

We welcome these hopefully warmer summer months, especially since it feels like they have been a long time coming! So kick back, relax and enjoy a refreshing drink or cooling ice cream!

### **Plastic Free July**

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Here at Fairhaven we have many ways for you to reduce plastic use. From our large range of refillable products to our plastic free packaged own brand products. Have a look at our plastic free display for more ideas on reducing plastic.



### **New Green Cleaning Products**

We are so excited to now have Natural Bleach available. Also known as Percarbonate of Soda it is a safe, non-toxic alternative to harsh chlorine bleach. We also have a larger size of Citric Acid which is a weak natural acid with descaling properties and a rust removing action.



### **Travel Biotics**

Imagine you are travelling abroad, getting stuck into the thrill of new adventures, the exhilaration of exploring and trying new foods... when disaster strikes and you end up getting gut issues! Taking some of our Viridan's Travel Biotics or Optibac Travel Abroad could help ensure that the holiday stays as fun as possible by giving your gut bugs a helping hand dealing with unfamiliar cuisines, spices and possible pathogenic bacteria.

**10% off both products throughout July and August!**



## **BANANAS**

### **SHOP SPOTLIGHT**

Although supplementation is very beneficial in supporting overall health it is crucial to remember that a healthy body first starts with a healthy foundational diet! Depending on the individual and their personal needs, increasing their overall consumption of plant based foods works to provide this strong basis. Don't forget that diversity is key and we are advised to eat a minimum of 30 different plant based foods a week! However if this sounds daunting remember that this includes: fruit, vegetables, pulses, legumes, grains, herbs and spices. Even better, your gut microbiome microbes (which have a vast impact on physical and mental health) will be greatly benefited from the insoluble fibre.

Bananas fit this description perfectly providing a range of key nutrients including potassium, magnesium and Vitamin B6 and positively impacting different areas of health:

**Heart health:** this is due to their potassium content as this mineral has a key role in nerve signalling and therefore also muscular contraction. Additionally potassium reduces stiffening of arteries (atherosclerosis) and lowers blood pressure through increasing sodium excretion during urination. However it is important to limit potassium if the individual suffers from kidney issues.

**Digestive Health:** bananas contain a type of fibre called Pectin which aids digestion, helps control the speed of carbohydrate digestion and gives them a low Glycaemic Index (51). The fibre is also a source of prebiotics and so benefits your gut microbiome by feeding the beneficial bacteria.

**Mental health:** Bananas contain an essential amino acid called Tryptophan which gets converted in the body into serotonin (a mood boosting neurotransmitter).



Additionally other substances found in bananas assist in fighting cognitive decline and work against memory loss.

Bananas have been shown to help with weight control, reducing inflammation and improved workout recovery.

At Fairhaven we have fresh organic bananas on offer as well as dried banana chips and flour. Check out our large range of fresh and frozen fruit and vegetables, legumes, pulses, grains, herbs and spices to ensure you hit that 30 mark each week! Maybe choose a new ingredient next time you're in and have fun creating a new recipe.

## SAFETY IN THE SUN

### Hot topic

In these hotter months wearing sunscreen becomes essential in helping protect your skin from the sun's rays. Sunscreen packaging will either depict a sun protection factor (SPF) or a star rating, both of which show the level of Ultra-violet B Radiation (UVB) protection they provide. SPF scales range from 2 - 50+, and star ratings give the option of up to 5 stars. With both, the higher the ratings, the more protection the sunscreen provides. It is advised to buy sunscreen either with a minimum of 30 SPF or 4-stars and apply it 30 minutes before exposure to the sun.



Other important factors to take into account when choosing sunscreen strength include:

- If going in the water or if sweating more excessively, a water-resistant sunscreen is a more appropriate option.
- Age: children's skin is much more sensitive than adult's and therefore they should be more covered and have less sun exposure. Children under 6 months of age should be kept completely out of strong direct sunlight.

Sunburn occurs when an individual has been overexposed to the sun's Ultraviolet light which has resulted in damaged and inflamed skin. Natural remedies that can assist in managing associated discomfort include applying a paste of bicarbonate of soda and water to the burnt areas to draw some of the heat out of the skin. Additionally, applying aloe vera gel to the affected areas can help to calm and rehydrate the skin. It is important to make sure that an individual does not get repeatedly sunburnt as over time this can lead to skin changes and skin cancer.

Heatstroke should be treated as an emergency and occurs when someone is suffering from heat exhaustion that cannot be cooled down within 30 minutes.

Knowing symptoms of heat exhaustion is crucial in preventing heatstroke and can include: tiredness, dizziness, nausea or vomiting, headache, excessive sweating and thirst, heat rash and weakness.

It is very important to cool someone down during the 30 minute window. Examples of ways to do so include: moving them to a cooler place, removing all unnecessary clothing, hydrating them (using sports drinks, rehydration drinks or cool water), cooling their skin with a cool flannel or fan and making sure the individual has someone with them. If they do not cool down within 30 minutes contact the emergency services.

It is essential to know how to prevent heat exhaustion and heatstroke and the NHS advice: increasing hydration, wearing lighter and looser clothing, avoiding the sun when it's at its peak and avoiding alcohol and extreme exercise.

At Fairhaven we offer a range of products to help protect your skin from the sun, hydration and cooling off during these months! Our Shade Organic All Natural Sunscreen, Incognito SPF 30 Sunscreen Repellent and Jason Moisturizing Aloe Vera Gel are perfect for protecting your skin. Whereas our impressive range of kombuchas, juices, healthy soft drinks and ice creams are bound to help cool you down! Also some herbal teas such as mint, lemongrass and chamomile are excellent for cooling your body temperature down. Come and check out all we offer next time you are in store!

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/> || <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/> ||

<https://www.mayoclinic.org/diseases-conditions/sunburn/symptoms-causes/syc-20355922#:~:text=Sunburn%20is%20caused%20by%20too,to%20skin%20damage%20over%20time.>