

OUR THANK YOU TO CARERS

1ST - 13TH JUNE

Recognising Volunteers Week and Carers Week during the first fortnight of June, we would like to offer our own thanks to those lovely people who picked up shopping and cared for people in isolation during the pandemic. If you would like to nominate a special someone, pick up a token from us and give it to your kind carer. They can then redeem it for a free bar of Chocolate and Love with our compliments!*. (*Whilst tokens last)



**Do you
remember
when ..?**

In preparation for our 'Celebrating 40 Years Exhibition' during July, remember to send us your anecdotes of shopping at Fairhaven over the past years and in return we will give you 3 loyalty stamps!

Refill Day is on the 16th –
Fairhaven has been offering refills for over 17 years! Come and see the wide range of refills we offer!



Recycle Week 18th – 24th
Did you know we recycle all manner of pens and markers? Bring these in and drop off at the front of the shop. All proceeds are donated to the North Herts Sanctuary, helping the homeless.

Look out for news of the culmination of our 40th Anniversary Celebrations happening in July ... **Save the Date: Saturday 17th July!**

Aromatherapy Awareness

A complementary therapy, aromatic essential oils have been used for thousands of years and have been shown to relieve anxiety and depression, boost energy levels, speed up the healing process, cure headaches, boost cognition, induce sleep, strengthen the immune system, reduce pain, improve digestion, and increase circulation.

It is important to always consult with trained aromatherapists, as some essential oils can trigger allergies, and can be toxic if mixed improperly. Most aromatherapy treatments with essential oils are diluted in a carrier oil to make the effects slightly less potent.



We have a full range of essential oils as well as candles, melts and burners. Our very own Jacqui is in store on Thursdays and Fridays and available for advice on aromatherapy blends for various conditions – pop in and have a chat!

REFERENCES

- <https://www.organicfacts.net/health-benefits/other/benefits-of-aromatherapy.html>
- <https://www.complementarytherapies.co.uk/what-is-aromatherapy>
- <https://www.healthline.com/health/top-10-health-risks-for-men>
- <https://www.menshealthforum.org.uk/>
- <https://www.traditionalmedicinals.com/articles/plants/best-herbs-for-men/>
- <https://www.netdoctor.co.uk/healthy-living/a28341/top-mens-health-issues/>
- <https://www.ons.gov.uk/peoplepopulationandcommunity/healthand-socialcare/causesofdeath/articles/leadingcausesofdeathuk/2001to2018>
- <https://www.avogel.co.uk/health/mens-health/are-men-less-likely-to-visit-their-gp-than-women/>
- <https://www.verywellhealth.com/nine-cancer-symptoms-for-men-513755>
- <https://www.mentalhealth.org.uk/a-to-z/m/men-and-mental-health>

HOT TOPIC MEN'S HEALTH

It has been widely acknowledged that men are far less likely to be 'health aware', visit their doctor or seek help from their local pharmacy for health issues. Whilst this has been attributed to several different reasons, the Men's Health Forum is working to address this reluctance and encourage a health strategy for men, also highlighting that there can be serious consequences to not seeking help once symptoms develop. Some of the most common health issues affecting men are discussed briefly here, but as a health store, our staff are more than happy to discuss ways that natural remedies, nutrition, and supplements may be able to support male health in a dignified way.

Ischaemic Heart Disease – the leading cause of death for men in this country, heart and cardiovascular health can be helped with good nutrition, exercise and lifestyle changes addressing stress in daily life, as excess cortisol increases blood pressure, inflammation, lowers immunity and can contribute to depression. It has been shown to reduce testosterone, affecting fertility.

Cancer (Lung, Prostate, Bowel, Bladder, Testicular) – read the VeryWellHealth medically reviewed article for details on the symptoms men should be watching for. Our article on Cancer in the March newsletter gives nutritional advice and is available online:
https://www.fairhaven.co.uk/newsletter/FH_NEWSLETTERMARCH2021.pdf

Depression – Whilst men are diagnosed with depression less than women, three times as many men as women die by suicide. Simple changes such as talking about feelings, keeping active and eating well can help you feel better.

Virility & Fertility – Sperm counts have more than halved over the last forty years possibly due to environmental toxins, xenoestrogens, alcohol, recreational drugs, high stress levels, poor nutrition, diet and lifestyle and infections. If trying for a family, men's fertility supplements maximise the vital nutrients required to maintain male reproductive drive and fertility.

We have a list in-store of beneficial nutrition and herbs for men's health. Omega-3 fatty acids are known to be anti-inflammatory, but they also make up the membranes of all the cells of the body and are the precursors of locally produced hormones. This includes testosterone, which has a huge role to play in male health, from keeping you feeling happy and confident, to maintaining muscle mass and libido.

- Zinc is required to produce sperm and helps protect the prostate.
- Avocados help raise good cholesterol (HDL) and lower LDL.
- Ginger can be used as an anti-inflammatory for sore muscles or an aching back.
- Sour cherries reduce the risk of gout.

Always talk to your doctor before trying supplements as they may interact with medications already being taken.

Barriers to men being able to discuss health issues openly and without stigma are gradually being eroded, now is the time to act if there is a health concern, and remember, many men will have already gone through the same issues.

AWARENESS DAYS

Gay Pride Month || **1st – 6th** Volunteers Week || **5th** World Environment Day || **7th** Cancer Survivors Day || **7th – 13th** Aromatherapy Awareness Week, National Carers Week & Intensive Care Week || **8th** World Oceans Day & National Best Friends Day || **14th – 20th** Men's Health Week & Nutrition and Hydration Week (**14th – 18th** is also British Nutritional Foundation (BNF) Healthy Eating Week) & Diabetes Awareness Week – see our November 2020 newsletter for advice on Diabetes || **15th** National Beer Day || **16th** World Refill Day || **17th** National Clean Air Day & Plastic Free Beauty Day || **18th** International Picnic Day || **18th – 24th** Recycle Awareness Week || **19th – 27th** English Wine Week || **20th** Father's Day || **21st** International Day of Yoga || **21st – 30th** World Wellbeing Week || **22nd – 28th** Breathe Easy Week – Love Your Lungs