

The summer holidays are quickly approaching and with them, endless days of sun and fun! Unearth your picnic rugs this month for it's National Picnic Month. Come and browse at Fairhaven for the perfect snacky bites and cooling ice creams (there's a new Booja-Booja flavour...) for those balmy blue summer days. And that's not even everything! Can we tempt you with our diverse range of cooling drinks (with plastic free packaging) including everything from lemonades, cordials, and fruit juices to gut healthy kombuchas or our Whole Earth range (cola, elderflower, ginger, or apple to name a few). Imagine a BBQ or picnic with that spread!



## CHILDREN'S ART WEEK

Don't forget about our summer poetry offer as part of Children's Art Week – write us a summer poem and use your art skills to decorate it. We'll display them in Fairhaven, and you'll receive a Biona organic Rainbow Lollipop and **3 loyalty stamps**. What a result!!

## OMEGA 3 FATTY ACIDS

Our body is fantastic at making many of the things of need, however there are some nutrients that it lacks the ability to synthesis, Omega 3 Fatty Acids are one of them.

Omega 3 Fatty Acids (Omega-3s) are a type of polyunsaturated fat that our bodies require but can only be obtained through our diets. Unfortunately, this can mean that some people may become deficient. These healthy fats are part of the essential fatty acids (EFAs) group for a reason! They are a fundamental part of our cell membranes in all body cells and have a role in hormone synthesis, regulating blood clotting, contraction, and relaxation

of artery walls, reducing inflammation, and strengthening connective tissue.

The classification of Omega-3s can be further divided into EPA, DHA and ALA which is determined by the food source it comes from.

**EPA and DHA are found in fish including:** Mackerel, Salmon (Atlantic Farmed), Herring (Atlantic)

**ALA originates from plants for example:** Ground or milled flaxseed, Chia seeds, Edamame.

Ground or milled flaxseed is seen as one of the best ALA, typically 2tbsp per day (very easy to sprinkle on breakfast or add to smoothies!). It's especially advised for those who follow a plant-based diet as some of the ALA consumed can be converted by the body into EPA and DHA (found in fish).

Recent research suggests that increased Omega-3 levels may have many positive impacts on health. Studies have shown links between Omega-3s and reducing arrhythmias (heart rhythm problems), lowering blood pressure and heart rate and improved blood vessel function. If taken at higher doses research supports that it lowers triglycerides and inflammation. Both high levels of triglycerides and inflammation are factors which negatively influence atherosclerosis (where arteries narrow, increasing stroke and heart attack risk).

Other studies have shown improvements in patients with eczema when taking fish oils (EPA) as a supplement. It is important to discuss beginning supplementation with your medical professional due to the possibility of drug interactions. Although ALA is an important Omega-3 and shouldn't be neglected most research shows a reduction of eczema in response to EPA and DHA (found in fish).



We stock many products which can help you increase your dietary and supplementary Omega-3s.

One such product we stock is a plant based 3,6,7,9 Organic Omega oil by Terranova as well as numerous other products. We have both flax and chia seeds, bread, oils (including flaxseed oil), and supplements. Pop in store or browse online to check them out for yourself!

# Eczema

## THIS MONTH'S HOT TOPIC

A type of inflammatory skin condition causing dry, itchy, and cracked skin, eczema is defined depending on the causes and the body part that is affected. These categories include Atopic, Discoid, Varicose, Seborrhoeic and Dyshidrotic Eczema and Contact Dermatitis.

The most common class of Eczema is defined as Atopic Eczema which can be caused by a personal or family history of allergic disorders. Additionally, the presence of dry skin in those with Atopic Eczema may increase the probability of the skin being triggered by certain agents.

Examples of factors that may initiate a bout include irritants (e.g., cleaning and hygiene products, shampoos) and environmental factors (e.g., cold/dry weather, dampness, pollen, dust mites). As well as certain fabrics, hormonal changes (for example women's symptoms may be exacerbated prior to their period or during pregnancy), skin infections, leaky gut, emotional stress and finally certain food allergies for example gluten and dairy.

At Fairhaven we offer many gluten and dairy free alternatives for example sheep and vegan cheeses, vegan ice creams such as Booja-Booja, dairy free milks, gluten free flours, mixes, breads, crackers, pastas and much more. Also, as pollen increases during the warmer months of spring and summer some people may find their symptoms worsening during this time.

Whilst there is no cure there are ways in which you can naturally manage and treat eczema. Making dietary changes which may include adopting a whole food diet may help. It is also advised to eat an alkaline diet and eliminate triggering foods such as sugar, dairy and wheat. It may be necessary to trial multiple of these management strategies before you notice any change. Omega 3 Fatty Acids (e.g., found in flaxseed) and vitamins A, B and E, Zinc and Magnesium, taking probiotics and digestive enzymes have also been shown to improve symptoms.

Recently studies have shown that taking probiotics seem to have a positive impact on rebalancing the beneficial bacteria thriving in our gut (along with many of our own microbiomes).

Although there is research to show that probiotics have a positive impact on eczema this is in response to preventing it in infants rather than reducing symptoms.

Oatmeal/bran baths and warm compresses have been seen to help reduce eczema symptoms including itching.

Herbs such as Marigold (*Calendula officinalis*), Chickweed, Liquorice and Camomile can assist through reducing itching and burning sensations as well as encouraging healing. At Fairhaven we have a special SOS Balm containing Calendula which has had positive responses from our customers suffering with eczema.

We have many supplements in store which are targeted to help support those suffering with eczema. For example, from our Viridian Nutrition range we stock the Clear Skin Complex, Organic Chickweed Balm and Organic Repair 5 Serum all of which are classed as core supplements. Additionally, we also have foundation supplements such as the High Five Multivitamin and Minerals, Organic Clear Skin Omega Oil and Scandinavian Rainbow Trout Oil and Capsules.



## 20% off Terranova

Pop in on 6th July for 20% off our Terranova range. You will also have the opportunity to speak to Angela who is a rep from the company!

### Awareness Days

Plastic Free July, Good Care Month, National picnic month, Sarcoma Awareness Month, South Asian Heritage Month

June 26th - July 2nd Deafblind Awareness Week

June 29th - July 19th Children's Art Week

July 2nd - Thank You Day

July 3rd - National Bereaved Parents Day

July 3rd - July 9th Alcohol Awareness Week

July 5th - Research Appreciation Day

July 11th - World Population Day

July 12th - National Simplicity Day

July 22nd - August 6th National Marine Week

July 23rd - March for Men

July 24th - 24/7 Samaritans Awareness Day/The Big Listen 2023

July 25th - National Schizophrenia Awareness Day

July 25th - August 2nd National Preserving Awareness Week

July 28th - World Hepatitis Day

July 28th - August 4th Love Parks Week

Paper (College of Naturopathic Medicine) || The Naturopathy Workbook, 4th edition, Stephen Langley, CNM  
Viridian protocol booklet || <https://www.nhs.uk/conditions/atopic-eczema/> || <https://www.nhs.uk/conditions/oedema/>  
<https://eczema.org/information-and-advice/living-with-eczema/diet-and-eczema/>  
<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/omega-3-fats/>  
<https://my.clevelandclinic.org/health/articles/17290-omega-3-fatty-acids> || <https://www.nhs.uk/conditions/arrhythmia/>  
<https://www.nhs.uk/conditions/atherosclerosis/> || <https://www.mountsinai.org/health-library/condition/eczema>