

Are we the only ones thinking, 'How can it be March already!?'

It's wonderful to see the daffodils blooming and the air vibrant with bird song. This month we have a focus on brain health and will again be raising money for Brain Tumour Research, and taking part in Wear a Hat Day on Friday 25th March! £1 Entry for your chance to win a £50 Fairhaven voucher. All proceeds go to Brain Tumour Research.



WHAT'S NEW?

We have a series of exciting new products (organic macadamia nuts are now in stock), a wider range of Viridian supplements and the most delicious new fermented foods produced locally by Totally Cultured – pop in to see what's on offer, or visit our website: www.fairhaven.co.uk



WELCOME BACK

Pulse Pasties will be selling their delicious plant-based food at Fairhaven on each Saturday from 10am to 2pm throughout March, starting on the 5th March – come and pick up a healthy and delicious ready-made snack for lunch!



@pulsepasties

Sign up to receive our weekly emails to keep up to date with our latest offers and information! Go to the bottom of our home page, <https://www.fairhaven.co.uk/> and enter your email

SUBSCRIBE

SUPPLEMENT SPOTLIGHT

GINKGO BILOBA

Sometimes referred to as a living fossil due to being the only surviving member of an ancient order of plants, Ginkgo biloba has remained mainly unchanged on earth for around 200 million years and has been used for thousands of years in Traditional Chinese Medicine.

Ginkgo biloba has strong anti-inflammatory and antioxidant capacities and an ability to improve circulation by dilating blood vessels, hence it has been traditionally used to treat numerous ailments including headaches and migraines, PMS symptoms, anxiety and depression, and research also points to Ginkgo's protective effects on heart health, brain health and stroke prevention. Benefits of this supplement are generally felt after taking it for several weeks.

Before taking Ginkgo, check with a medical practitioner if on: Blood thinners (Warfarin, aspirin), SSRIs/MAOIs/antidepressants (Prozac, Zoloft), NSAIDs (ibuprofen, Tylenol).

The use of Ginkgo in pregnancy is not recommended. Evidence seems to support taking 120–240mg daily is safe.

The Fairhaven team are always more than happy to help and support you, just ask.

WEBSITE LINKS

<https://www.lifehack.org/903510/brain-supplements>
<https://www.healthline.com/nutrition/ginkgo-biloba-benefits>
<https://www.ncbi.nlm.nih.gov/books/NBK541024/>

BRAIN HEALTH

THIS MONTH'S HOT TOPIC

Whilst hieroglyphs translated from an ancient Egyptian papyrus from around 5000 years ago refer to the brain as 'skull offal', the writer knew that injury to the organ in the skull could be life-threatening and cause unexpected symptoms in the rest of the body.

Other cases in the text describe head injuries that affect people's ability to speak, their ability to walk, and how well they could track objects with their eyes.

Today, neurologists test many of these same abilities to determine if people are suffering from brain injuries. The brain is a hugely complex organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger, and every process that regulates our body. Together, the brain and spinal cord that extends from it, make up the central nervous system, or CNS.

On average the human brain weighs approximately 1.4kg and contains over 100 billion neurons. Current evidence suggests a robust connection between brain health and cardiovascular health. Damage to the heart and blood vessels can increase a person's risk of stroke and dementia.

This advice is given for how to maintain a healthy brain:

- Exercise - stay physically active
- Be socially active and maintain contact with friends and family - frequent loneliness may increase the risk of dementia
- Food - eating a diet that is rich in vegetables, berries, whole grains, and good protein
- Sleep - get enough sleep
- Be a life-long learner - challenge your mind

WEBSITE LINKS

<https://brainconnection.brainhq.com/2008/08/26/think-like-an-ancient-egyptian-the-first-mention-of-the-brain/>
<https://www.webmd.com/brain/ss/slideshow-brain-supplements>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/anatomy-of-the-brain>
<https://www.healthline.com/human-body-maps/brain>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5216880/>
<https://www.medicalnewstoday.com/articles/heart-and-brain-health-inextricably-linked-data-show>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4404917/>

Supplements which have proven researched benefits for brain health include:

Astaxanthin, Andrographis, Vitamin B-complex (particularly Thiamin – B1 and B12), MCT oil, Vitamin D, Omega-3 fatty acids (DHA, EPA and DPA), black seed oil, magnesium and saffron.

The gut and the brain have a strong connection - so much so that improving your gut biome can improve the central nervous system. When taken as a part of a balanced diet, fermented foods such as sauerkraut, kimchi and kefir can be contributing factors to disease prevention. A growing body of evidence indicates the potential of fermented foods as functional foods for the brain and cognitive health promotion.



Fairhaven will again be collecting for Brain Tumour Research during March. Look out for our team's wonderful hat creations for Wear a Hat Day on Friday 25th March!!

If you are taking part too make sure to tag us in your social media posts, or pop in to store and show us. We would love to see them!



AWARENESS DAYS

Great Daffodil Appeal for Marie Curie
21st Feb – 6th March Fairtrade Fortnight continues
DVT, Endometriosis & Brain Tumour Awareness Month
1st Shrove Tuesday & St David's Day
(see our vegan pancake effort!)
3rd World Wildlife Day
6th – 12th World Glaucoma Week
9th No Smoking Day
10th World Kidney Day
14th – 20th Brain Awareness Week
17th St Patrick's Day
20th First Day of Spring
21st International Day of Forests
22nd World Day for Water
23rd National Puppy Day



Care and support
through terminal illness