis day || 28th - March 5th Eating Disorders Awareness Week