



**JULY & AUGUST**

Issue 21  
2021

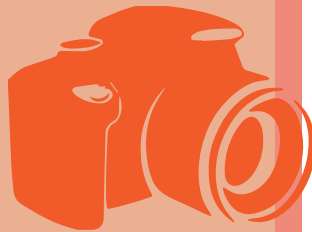
**FAIRHAVEN**  
WHOLEFOODS  
CELEBRATING FORTY YEARS  
**1981-2021**  
WHOLEFOODS & A WHOLE LOT MORE

Welcome to our Summer Holidays newsletter covering July and August. The planned culmination of our fortieth celebrations scheduled for the 17th July has been postponed due to the continuing lockdown restrictions. We will bring our fortieth celebrations to a close later in the year, but for now we are offering customers double loyalty stamps throughout July and the chance to win a wonderful Fairhaven Wholefood hamper including a bottle of organic prosecco and the picnic basket! Free entry – just fill out your details and pop them in the gold box!

The draw will take place on the 17th July. Good luck and don't forget to pop in to see our exhibition of Fairhaven memorabilia from the last 40 years!



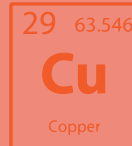
**COMPETITION TIME AGAIN!**



**Win a £50 Fairhaven Voucher**

Calling all photographers – what does 'Healthy' mean or look like to you? World Photo Day is on 19th August and recognises wonderful moments and memories captured in photographs. Send us your entry via email to [gmassiephoto@gmail.com](mailto:gmassiephoto@gmail.com) Photos will be exhibited throughout the summer and judging will take place at the end of August. The winner will have their photograph shared and credited on our social media and website and not only that, but the lucky photographer will also win a £50 Fairhaven Gift Voucher! Our judge will be a University of Hertfordshire BA Photography undergraduate.

**MINERAL**  
IN FOCUS:  
**COPPER**



Assisting with metabolic processes and, together with iron, making red blood cells as well as regulating neurotransmitters, copper also mops up free radicals. It helps the body form collagen and absorb iron and plays a role in energy production. Adults aged 19 to 64 need 1.2mg of copper a day and the amount needed can usually be obtained from a healthy daily diet.

Good food sources of copper include: whole grains, beans, potatoes, yeast, dark leafy greens, cocoa, dried fruits, black pepper and nuts such as cashews and almonds.

People who regularly consume high doses of zinc from supplements or use excessive amounts of zinc-containing denture creams can develop copper deficiency because zinc can inhibit copper absorption.



**Brain Tumour Research**

Together we will find a cure



During August, Fairhaven will be helping to raise money for Brain Tumour Research. Several of us have lost dear loved ones to brain tumours recently. The area of research into cures for brain tumours is severely underfunded. Help us make a difference! A very close family friend and her family are walking Hadrian's Wall in honour of Lee Patterson. Any donations are greatly appreciated and can be made in store or via this link: <https://www.justgiving.com/fundraising/WalkthewallforLee>

# HOT TOPIC PSORIASIS

When a person has psoriasis, their skin replacement process speeds up, taking just a few days to replace skin cells that usually take 21-28 days, this means that red, flaky patches of skin are created, causing minor irritation or can be unbearably itchy and sore, and whilst there is no known cure, the condition can, mostly, be managed. It is however, more than just a skin condition, and can affect people physically and psychologically. It is also quite common to develop tenderness, pain and swelling in the joints and connective tissue. This is known as psoriatic arthritis.

There has been recent research which suggests a link to oral and dental health, although they might seem unrelated, evidence shows that psoriasis and dental health are connected, with regular dental checks being suggested to monitor psoriasis flareups. There are several natural toothpastes which can help with bleeding gums and gum health.

Creams, ointments, medications, and light therapy may help. However, some research suggests diet might also alleviate symptoms, but so far, research on diet and psoriasis is limited. Some suggest that it may be beneficial to include plenty of anti-inflammatory foods, such as fruits, vegetables, and healthy oils and avoid pro-inflammatory foods, such as meat, dairy, and processed foods.

These dietary changes may help to reduce the frequency and severity of your flare-ups. Vitamins A, E, D, and C may help to reduce symptoms and prevent severe flare-ups. MSM has anti-inflammatory activities, which may ease arthritis and other joint or muscle aches and pains and it is also believed to help calm inflammatory conditions.

SOS cream from Natural Spa Beauty is available instore and eases itchy and sore skin.

<https://www.medicalnewstoday.com/articles/288165#supplements> || <https://ods.od.nih.gov/factsheets/Copper-HealthProfessional/>  
<https://www.nhs.uk/conditions/vitamins-and-minerals/others/> || <https://www.healthline.com/health/psoriasis/psoriasis-dental-health#takeaway>  
<https://www.nhs.uk/conditions/psoriasis/> || <https://www.psoriasis-association.org.uk/about-psoriasis> || <https://pubmed.ncbi.nlm.nih.gov/30610840/>

## AWARENESS DAYS

**Plastic Free July** - see our display table for ways to save on plastic use

**National Picnic Month** - don't forget to enter our free draw to win a hamper and picnic basket!

**3rd** - Plastic bag free day

**5th - 18th** - National BBQ week (extended to a fortnight!)

**7th** - World Chocolate Day

**17th** - World Day for International Justice

**24th** - Samaritans Awareness Day (The Big Listen)

**25th - 1st** - August National Preserving Week

**27th** - Walk the Night (Breast Cancer care & Prostate Cancer UK)



## Psoriasis Awareness Month

**5th** - Cycle to Work Day

**8th** - National CBD Day

**9th - 15th** - Afternoon Tea Week

**13th** - National Prosecco Day

**19th** - World Photo Day (enter our photographic competition!)

**28th** - National Plum Day

## New Products

Keep an eye out in-store and online for new products throughout July and August.