

Daffodils are starting to bloom and the sun has a touch more warmth to it... Spring is on the way!

Fairhaven Tiktok!

Our team is now on Tiktok as @fairhavenwholefoods, check out our Saturday Shenanigan cooking videos (and pop in to sample what we make!) and little insights into life at Fairhaven.



Emma Belton - Nutrition Talk

We have Emma Belton coming in on March 9th for a talk on how to Recharge Your Energy Levels. Tickets are available to purchase in store or online for £10 or £15 for 2. If buying the tickets online - a refund of £5 will be given on the day for those buying two tickets.



Easter Weekend

Fairhaven will be closed on the following days:
29th - Good Friday || 30th Easter Saturday || 31st Easter Sunday || 1st April Bank Holiday Monday

ENDOMETRIOSIS

SHOP SPOTLIGHT

Endometriosis is a condition that can affect women from their first menstrual period until menopause and causes the production of ectopic endometrial tissue. Endometrial tissue usually lines the uterus however when it gets displaced (ectopic) it can be found in the ovaries, fallopian tubes, pelvic cavity and intestines. In rare cases the lungs and joints can become affected. The tissue still adheres to the menstrual cycle which results in the accumulation of blood without the presence of an exit point and can cause irritation, inflammation and pain. Other symptoms associated with the condition include infertility, spotting/bleeding between periods, bowel changes, bloating, nausea, pain on intercourse, pelvic pain and painful or abnormally heavy periods.

Leading causes include genetics, Retrograde Menstruation, undifferentiated stem cells differentiating into endometrial tissue, direct transplantation, oestrogen dominance, and tissue moving through the blood or lymph. Usually Ultrasounds, Laparoscopies or Biopsies are used as diagnostic tools.

Complications include the formation of chocolate cysts (sacs containing old blood) or fibrous tissue adhesions caused by recurring inflammation. This can result in obstructions to the uterus or fallopian tubes and contribute to infertility. Risk factors can include having family history of the condition, an abnormal uterus, early menstruation, shorter or heavy and long menstrual periods. Decreasing consumption of trans fats, processed foods and red meats, increasing dietary fruit and vegetables and regularly exercising can help reduce risks.

Whilst Endometriosis is not currently curable, ways to naturally support those suffering from the condition can involve:

Reducing inflammation as increased levels have a large impact on Endometriosis symptoms including chronic pain. Supportive measures can include increasing your intake of Omega-3 Fatty acids which are found in oily fish, flaxseed oil, hemp seeds and walnuts. This can be through diet or supplementation. Additionally, consuming more anti-inflammatory foods (fruits, vegetables, beans, nuts, seeds, whole grains, ginger, garlic, turmeric) and decreasing inflammatory foods (dairy, allergenic foods, ultra processed and processed foods) can be helpful in managing lower levels of inflammation.

Encouraging oestrogen clearance for which consuming cruciferous vegetables can be helpful.

Supporting liver detox for example by drinking green tea or raw vegetable juice, using castor oil packs or taking milk thistle, dandelion or turmeric supplements. Furthermore increasing fibre, removing dairy products from your diet and supporting your immune system and gut bacteria (prebiotics and probiotics) can be beneficial in aiding someone with endometriosis.

At Fairhaven we have a wide range of fresh organic fruit and vegetables, unprocessed and wholefoods which can be beneficial in supporting those with Endometriosis. Additionally we stock a variety of supplements which can aid sufferers including probiotics, anti-inflammatories and liver detox support. Speak to a member of staff next time you are in store if you would like extra information or assistance choosing supplementation.

Always confer with your medical practitioner prior to making any dietary or supplementary changes.



Unprocessed vs Ultra-processed Food

Hot topic

The topic of ultra-processed foods has been popping up more frequently in the news due to their serious health implications when consumed in large volumes. There are usually four classifications of food which relate to how much a product has been processed:

Unprocessed/Minimally Processed Foods:

These are foods that are eaten in their natural (raw) state, are packed full of beneficial nutrients and are devoid of any additives. Minimally processed foods have been slightly altered to improve storage or enable safe consumption. This can involve processes such as cooking, grinding, refrigeration and fermenting.

Processed culinary ingredients:

Ingredients used in cooking to help prepare other foods and are usually derived from minimally processed foods through pressing, refining, grinding or milling. They include some oils, vinegars, honey from honeycomb or maple syrup (however they must not include any other additional ingredients).

Processed Foods: these foods have enhanced durability or modifications/enhancement to flavour or texture through the addition of salt, sugar or fat. They should have minimal added ingredients (2-3) and can include canned fish, fruit or vegetables, fresh bread or cheese.

Ultra-Processed Foods: these foods are detrimental to health and lack many beneficial nutrients and fibre. Furthermore, they usually contain artificial flavours, colours and sweeteners, thickeners, emulsifiers and preservatives all of which can be harmful to health. Examples include crisps, crackers, cakes, biscuits and sugary drinks.

Recent research has highlighted just how bad for us Ultra Processed Foods (UPFs) actually are and the strong links they have with certain conditions. Health conditions linked with excessive UPF consumption include high blood pressure, cardiovascular disease, obesity, heart attacks, strokes and early death. There have now also been links shown between the development

of ADHD in children and E numbers (artificial additives used in UPFs). In contrast studies have recorded that consumption of unprocessed or minimally processed foods decreased the risk of the afore mentioned conditions.

The best ways to reduce UPF consumption are to prepare meals at home from unprocessed or minimally processed foods, add more fresh fruit and vegetables to your diet, read the packaging and be aware of additive names. If you can't understand the ingredients listed or a product has more than 5 ingredients, safe to say it's a UPF..

At Fairhaven, we pride ourselves in having an extensive range of unprocessed and minimally processed foods some of which are weighed out and packaged in store by our staff members. These include a diversity of dried beans and legumes, nuts and seeds, tinned beans, rice and whole grains. Pop in on a Saturday for cooking ideas and to sample some delicious food.



Website Links

<https://tinyurl.com/55ay275j> || <https://draxe.com/nutrition/liver-cleanse/> || <https://tinyurl.com/47834ye2>
<https://tinyurl.com/4K5rts8a> || <https://tinyurl.com/yvrxp36> ||
<https://womensfitness.co.uk/nutrition/how-to-avoid-ultra-processed-foods/>
<https://www.bmj.com/company/newsroom/new-evidence-links-ultra-processed-foods-with-a-range-of-health-risks/>

Awareness Days - March

1st Self Injury/Harm Awareness Day, Employee Appreciation Day
3rd World Hearing Day, Dyscalculia Day, World Wildlife Day
4th International HPV Awareness Day || March 4th - 10th British Pie Week || 7th World Book Day || 8th International Women's Day
March 11th - 15th Healthcare Science Week || 8th - 17th British Science Week || 10th Mothering Sunday || 11th - 17th Nutrition and Hydration Week || 12th World Glaucoma Day
13th Young Carers Action Day || 14th World Kidney Day, International School Meal Day || 15th World Sleep Day, Comic Relief/Red Nose Day || 15th - 31st The Great British Spring Clean || 17th St. Patrick's Day || 18th Global Recycling Day || 18th - 24th Neurodiversity Celebration Week || 20th Spring Equinox, World Oral Health Day, International Day of Happiness || 20th - 26th National Complementary therapy week || 21st World Down Syndrome Day, International Day of Forests, World Poetry Day || 22nd World Water Day || 23rd Earth Hour Day || 26th Purple Day || 29th Good Friday
30th World Bipolar Day || 31st Easter Sunday, International Trans Visibility Day