

A new year ... a new me? As we welcome 2023, the start of a new year is a perfect opportunity to start new self-care practices and rejuvenate our health and energy.

Simple life changes can make all the difference to how we feel:

- Take 10 minutes in the day to focus on breathing
- Drink hot water to replace a caffeine drink
- Smile – even if you feel there is little to smile about! (Smiling triggers the release of neural communication boosting neuropeptides as well as mood-boosting neurotransmitters like dopamine and serotonin!)
- Eat an apple a day

Of course there are a multitude of ways to improve our health, but choosing a few simple lifestyle changes can be more manageable and sustainable. Let us know what has worked for you!

VEGANUARY



Veganuary allows us to focus on some the benefits of eating a plant based diet, which may:

- Lower blood pressure
- Keep the heart healthy
- Help prevent Type-2 diabetes
- Improve your cholesterol levels
- Reduce your cancer risk
- Slow the progression of Alzheimer's
- Minimise the risk of stroke

And of course, the environmental impact of reducing animal products in our diets is well discussed and is currently how we can all make a difference to our planet.



SUPPLEMENT SPOTLIGHT

GLUTATHIONE

Glutathione is an antioxidant produced in cells and is also found in plants, animals, fungi, and some bacteria. It is comprised largely of three amino acids: glutamine, glycine, and cysteine. Glutathione is involved in tissue building and repair, making chemicals and proteins needed in the body, and in immune system function. Levels of glutathione decrease because of aging, stress, and toxin exposure. Boosting glutathione may:

- Reduce cell damage in liver disease
- Reduce symptoms of Parkinson's Disease
- Reduce ulcerative colitis damage
- Improve symptoms of psoriasis
- Fight autoimmune disease
- Improve mental clarity and focus
- Reduce respiratory disease
- Increase mobility
- Slow down the aging process
- Remove heavy metals from the body

A new study has found that supplements containing glutamine can help with IBS as L-glutamine is the most plentiful amino acid in the body and supports intestinal health. L-glutamine may work for those with IBS because of this role. It is also thought to help maintain proper barriers within the intestine.

Good food sources include cruciferous vegetables such as cabbage and Brussels, spinach, dairy, tofu, lentils, beans, beets, peas, eggs, nuts (chicken and fish), also milk thistle and flax seed.

We have an antioxidant supplement from Viridian which contains glutathione as well as BioCare Reduced Glutathione (in its naturally reduced state so that it is readily available to neutralize free radicals by bonding with them). Ask instore for more information. A diet rich in glutathione-boosting foods does not pose any risks. However, taking supplements may not be advisable for everyone, so discuss with your doctor if thinking of taking this supplement. Possible side effects may include abdominal cramps, bloating, trouble breathing due to bronchial constriction, allergic reactions, such as a rash.

Irritable Bowel Syndrome (IBS)

A general term describing a condition that affects the digestive system, irritable bowel syndrome (IBS) can encompass a range of uncomfortable symptoms for different people.

The most common symptoms include abdominal discomfort or pain, cramping or bloating, excess gas in the abdomen, indigestion, changes in patterns of bowel movement, diarrhoea alternating with constipation, mucus in the stool.

Medication and diet can affect the condition, but there is no known cure. Factors affecting the severity of the condition include stress, anxiety, depression, and bacterial infections in your gut.

Foods with soluble fibre, which include oat products, beans, sweet potatoes, carrots, Brussel sprouts, fruit and avocados, help to alleviate loose stools.

Broccoli sprouts are packed full of nutrients which are easily digested and absorbed. They can also be eaten for those trying a low FODMAP diet - FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols, which are short-chain carbohydrates (sugars) that the small intestine absorbs poorly. Some people experience digestive distress after eating them.

If following a low FODMAP diet, take care to do so for a short time and thereafter only eliminate troublesome foods to avoid nutritional deficiencies.

Certain foods contain lectins which may exacerbate IBS symptoms – for more information on lectins and to gauge whether they may be a problem, see our January 2022 newsletter on our website. <https://www.fairhaven.co.uk/newsletter/FHNEWSLETTERJAN22.pdf>

Natural self-help remedies which have been shown to be beneficial include probiotics, fermented foods, avoiding sugar, silicea (or silicol gel), peppermint oil, aloe vera juice, inulin and glutathione.



Herbs may also help such as chamomile, slippery elm, artichoke leaf extract and marshmallow root.

A. Vogel have an Artichoke tincture as well as a Digestisan complex, plus there are several digestive enzyme supplements in store that customers have found extremely helpful.

Ultimately you are your own best detective to determine what acts as a trigger and what you should avoid. Ask for help if you are unsure of where to start with your 'self-help' journey!

Website Links

www.verywellmind.com/top-reasons-to-smile-every-day-2223755
<https://www.everydayhealth.com/diet-nutrition/scientific-benefits-following-plant-based-diet/>
<https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/>
<https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome>
<https://diyhealthblog.com/the-amazing-benefits-of-broccoli-sprouts-for-ibs/>
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/fodmap-diet-what-you-need-to-know>
<https://www.verywellhealth.com/herbs-and-natural-remedies-for-ibs-1944988>
<https://www.healthline.com/health/glutathione-benefits>
<https://altmedrev.com/blog/harnessing-the-benefits-of-glutathione-for-ibs-treatment/>

Awareness Days

Veganuary, Love your Liver, Dry January, CBD Month

1st - New Year's Day – a Happy & Healthy New Year to us all! It is also World Day of Peace

2nd - Bank Holiday – Fairhaven is closed

3rd - Festival of Sleep Day

6th - Epiphany

16th - Martin Luther King Day, Blue Monday & Brew Monday (Share a cup of tea with someone who's lonely)

18th - Winnie the Pooh Day

20th - National Cheese Lovers Day

22nd - Chinese New Year – the year of the Rabbit

24th - Global Belly Laugh Day (Mr Seaton always has a ready joke to make us laugh at Fairhaven!) We invite you to share your best jokes with us!

25th - Burns Night

28th - **5th Feb** National Storytelling Week

