

Summer holidays are almost upon us with the hope that balmy days continue, allowing us to enjoy simple pleasures like a family picnic in the park. It is National Picnic Month and Ice-cream Month too, and to celebrate, Fairhaven is offering 10% off all our Booja Booja ice cream - vegan and organic, as well as dairy-free, gluten-free and soya-free: and all made without refined sugar (apart from a bit in the honeycomb which they haven't figured how to make without). Made with cashew nuts and sweetened with agave or coconut syrup! Delicious! Available in sharing tubs of 500ml or a 'Just for me' size of 110ml.



## FAIRHAVEN'S ART COMPETITION

Calling all children – enter our summer art competition to win a £20 Fairhaven Gift Voucher! See below for more information or speak to one of the staff.

When we near the end of August and children prepare to return to school, don't forget to give their immune systems support. We have several different supplements to choose from that are specifically formulated for children. 10% off these supplements during August and September.



## AWARENESS DAYS IN JULY

- Plastic free July. National Picnic Month, Children's Art, Talk to us Month – the Samaritans
- 3rd Plastic bag free day
- 4th – 10th National Childhood Obesity Week & National BBQ Week
- 4th Thank you Day
- 6th International Kissing Day
- 7th World Chocolate Day
- 12th National Simplicity Day
- 17th World Day For International Justice, World Emoji Day, National Ice Cream Day
- 16th – 31st Festival of British Archaeology
- 24th – 29th Love Parks Week
- 24th The Big Listen – 24/7 The Samaritans
- 29th International Tiger Day
- 30th International Friendship Day

## SUPPLEMENT SPOTLIGHT

# SELENIUM

An essential trace mineral, selenium is used in many bodily functions, from reproduction to protecting your body against infection and chronic disease and regulating hormones produced by your thyroid. As an essential trace mineral most people can obtain sufficient selenium from diet.

The best vegetarian dietary sources include brazil nuts, sunflower seeds, mushrooms, baked beans, oatmeal, lentils, brown rice, cashews bananas and eggs. But the level of selenium in the food we eat is dependent upon the soil quality in which the food is grown.

Selenium deficiency can result in infertility in men and women, muscle weakness, fatigue, mental fog, hair loss and a weakened immune system. From studies it has also been shown that low selenium is a risk factor for cognitive decline in the elderly, even after considering vascular risk factors.

Those who are at risk of a selenium deficiency include people on dialysis, those with HIV and people with a digestive issue which may limit selenium absorption, such as those suffering with Crohn's Disease.

BetterYou has a supplement with a combination of Vitamin D, B12 and Selenium called AirDefence. This is a spray supplement that is sprayed directly into the mouth and is absorbed rapidly by the body.

Selenium contributes to the protection of cells from oxidative stress, minimising the effects of free radicals found in air pollution. Selenium is also included in most multivitamin supplements. The daily recommended amount of selenium is 55 micrograms and the upper safe limit of 400 micrograms should not be exceeded to avoid selenium toxicity.



# PLASTIC

## THIS MONTH'S HOT TOPIC



From high profile campaigns and numerous programmes on our TVs, it is abundantly clear that the plastic that we use and throw away is having a devastating effect on not only wildlife, our oceans, and the air we breathe, but also on human health. Most of the plastic we use is made from fossil fuels: crude oil and natural gas. Scientists now recognise that the chemicals used in plastics leach into our foods, fibres enter the water system and are ingested by us.

Whilst storing food in plastic is now common, it is wise to avoid heating food in plastic containers as it has been shown that heat causes chemical bonds within the material to break and leach into food.

Drinking water from a plastic bottle that has been left in the sun tastes unpleasant and whilst drinking this water will not directly harm you, scientists agree that persistent exposure to plastic containers left in extreme heat should be avoided. At cooler temperatures these chemicals may be miniscule, but over time and with higher temperatures, the levels increase and may be a health concern in the long term.

Studies have linked the following health issues related to plastics:

Direct toxicity, as in the cases of lead, cadmium, and mercury;  
Carcinogens, as in the case of diethylhexyl phthalate (DEHP); Endocrine (hormone) disruption, which can lead to cancers, birth defects, immune system suppression and developmental problems in children:

<https://ecologycenter.org/factsheets/adverse-health-effects-of-plastics/>

The advice here is to store food in glass or metal containers and not to heat food in plastic containers. Incredibly, later this year the government is

setting long-term environmental targets and currently, there is no plastic reduction target on the table.

### As it stands, plastic production is set to double in the next 20 years!

In May, Greenpeace encouraged thousands to take part in The Big Plastic Count, undertaking the biggest survey of plastic use in this country with over 100,000 people taking part, including some of the staff at Fairhaven. At the end of a week of counting our plastic usage and despite us being very conscious of what we use, we were horrified to learn how much plastic we throw away or put into recycling and even more shocked to learn our plastic footprint and what happens to what we do discard. We await the full results of the count that is currently being analysed by scientists and mathematicians. The results will allow the Government to be challenged to do more to combat plastic usage.

Read more here:

<https://www.greenpeace.org.uk/news/100000-count-their-plastic-to-tackle-the-plastic-crisis/>

We are creating an exhibition of children's artwork that demonstrates ways to change our behaviour with pictures on the theme of Plastic Free. All entries receive a free pack of Plastic Free Chewsy gum OR a frutina fruit bar packed in foil as well as three loyalty stamps for taking part. The winner will receive a £20 Fairhaven Gift Voucher. Find more details about the competition in the shop, phone us on 01462 675300 or email [info@fairhaven.co.uk](mailto:info@fairhaven.co.uk).

At Fairhaven we have numerous ideas in-store for how to reduce plastic usage. Pop in to see our Plastic Free display and don't forget about all the refills we offer!

## AWARENESS DAYS IN AUGUST

Psoriasis Awareness Month

6th Cycle to Work Day  
8th-14th Afternoon Tea Week  
9th – 14th Allotments Week  
13th National Prosecco Day  
18th Never Give Up Day  
19th World Humanitarian Day & World Photo Day  
24th National Plum Day  
(once the nation's favourite fruit)



## WEBSITE LINKS

<https://www.theguardian.com/us-news/2020/feb/18/are-plastic-containers-safe-to-use-food-experts>  
<https://www.nationalgeographic.com/environment/article/exposed-to-extreme-heat-plastic-bottles-may-become-unsafe-over-time>  
<https://www.plastichealthcoalition.org/> || <https://www.medicalnewstoday.com/articles/324863>  
<https://www.healthline.com/health/selenium-foods> || <https://www.webmd.com/diet/foods-high-in-selenium#1>  
<https://www.healthline.com/health/selenium-deficiency> || <https://pubmed.ncbi.nlm.nih.gov/21913064/>  
<https://pubmed.ncbi.nlm.nih.gov/22419540/> || <https://betteryou.com/blogs/health-hub/air-pollution-effect-on-human-health>