



How wonderful to hear morning birdsong, feel the warmth of the sun on our faces again and see its light brightening up our homes, making us wonder where on earth all those cobwebs came from!

If spring cleaning, remember we have a multitude of cleaning products that we refill and we now sell small bottles of Ecover concentrated multipurpose cleaner that can be used to refill the spray bottles.

MIGHTY HIKES MACMILLAN CANCER SUPPORT

During March we always think of the devastating impact cancer can have on individuals and families and have fundraised for Marie Curie and Brain Tumour Research in the past.

This year, our very own Stefan and his girlfriend, have signed up to do the Norfolk Coast Mighty Hike on 20th May for Macmillan Cancer Support – a marathon hike of 26 miles!

If you would like to sponsor Stef, he would be extremely grateful – every penny adds an incentive to complete the hike – click on his JustGiving page here: [tinyurl.com/bdf2bsrw](https://www.justgiving.com/page/bdf2bsrw). We will also have a bucket for any donations at the front of the shop. Next time you are in don't forget to ask him how the training is going!

Save The Date!



Emma Belton Nutrition

ENDOMETRIOSIS, PERIODS & PELVIC PAIN
SATURDAY 25th MARCH
11:00am - 12:30pm



SHOP SPOTLIGHT

ENDOMETRIOSIS

Endometriosis is a condition where tissue similar to the tissue that lines a woman's uterus, grows outside of the uterus. It acts like regular uterine tissue at the end of a period, breaking apart and bleeding at the end of the cycle. The blood has nowhere to go and surrounding areas may become inflamed and swollen, but also with the following debilitating symptoms too:

Back pain during your period; severe menstrual cramps; pain when going to the toilet, especially during your period; unusual or heavy bleeding during periods; blood in your stool or urine; diarrhoea or constipation; painful sex; fatigue that won't go away; trouble getting pregnant.

The specific cause of Endometriosis is unknown, however it is thought that there may be a genetic link. Having this debilitating and extremely painful condition, can severely affect a woman's quality of life and is the leading cause of infertility.

Natural therapies which have shown to give some relief include:

Acupuncture, medicinal herbs, massage, exercise. Other self-help ways to support the condition: eating more vegetables and fruit, increasing intake of Omega-3 fatty acids, isoflavones, eating a low-fat diet, progesterone cream, chamomile, probiotics, resveratrol, turmeric, green tea.

Supplements that may support easing of symptoms of the condition include NAC, magnesium, bromelain, zinc and astaxanthin. Iodine deficiency has also been linked to increased pain in endometriosis. It has been shown that coffee, tea, and alcohol, as well as stress, may make symptoms worse.

Emma Belton, a qualified nutritionist and sufferer of Endometriosis, will be at Fairhaven to deliver a talk about managing the pain and effects of the condition on Saturday 25th March. Speak to a member of staff for details or to buy a ticket, alternatively visit our website for more information .

<https://www.fairhaven.co.uk/Emma-Belton-Nutrition-Talk-250323/>

Research has shown that certain foods may lower the risk of developing cancer, if a person adds them to their diet:

Apples, berries, garlic, leeks, onions, broccoli, Brussels sprouts, cauliflower, kale, red cabbage and curly cabbage, walnuts, and legumes have all been shown to be 'cancer-fighting' foods and vitamins A, C, and E are noted for their anticancer properties. Recent research has shown exciting results in the use of DHA in tumour suppression. (DHA is usually found in fish, but it is possible to buy vegan DHA supplements).

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, vitamin D3, alpha-lipoic acid, vitamin K, and mushrooms!

Used in Asia for centuries, there have been numerous scientific studies that have shown the beneficial medicinal properties of mushrooms, boosting parts of the immune system that are linked to cancer. Certain mushrooms stimulate the compounds that are responsible for tumour suppression and there are also mushrooms that decrease inflammatory compounds, which is helpful for cancer patients.

Shiitake, *Cordyceps sinensis*, Chaga, Reishi, Lion's mane and Turkey Tail mushrooms have been extensively researched with scientific studies published on their successful role in cancer care support. Read more in the reference link from Doctor's Health Press for details of studies and related cancers. Always speak to an Oncologist before incorporating medicinal mushrooms into a cancer care programme.

A high percentage of senior pure-bred dogs can be expected to be diagnosed with cancer, and medicinal mushrooms can also be used as a treatment for them too – speak to your veterinarian about possible treatment options or read the link provided in the references for more information.

Mushroom March

Get **10% OFF** all our mushroom supplements in store and online throughout March.



Awareness Days

Ovarian and Prostate Cancer Awareness, Walk all Over Cancer, Endo the Night - Endometriosis Awareness, Marie Curie Great Daffodil Appeal, Brain Tumour Awareness, 100 miles in March for Mind

- 1st** - St David's Day
- 2nd** - National Old Stuff Day & University Mental Health Day
- 3rd** - World Book Day
- 3rd - 9th** - Endometriosis Awareness Week
- 5th - 11th** - National MS Week
- 6th - 12th** - World Glaucoma Week & Cultivation Street Week
- 7th - 13th** - British Pie Week, National Carers Week & National Feet Week
- 8th** - International Women's Day
- 9th** - No Smoking Day
- 10th** - World Kidney Day
- 10th - 13th** - Crafts
- 12th** - Fairtrade Fortnight ends
- 15th - 21st** - World Salt Awareness Week
- 17th** - St Patrick's Day & Comic Relief (Red Nose Day)
- 17th - 2nd** - April The Great British Spring Clean
- 18th** - Global Recycling Day & World Sleep Day
- 19th** - Mothering Sunday
- 20th** - Spring Equinox, World Oral Health Day & World Happiness Day
- 20th - 27th** - National Complementary Therapy Week
- 22nd** - World Water Day
- 24th - 30th** - Tick Bite Prevention Week
- 25th - 1st** - Acupuncture Awareness Week
- 26th** - British Summertime begins – clocks go forward one hour & Purple Day
- 30th** - Bipolar Day
- 31st** - Wear a Hat – raising money for Brain Tumour Research



<https://www.mdanderson.org/cancerwise/can-medicinal-mushrooms-help-during-cancer-treatment.h00-159460056.html>
<https://foodrevolution.org/blog/cancer-fighting-foods/> || <https://www.healthline.com/nutrition/dha-docosahexaenoic-acid>
<https://pubmed.ncbi.nlm.nih.gov/27929633/> || <https://www.cancer.gov/about-cancer/treatment/cam/patient/mushrooms-pdq>
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<https://www.dogsnaturalymagazine.com/medicinal-mushrooms-for-cancer-in-dogs/>
<https://www.webmd.com/women/endometriosis/endometriosis-causes-symptoms-treatment>
<https://www.verywellhealth.com/natural-treatments-for-endometriosis-89275>
<https://www.myorganiclife.me/en/best-supplements-for-endometriosis/>
<https://pubmed.ncbi.nlm.nih.gov/25864256/> || <https://pubmed.ncbi.nlm.nih.gov/33844306/>
<https://www.drberg.com/blog/endometriosis-and-iodine-deficiency-link>

References & Links