

JUNE

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The bees are buzzing and flowers are in bloom, welcome to the warmth of the summer sun in the month of June!

Picnic Perfect!

For National Picnic week (17th-25th), pop in and check out our range of picky picnic products! We have dips, crackers, spreads, drinks, biscuits, crisps... and so much more! Keep an eye out on our social media during the week for delicious picnic friendly recipes that are bound to wow!



What makes you smile?

June is part of National smile month. Smiling increases mood-enhancing hormones and also reduces overall blood pressure. Typically, you smile when happy and the muscles used trigger the brain to produce more endorphins (the chemical that reduces pain and stress). Prepare for extra happy June smiles from the Fairhaven staff!



This is what makes us at Fairhaven have a cheesy grin...

Denise: Beauty in the small things... and dark chocolate... and a good cup of tea!

Caroline: Sunshine - especially closing my eyes and tilting my head back so I get the warmth of it on my face

Imogen: Baking and spending time with people I love

Finola: Cute dogs, especially when they have their little walking jackets on!

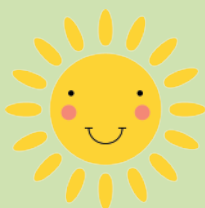
Donatas: A funny joke

Eni: Food and sunny holidays

Stef: When Coventry score a goal

Neil: Coventry scoring a goal

Tres: Being given a loving hug



MAGNESIUM

SHOP SPOTLIGHT

An essential mineral that is vital to the function of our body, Magnesium has a role in over 300 enzyme reactions including protein synthesis, blood glucose control and regulation of blood pressure. It is also needed as part of energy synthesis, helps the structural growth of bones and is a crucial component needed for DNA and RNA production.

Magnesium can be found across a wide range of plant and animal foods as well as certain beverages. Leafy green vegetables, whole-grains, legumes, seeds and nuts all provide a decent amount of the mineral (although as a rule of thumb if a food provides dietary fibre it usually also contains magnesium). Foods can also be fortified with magnesium increasing their content, however food processing results in a more refined product, dramatically decreasing the content of magnesium.

An individual can also increase their magnesium intake through supplementation which is available in many forms:

Citrate - a popular and easily absorbable form of magnesium which is commonly used to increase magnesium levels, aid with depression and anxiety and as constipation relief.

Oxide - a less absorbable form mainly used to help with digestive issues such as heartburn and constipation.

Chloride - used to treat low magnesium levels and in cream form to relax and ease sore muscles.

Bisglycinate - crosses the blood brain barrier. This can help with sleep, anxiety and inflammation. No laxative properties. Can help contribute to a healthy brain.



At Fairhaven we have many products to help you optimise your magnesium levels! They range from a variety of whole-grains, nuts, seeds, leafy green vegetables (both frozen and in our weekly organic fresh delivery).

Check out our Magnesium supplements including Viridian's Magnesium Bisglycinate, Terranova's Magnesium Bisglycinate. We stock further varieties of Magnesium from Viridian, Biocare, New Era, and NaturesAid, as well as Magnesium oil and salts which can be used to help with tension and sore muscles.

As always make sure you speak to your medical practitioner before making any alterations to your diet or supplement intake!

Within the European Union, the Nutritional Reference Value (NRV) for Magnesium is 375mg.

HYPOPARATHYROIDISM

Hot topic

Hypoparathyroidism is a rare disorder relating to the endocrine system (hormones) which is characterised by low calcium levels (hypocalcaemia) and significantly reduced amounts of parathyroid hormone. Causes can include injury or removal of all four parathyroid glands, having an autoimmune condition, genetic thyroid issues, throat radiotherapy or decreased blood magnesium levels.

Sufferers may present with symptoms including face, arm, hand or feet spasms and burning or prickling sensations in their hands or feet or around their mouth. Additionally fatigue, muscle cramping, mood changes, brittle nails and dry or rough skin.



Hypoparathyroidism is diagnosed via:

1. Blood tests - results that may be indicative of the condition include low blood-calcium or parathyroid hormone levels or an elevated blood-phosphorus level. Blood magnesium level can also be investigated. Reduced amounts can lead to low-calcium levels.

2. Urine test - high quantities of calcium can show reduced parathyroid hormone levels since one of the hormone's job is to help retain calcium.

3. Electrocardiograms and ECGs.

Treatment protocols work on alleviating symptoms, alongside re-optimizing the individual's blood levels of phosphorus, calcium and other important minerals. This can be through dietary alterations:

1. Increasing calcium rich foods for example green leafy vegetables, broccoli, foods fortified with calcium, beans, dried figs, soy beans (and associated products), oranges, nuts and seeds. (Salmon).
2. Decreasing phosphorus foods including carbonated soft drinks, processed foods, meats, hard cheese, rice, dairy, oats and whole grains.

Supplementing with Calcium, Vitamin D (helps the body absorb calcium and eliminate phosphorus) Magnesium has also been shown to be beneficial.

Links & References

<https://pubmed.ncbi.nlm.nih.gov/32322899/> // <https://tinyurl.com/mnyjnsku> // <https://tinyurl.com/4c4r9npd>
<https://www.nhs.uk/conditions/hypoparathyroidism/> // <https://www.webmd.com/diet/foods-high-in-calcium>
<https://tinyurl.com/3shyfyav> // <https://www.webmd.com/diet/supplement-guide-magnesium>

PRIDE MONTH!

13th May - 13th June National Smile Month
 15th May - 15th June Tourettes awareness month
 1st World Milk Day, World Hypoparathyroidism Awareness Day, Global Day Of Parents, Butterfly Education and Awareness Day, World Reef Awareness // 2nd Cancers Survival Day, March For Men,
 3rd - 9th National BBQ Week, Volunteers Week, Child Safety Week, World Heart Rhythm Week // 5th World Environment Day
 8th World Oceans Day // 9th Transverse Myelitis Awareness Day
 10th - 14th BNF Healthy Eating Week // 10th - 16th Aromatherapy Awareness, Bike Week, Diabetes Awareness, Carers week, Loneliness Awareness, Men's health // 14th World Blood Donors Day // 15th National Beer Day, International Surfing Day // 16th Fathers Day, World Refill Day // 17th Desertification and Drought Day
 17th - 23rd Cervical Screening Awareness Week, Refugee Week, Learning Disability Week, World Continence Week
 17th - 25th National Picnic Week // 18th Autistic Pride Day, International Picnic Day // 19th Brake Kids Walk // 20th National Clean Air Day, World Refugee Day // 21st Global MNP Awareness Day, World Music Day, World Humanist Day // 21st - 27th Love Your lungs Week // 23rd International Widows Day, International Women In Engineering Day // 24th - 28th Injury Awareness Week // 24th - 30th World Wellbeing Week