

WELCOME 2024!

We hope you had an amazing Christmas and New Year and are ready for a brilliant 2024! As always we will help support you through these colder months with healthy food, supplements and smiles from everyone on the Fairhaven Team!

VEGANUARY

As we're sure many of you are aware, Veganuary has rolled around again this January and at Fairhaven we are very big on celebrating it! Prepare yourselves for new products, tips and recipes (we will create some of them during our Saturday baking sessions!).



MILK THISTLE SUPPLEMENT SPOTLIGHT

This supplement originates from the therapeutic Milk Thistle (MT) herb which has been used in natural medicine for over 2,000 years. Silymarin, a strong antioxidant obtained from the milk thistle seeds, is the key component of the herb which gives it its healing properties. Commonly MT has been used to help aid the liver including supporting its optimal function, protecting against environmental toxins and treating liver pathologies.

As well as having positive benefits for the liver, Milk Thistle has been shown to work favourably regarding Diabetes, Heart and Gallbladder health. For diabetic patients Milk Thistle lowered LDL levels in the body which may decrease the chance of developing heart disease.

Furthermore it can be taken alongside cholesterol-lowering medications which can cause a reduction of liver enzymes (a negative side effect of the medication). Milk Thistle has further positive benefits in supporting diabetes including decreasing insulin resistance and blood glucose levels (both key factors in Diabetes).

Few, usually minor, adverse effects have been associated with Milk Thistle supplementation. These can include Gastrointestinal problems, headaches, skin reactions, tiredness, insomnia, joint pain, nasal irritation and runniness. Although rare it may cause impotence or anaphylaxis. As always this means that it is essential to discuss any supplementary or dietary changes with a healthcare practitioner prior to making any alterations.

We stock a variety of Milk Thistle supplements at Fairhaven:

From Viridian: Organic Milk Thistle Tincture, and Milk Thistle Extract.

From Terranova: Terranova Milk Thistle 500mg.

As well as A. Vogel's Milk Thistle Complex (50ml/100ml), Natures Aid DigestEeze Milk Thistle. Other related products we stock include Qi Organic Detox Tea and Bumblezest ACV Charcoal.



ELECTRIC VAN

We are delighted to announce that our new van is fully electric! Here is a sneak peak of the new design. Did you know that we offer a local delivery service within a 15 mile radius of the shop. Orders can be placed online 7 days a week. Our delivery run is on a Thursday morning. Give Neil a wave when you see him.



The Liver

Hot topic

After Christmas and the New Year we thought it would be a perfect time to delve deeper into the amazing organ that is the liver! It continuously contains up to 13% of our blood supply and is involved in more than 500 crucial body processes including:

- Production of bile, certain blood plasma proteins, cholesterol and lipoproteins
- Vitamin, fat and mineral storage
- Infection resistance
- Nutrient absorption & conversion to energy
- Blood detoxification
- Temperature control
- Breakdown of hormones

Blood detoxification is essential as it allows the removal of toxins taken in from our environment, diet, lifestyle, cosmetic and cleaning products. The liver either breaks down these substances or uses bile to remove or repackage them so they are safer. If the liver is unable to fulfil these processes the toxins can become stored in fat tissue which damages our bodies and the organ.

Liver related conditions can come from a variety of origins for example through lifestyle choices including drug use or alcohol consumption. This can overwork the liver's detoxification process leading to damage, fatty liver disease or Cirrhosis. Another liver condition is viral Hepatitis (most commonly A, B or C) meaning inflammation of the liver. Associated symptoms can include yellowing skin, vomiting, nausea, fever and body aches.

There are many ways to help support optimal liver function which are usually linked to reducing the overall toxic load on the body and having a healthy diet and lifestyle. This can involve reducing alcohol intake, being mindful of medication use, using clean products, eating organically, increasing exercise and preventing Hepatitis. Dietary additions can include consuming more phytonutrients (a chemical compound in plants) and antioxidants which can include fruit and vegetables, whole grains, nuts, beans and green tea (all of which we have in store).

Additionally it is possible to detoxify your liver using dietary measures, these usually involve

consuming spirulina, wheatgrass, green tea, coffee or beetroot juice.

Avoiding foods including red and processed meats, sugary drinks, sugary or saturated/trans-fat dense foods.

As with most conditions, supplementation can be useful in combination with dietary and lifestyle changes to help support our bodies.

Supplements we have in store that support normal liver function include Milk Thistle, NAC, Vitamin K, Essential Vegan Multivitamin, Synerbio Daily, Viridian range. From our Terranova range we stock Milk Thistle, Dandelion, Artichoke and Cysteine Complex. Please remember to discuss any dietary or supplementary changes with your healthcare practitioner.



Website Links

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/liver-anatomy-and-functions>
<https://www.hepctrust.org.uk/about-hep-c/your-liver/> | <http://tinyurl.com/m3wvk9uj>
<http://tinyurl.com/mvzw4kc6> | <https://www.cytoplan.co.uk/shop-by-health/liver-health>
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-ways-to-be-kind-to-your-liver>
<https://www.healthline.com/nutrition/11-foods-for-your-liver#faqs> | <https://pubmed.ncbi.nlm.nih.gov/30080294/>
<https://www.webmd.com/digestive-disorders/milk-thistle-benefits-and-side-effects>
<https://www.ncbi.nlm.nih.gov/books/NBK11896/>

Awareness Days - January

1st - 31st Dry January, Veganuary,
January 8th - February 19th Big School Birdwatch

2nd World Introvert Day
4th World Braille Day
11th Paget's Awareness Day
15th Martin Luther King Day, Brew Monday
16th National Religious Freedom Day
18th Winnie The Pooh Day
21st World Religion Day, National Hug Day, Race Against Dementia Day
22nd - 28th Cervical Cancer Prevention Week
24th International Day of Education
25th Burns Night
27th Holocaust Memorial Day, Parent Mental Health Day
28th World Leprosy Day

OUT OF STOCK AT SUPPLIERS

We are currently experiencing a few issues getting hold of certain items from our suppliers - we apologise for any inconvenience caused and rest assured we are doing all we can to offer alternatives where possible.

