



## PLATINUM JUBILEE

How very special to be able to celebrate Her Majesty the Queen's Platinum Jubilee this month!

**Our shop will be closed for the Bank holidays on Thursday 2nd and Friday 3rd June to allow staff to take part in festivities.**

We will be open again on Saturday 4th June when we will be giving away 70 Montezuma's Royal Mint chocolate bars to our first 70 customers, and they will be in good company as apparently the Queen loves chocolate! If taking part in street parties, have great fun and fingers crossed for good weather! Why not browse our picnic ideas as well as our plant based cutlery, cups, plates, bowls and straws!



## GOING ON HOLIDAY?

For those getting ready to holiday abroad, our popular Optibac for Travellers is currently out of stock across the country. We managed to get an update from Optibac who have said that due to Covid travel restrictions they have paused manufacture of this product but recommended taking a combination of their Everyday and the Saccharomyces boulardii products - don't forget to start taking the combination several days before you travel for maximum benefit to help your digestive system and to avoid 'holiday tummy'!

## SUPPLEMENT SPOTLIGHT

# BLACK SEED (NIGELLA SATIVA)

Black seed (Nigella sativa) also known as black cumin seed or black caraway has been used for thousands of years for its therapeutic properties. According to historians the Egyptian queen, Cleopatra used black seed oil for her skin and, popular among the Egyptian pharaohs, black cumin seeds were even found in King Tutankhamun's tomb.

Black seed, from which the coveted black seed oil is derived, is an annual flowering plant in the Ranunculaceae family native to parts of Asia, the Middle East and North Africa.

Bioactive compounds in Nigella sativa include  $\alpha$ -hederin, alkaloids, flavonoids and essential omega-6 fatty acids, but it appears that the thymoquinone in black seed oil is particularly effective in helping a number of conditions. The potent antioxidant and anti-inflammatory effects found in studies suggest that this compound may protect brain health and aid in treating several types of cancer – studies list several other applications as being very effective:

- Reducing the size of cancerous tumours in several animal studies. Clinical research in India found it to effectively slow the growth of leukaemia and myeloid lymphoma cells.
- The Journal of Ethnopharmacology found that Nigella sativa may be effective against Alzheimer's, as it enhances memory, attention and cognition.

# BLACK SEED SUPPLEMENT SPOTLIGHT CONTINUED

- The anti-inflammatory effects of *Nigella sativa* on inflammatory factors in patients with chronic allergic rhinitis proved it to reduce nasal mucosal congestion, nasal itching, runny nose, sneezing attacks including other symptoms of this condition.

- It has been shown to lower cholesterol levels, lower blood pressure, enhance sperm count, lower blood sugar levels and assist in managing asthma.

In another study, there was a significant and positive difference between the scores of 40 elderly subjects given logic, memory, attention, and cognition tests who took *Nigella sativa* as opposed to a placebo.

If taking black seed oil off a spoon rather than in capsule form, it has a strong flavour that is slightly bitter and spicy.

From our own anecdotal experience, two members of staff have found taking black seed oil beneficial in managing allergy and hay fever symptoms, however a third found that it did not appear to help their rheumatoid arthritis symptoms.

Black seed oil is currently not recommended in pregnancy, if on blood thinners, for those on beta-blockers or with low blood pressure. Always speak to your GP if concerned about interactions with medication.

**Follow us on Instagram - we'll be having a Black Seed oil tasting session in June.**

@fairhaven\_wholefoods



# BLOOD THIS MONTH'S HOT TOPIC

As connective tissue, blood is made up of several types of specialised cells suspended in a liquid called plasma. These cells are mainly made in bone marrow which is in the middle of certain bones such as the pelvis, spine, and sternum (breastbone).

## Our blood has a vital part to play in our health:

- Transports oxygen
- Carries nutrients
- Carries toxins and waste products (e.g., carbon dioxide, urea, and lactic acid) to lungs, kidneys, and liver for excretion
- Transports hormones
- Regulates pH, water concentration, and temperature
- Signals tissue damage and carries platelets for clot formation
- Carries white blood cells for immunological functions and prevention of infection

Without healthy bone marrow, your body can't make the red blood cells that support oxygen transportation, the platelets that support blood clotting and the white blood cells to fight infection and maintain a strong immune system.

Eating foods containing good protein, iron and B vitamins will help bone marrow do its job and nutrition is key.

## Foods that help include:

- **Protein:** lentils, eggs, tofu, kidney beans, Greek yoghurt, quinoa, nuts, mushrooms
- **Fruits and vegetables:** broccoli and greens such as kale
- **Iron:** tofu, tempeh, lentils, fortified cereal, chickpeas, pumpkin seeds, dark chocolate, dried apricots and figs
- **Vitamin C:** pepper, broccoli, cabbage, Brussel sprouts, kiwi, oranges, strawberries,



## WEBSITE LINKS

<https://www.webmd.com/vitamins/ai/ingredientmono-901/black-seed>  
<https://www.healthline.com/nutrition/black-seed-oil>  
<https://pubmed.ncbi.nlm.nih.gov/32904114/>  
<https://pubmed.ncbi.nlm.nih.gov/30087794/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5633670/>

# BLOOD

## THIS MONTH'S HOT TOPIC CONTINUED

pineapple, grapefruit and orange juice  
**(combining a high intake of Vitamin C with iron rich foods greatly increases the body's ability to absorb iron)**

- **Folate:** spinach, black-eyed peas, asparagus, Brussel sprouts
- Vitamin D and K
- Vitamin B12 (best taken in a B vitamin complex)

**For more plant based nutritional information see:**  
<https://www.vegansociety.com/resources/nutrition-and-health/nutrients/iron>

The rate of blood cell formation varies depending on the individual, but typical production might average 200 billion red cells per day, 10 billion white cells per day, and 400 billion platelets per day and is generally regulated by body structures such as the lymph nodes, spleen, liver, and kidneys.

Not drinking enough water leads the blood to thicken. In turn, drinking more water can help thin thickened blood. Dehydration is a key result when you fail to drink enough water, and this can also lead to high blood pressure. Water will not raise blood glucose levels, which is why it is so beneficial to drink when people with diabetes have high blood sugar, as it enables more glucose to be flushed out of the blood.

However, drinking too much water can lead to overhydration and a condition known as hyponatremia, so to maintain healthy blood pressure levels, drink a glass of water every two hours and follow a plant-based diet with lots of water-rich vegetables and fruit. (On average eight to ten 200ml glasses per day, depending upon weight)

Known as the River of Life, western science has only known for a few centuries that blood cells regenerate, whereas ancient Traditional Chinese Medicine (TCM) practitioners knew the importance of constantly 'building [regenerating] the blood.'



To build healthy blood, you need to eat a very nutritious diet, get enough moderate-exertion exercise, get plenty of rest, drink enough pure water, and manage stress. Dong quai (*Angelica sinensis*) is used extensively in TCM multi-herbal prescriptions for replenishing blood and as a blood tonic.

It is available to take in supplement form, however, always consult a health practitioner for advice on interactions with other medication, particularly warfarin.

From ancient TCM physicians to contemporary wellness experts, building healthy blood by the methods described is a great way to keep the doctor away!

## AWARENESS DAYS IN JUNE

### Pride Month

**2nd & 3rd** Platinum Jubilee  
Bank Holidays  
**(Fairhaven will be closed)**



**5th** World Environment Day & Cancer Survivors' Day  
**6th - 12th** National Bike week & Growing for Wellbeing Week  
**7th - 15th** British Heart Week  
**8th** World Oceans' Day  
**13th - 17th** Loneliness Awareness Week  
**13th - 19th** Diabetes Awareness Week  
**14th - 20th** Men's Health Week  
**14th** World Blood Donor Day  
**19th** Father's Day  
**21st - 27th** Love Your Lungs Week  
**21st** International Day of Yoga  
**21st - 29th** World Wellbeing Week  
**27th - 3rd** July National Breastfeeding Week

## WEBSITE LINKS

<https://www.ncbi.nlm.nih.gov/books/NBK279392/>  
<https://www.oneblood.org/media/blog/where-is-your-blood-made.shtml>  
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/facts-about-blood>  
<https://www.diabetes.co.uk/food/water-and-diabetes.html>  
<https://www.macmillan.org.uk/cancer-information-and-support/blood-cancer/blood-and-bone-marrow>  
<https://www.livestrong.com/article/480567-foods-that-strengthen-bone-marrow/>  
<https://www.sciencedirect.com/topics/medicine-and-dentistry/angelica-sinensis>  
<https://www.activeherb.com/blog/blood-tcm.html>



1952 2022



**PLATINUM JUBILEE**

# JUBILEE JUNE OFFERS

(SIMPLY CUT OUT TOKEN AND REDEEM IN STORE)

WEEK ONE

WEEK TWO

**10% OFF**

VALID FROM 6TH - 11TH JUNE 2022



**DOUBLE LOYALTY STAMPS**

VALID FROM 13TH - 18TH JUNE 2022



VALID FROM 20TH - 25TH JUNE 2022

VALID FROM 27TH - 2ND JULY 2022

**DOUBLE LOYALTY STAMPS**

**10% OFF**

WEEK THREE

WEEK FOUR

