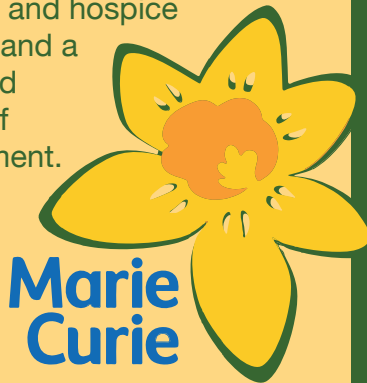




As beautiful daffodils bob their heads, bringing welcome colour and cheer, we walk into a month of raising awareness and funds for cancer research as well as The Great Daffodil Appeal, the biggest fundraising event for Marie Curie, the UK's leading end of life charity. They provide frontline nursing and hospice care, a free support line and a wealth of information and support on all aspects of dying, death & bereavement.

During March we will be collecting for The Great Daffodil Appeal. (Collection pot by the till throughout March)



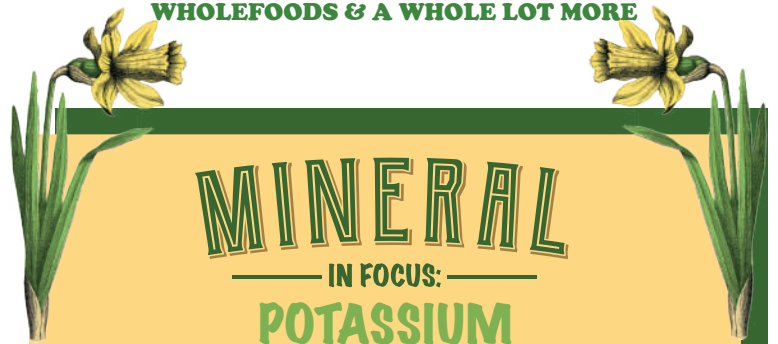
TO SPROUT, OR NOT TO SPROUT

Ever thought of sprouting? Or maybe you are a regular sprouter already? As part of our ongoing fortieth anniversary celebration giveaways, we will be giving away a pack of BioSnacky Wellness seeds if you donate to the Great Daffodil Appeal during March. Pick up an information leaflet instore on how to sprout! Or pick up a tub of ready grown sprouts from the fridge.



NEW PRODUCTS

Organic durum wheat semolina and corn semolina now in. Stevia drops and black onion seeds are back in stock. We have a new range of dairy free pasta sauces and Amaizin jalapenos. **Please note:** Ecover have replaced their laundry liquid refill with concentrated laundry liquid – lavender and sandalwood – only 35ml is needed for a normal wash. New Eco Leaf laundry products coming soon too!



Potassium is one of the most important minerals in the body. It helps regulate fluid balance, muscle contractions and nerve signals. A high-potassium diet may help reduce blood pressure and water retention, protect against stroke, and prevent osteoporosis and kidney stones. Daily dietary intake should be between 3500mg and 4700mg. Few people get enough potassium. To get more in your diet, consume more potassium-rich foods, such as beetroot greens, beans, pulses, avocados, bananas, melon, sweet potatoes, apricots, mushrooms, tomatoes, spinach, kale and salmon.

AWARENESS DAYS

The Great Daffodil Appeal for Marie Curie nurses
 Endometriosis Awareness Month
 Walk All Over Cancer and Veggie Month
1st St David's Day & World Book Day
1st - 7th Eating Disorders Week

1st - 7th British Pie Week
 To celebrate we are offering **10% off** all Clive's pies during this week.



7th - 13th World Glaucoma Week
8th International Women's Day
10th No Smoking Day
11th World Kidney Day
14th Mothering Sunday
15th - 21st Brain Awareness Week
20th Vernal Equinox – 1st Day of Spring
28th British Summer Time begins – clocks go forward one hour



HOT TOPIC CANCER

No foods protect people against cancer completely, however, there are foods that may lower the risk of developing cancer if a person adds them to their diet: Apples, berries, cruciferous vegetables, carrots, fatty fish, walnuts and legumes have all been shown to be 'cancer-fighting' foods. Vitamins A, C, and E are notable for their anticancer properties and plant-based compounds come as supplements that can be taken.

Cancer is a disease caused by an uncontrolled division of abnormal cells in a part of the body, which can then spread to surrounding tissues or other parts of the body. There are over 200 types of cancer and if you or a loved one is affected, it can be an incredibly traumatic and harrowing experience, physically and emotionally.

Chemotherapy is an aggressive form of chemical drug therapy meant to destroy rapidly growing cells in the body, so destroys cancer cells, but it can also damage healthy cells in the process.

Natural remedies that have been shown to support patients undergoing treatment for cancer include:

Milk thistle, panax ginseng (Korean ginseng), astragalus, ashwagandha (*Withania somnifera*), guarana, mushrooms (particularly the Turkey Tail mushroom), vitamin D3, alpha-lipoic acid, vitamin K and vitamin A.



It is important to realise that whilst many supplements and natural remedies can boost our immune system and general overall health, they can affect the success of chemotherapy, counteracting its effect, also affecting how quickly the liver metabolises the drugs, so it is important to check any interactions with a consultant when undergoing treatment.

Generally, antioxidant supplements are not recommended during chemotherapy or radiotherapy treatment, because they may block some of the cancer killing effects of these treatments. Supplements that may cause problems include echinacea, liquorice, Siberian ginseng (*Acanthopanax senticosus*, previously classified as *Eleutherococcus senticosus*) and St. John's Wort.

Natural complimentary therapies can also include massage and acupuncture. Aromatherapy oils inhaled or rubbed into feet or hands work well to help with nausea, vomiting, pain and insomnia that accompany chemotherapy. Herbal teas (chamomile, ginger, lavender, mistletoe, turmeric and matcha) can also help and mild flavoured protein drinks are helpful to get nourishment when eating becomes difficult. Juicing may also be a good option for getting valuable nutrients into your body. Some natural methods can ease the side effects of cancer treatment; however, others could interfere with your treatment. If thinking of trying them, always talk to your oncologist first.

If looking at buying gifts for people going through treatment, their feet are generally cold and skin hypersensitive. Soft socks, such as bamboo socks, would be perfect, along with hand and foot cream and lip balm, as these areas become very dry.

According to Cancer Research UK, cancer survival in the UK has doubled in the last 40 years.

https://www.healthline.com/nutrition/what-does-potassium-do#TOC_TITLE_HDR_9 ||| <https://www.verywellhealth.com/turkey-tail-5093147>

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<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies/milk-thistle-and-liver-cancer>

<https://www.milkthistle.com/health-benefits/cancer-fighting-effects-of-milk-thistle> ||| <https://draxe.com/health/10-natural-cancer-treatments-hidden-cures/>

<https://www.readersdigest.ca/health/conditions/cancer-treatment-natural-supplements/> ||| <https://www.curejoy.com/content/ashwagandha-for-cancer-treatment/>

<https://www.oncologynutrition.org/erfc/healthy-nutrition-now/foods/should-i-be-juicing>