

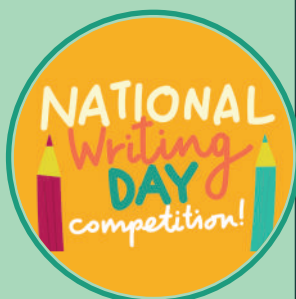
Summer beckons and the promise of lazy, hazy, warm days ... we hope!

*"Far up in the deep blue sky,
Great white clouds are floating by;
All the world is dressed in green;
Many happy birds are seen,
Roses bright and sunshine clear
Show that lovely June is here."* F. G. Sanders

CALLING ALL YOUNGSTERS!

This month we have the beginning of Children's Art Week, as well as National Writing Day. Write us a poem about summer - use your art skills to decorate the poem and in return we will give you a Biona organic Rainbow Lollipop and 3 loyalty stamps. We look forward to showing off beautiful, summery poems in store throughout the summer!

Come and try our new range of Pearl's Portions – organic and healthy sweet and savoury muffins suitable for 6-month-olds and upwards! Yum! Find them in the freezer section.



FAIRHAVEN'S SUMMER FAYRE



Pop in on Saturday 24th June for our Summer Fayre. Local businesses, free Pimms and a plant sale! All money raised from the sale of plants will be donated to the Growing People charity based at The Rose Gardens, Cambridge Rd, Hitchin – click this link to see the wonderful work that they do <https://www.growing-people.org.uk/> Donations of spare plants would be very much appreciated! They can be brought in to Fairhaven from week commencing 19th June.

As it happens, the beginning of June brings British Tomato Fortnight – and green fingered Neil has lots of tomato plants to donate, as all his seeds germinated!

WELCOME TO THE TEAM

We are delighted to welcome Imogen to the Fairhaven team, and we send a big thank you to all those who applied for our Saturday position. Imogen will be starting on Monday 5th June and working Mondays, Tuesdays and Saturdays. Currently studying Nutrition at London's College of Naturopathic Medicine, we are sure she will make a great addition to our wonderful staff!

CNM COLLEGE OF NATUROPATHIC MEDICINE

QUERCETIN

Many of our customers are already aware of the huge benefits of Quercetin, but for those who are suffering with allergies and are not familiar with it, read on!

Quercetin is a yellow crystalline pigment present in plants, used as a food supplement to reduce allergic responses or boost immunity. A plant flavanol, it is in many foods such as fruits, vegetables and grains, and most commonly in onions, apples, grapes, berries, broccoli, leafy greens, citrus fruits, cherries, green tea, coffee, red wine, and capers. It is also available as a dietary supplement in powder and capsule form and people take this supplement for several reasons, including to:

**boost immunity
fight inflammation
combat allergies
aid exercise performance
maintain general health**

Research has shown that quercetin has anti-allergic functions that are known for inhibiting histamine production and pro-inflammatory mediators, and scientists are looking into the possibility that flavonoids, like those found in quercetin, may play an important role in cancer prevention.

We have the Terranova Quercetin and Nettle supplement, which has proved to be popular and also stock the Viridian Quercetin plus B5 complex. Our Stefan has been taking quercetin, so have a chat with him if you have any questions about it. **For this month we have 20% off the Terranova Quercetin and Nettle (while stocks last!).**

People with kidney disease and women who are pregnant or breastfeeding should not take quercetin, and if on medication, check with a medical professional for any contraindications.

Alzheimer's & Brain Awareness

THIS MONTH'S HOT TOPIC

A type of brain disorder that causes problems with memory, thinking and behaviour, Alzheimer's Disease (AD) is a gradually progressive condition. It is not a normal part of ageing, but the chance of developing the disease increases as we get older. The symptoms of AD may be subtle changes that we can put down to natural aging. A loss of interest and enjoyment in day-to-day activities can often be one of the first noticeable symptoms, but this may be mistaken for other conditions such as depression. If you are concerned and want to read a fuller list of symptoms, go to this link for more information:

<https://www.alzheimersresearchuk.org/dementia-information/types-of-dementia/alzheimers-disease/symptoms/>

If you are concerned about a relative, <https://www.nhs.uk/conditions/dementia/worried-someone-has-dementia/> gives guidance or you can call the Dementia UK helpline free on 0800 888 6678 to speak to a dementia specialist Admiral Nurse, or email your query to helpline@dementiauk.org

The following link gives sensitive and practical guidance on how to approach communicating with someone with AD:

<https://thegreenfields.org/things-to-say-alzheimers/>

and finishes with Dr Drew saying to remember that it is the disease, and not the person, responsible for disconnects in communication, and although it is difficult sometimes, try your best to be patient.

Good nutrition has been shown to have a correlation with good brain health, with berries, nuts & seeds, whole grains, avocados, eggs, broccoli, kale and omega-3 fatty acids cited as important. Whilst there is no cure for AD, there are some herbs and supplements that are recommended to support brain health, but always talk to a medical professional before taking supplements. B vitamins have been shown to have neuroprotective properties, as researched at the University of Oxford.



Other supplements include vitamin E, vitamin D and antioxidants, as well as co-enzyme Q10 and resveratrol, which researchers found slowed the progress of the disease.

Quercetin has also been shown to have neuroprotective properties – read more about this powerful plant flavanol in our supplement spotlight.

Awareness Days

Pride Month, Alzheimer's and Brain Awareness Month, World Refugee Awareness Month

29th May – 11th June British Tomato Fortnight!

1st – World Milk Day

3rd – National Egg Day

4th – Cancer Survivor's Day & National Cheese Day

5th – World Environment Day & Sausage Roll Day ... pop in to sample our Fry's plant based sausage roll – tasting all day ... it's also Thank You Day.

5th – 11th – National Growing for Well-being Week, Bike Week, Aromatherapy Awareness Week & Garden Wildlife Week

6th – 12th – Carer's Week

8th – World Oceans Day

10th – 18th – Great Big Green Week

12th – 16th – BNF Healthy Eating Week

12th – 18th – Loneliness Awareness Week & Men's Health Week

15th – Bug Busting Day

16th – **WORLD REFILL DAY**

17th – King's Official Birthday

18th – Father's Day & International Picnic Day

19th – 25th – Children's Hospice Week, Refugee Week & Rose Awareness Week

21st – Summer Solstice & National Writing Day (write us a beautiful poem about Summer!)

21st – 27th – Love Your Lungs Week

22nd – World Rainforest Day

23rd – Bring Your Dog To Work Day

24th – Fairhaven Summer Fayre!

26th – 2nd July – World Wellbeing Week

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Go to the bottom of our home page,

<https://www.fairhaven.co.uk/>

and enter your email

SUBSCRIBE

<https://www.nhs.uk/conditions/alzheimers-disease/> || <https://www.mdpi.com/1422-0067/24/7/6328/html>

<https://www.alzheimersresearchuk.org/dementia-information/types-of-dementia/alzheimers-disease/>

<https://www.medicalnewstoday.com/articles/324044> || <https://www.alzheimersorganization.org/vitamins-supplements-for-alzheimers>

<https://www.webmd.com/alzheimers/guide/do-vitamins-and-supplements-help-with-alzheimers>

<https://www.healthline.com/nutrition/quercetin> || <https://www.webmd.com/diet/foods-high-in-quercetin>

<https://pubmed.ncbi.nlm.nih.gov/32467711/> || <https://pubmed.ncbi.nlm.nih.gov/27187333/>

<https://www.drweil.com/vitamins-supplements-herbs/herbs/quercetin/>