

Here comes Spring, a season of beautiful sunny weather as the days begin to warm and grow longer... perfect for growing, picnics, bike rides, long leisurely walks, and camping! Walk or ride your bike to Fairhaven for an extra loyalty stamp during May!



### Coeliac Safe Foods

May is Coeliacs Awareness Month, so come and pop in to Fairhaven and browse all of our Coeliac Friendly (and therefore gluten free!) products. They range from breads, flours, ready made meals, biscuits, drinks, flour, pasta, cereal and more! During May we will have a range of gluten free products on special offer. Also look out for a new range of gluten free crackers.



## MEDITERRANEAN DIET

### SHOP SPOTLIGHT

The Mediterranean Diet has been shown time and time again to help optimise overall health and tends to be seen less as a diet and more of a lifestyle.

The bulk of the diet leans towards plant based foods including whole-grains, olive oil, fruits, vegetables, beans, legumes, nuts, herbs and spices. Additional animal based proteins that are consumed in moderation include fish, poultry, eggs and dairy. In general the Mediterranean Diet emphasises:

1. The consumption of healthy fats through olive oil, nuts, avocados and oily fish (which increases an individual's intake of omega-3 fatty acids).
2. Decreased dietary intake of red meats and processed foods.
3. Having water as the main beverage along with moderate wine intake alongside a meal.
4. Partaking in regular physical activity.

Nutritionally the diet provides a low intake of saturated fats and animal protein, and a plethora of antioxidants, fibres, monounsaturated fatty acids, probiotics, phytosterols and a balance between omega-6 and omega-3 fatty acids. This nutritional diversity is likely to explain some of the health benefits relating to the diet including a decrease in the overall risk of mortality, obesity, cardiovascular disease and Type 2 Diabetes.

Furthermore, there has been scientific interest in the links between the diet and improvements in ageing due to the abundance of antioxidant compounds found in fruits, vegetables, nuts and whole-grains that are consumed. These compounds assist with maintaining telomere length and combating cell stress factors which are closely intertwined with the ageing process.

At Fairhaven we provide a variety of different products (with the choice of organic or non-organic) which include dried and canned beans and legumes, nuts and seeds, olive oil, fresh and frozen organic fruit and vegetables.

Furthermore we stock a range of different whole-grains, for example oats, quinoa, spelt, barely, millet, different types of rice, whole-grain breads as well as different rye breads and whole-grain flours.

We also offer a variety of vegan and non-vegan Omega-3 from our Terranova, Viridian, Lamberts, Biocare and NaturesAid brands. Other beneficial supplements we stock include Vitamin B12 and Vitamin D (which we get from the sun and dietary intake). Consuming Vitamin D alongside healthy fats such as avocados, nuts or olive oil helps increase the absorption making the Mediterranean diet perfect!

As always it is essential to check with your healthcare practitioner before making any supplementary or dietary changes.



# Lupus

## Hot topic

Lupus is a long-term non-contagious autoimmune condition characterised by muscle and joint pain, extreme and unrelenting fatigue and photosensitive rashes (triggered by sun exposure). Other symptoms can include headaches, a high temperature, chest or stomach pain, hair or weight loss, depression, anxiety, mouth ulcers, swollen glands and Raynauds. An individual may have periods of symptom relapse and remission the cause of which is not currently understood.

Possible causes of the condition include menopause, childbirth, sunlight, medicines, viral infections or puberty. There is also a higher prevalence seen in women than men and individuals with an African, Asian, Chinese or Caribbean background.



Due to the wide ranging symptoms relating to the condition, diagnosis tends to be difficult. It is usually confirmed through blood tests showing raised levels of a certain antibody in combination with having common Lupus symptoms.

If an individual suffers from Lupus this can cause complications, one of them relating to pregnancy. Pregnancy in an individual with active Lupus could result in miscarriage, stillbirth or other major consequences for the baby or mother. Risks increase in women with Lupus who have high blood pressure, lung disease, chronic kidney failure, heart failure, kidney disease or preeclampsia risk.

Presently Lupus is not curable and individuals will usually use prescribed medicines to help with symptom management. Although Lupus is not currently curable it is possible to use natural methods as a source of support and symptom management. This can involve implementing lifestyle changes including using high factor sunscreen, promoting relaxation techniques such as meditation, yoga, breathing techniques (stress can exacerbate symptoms), pacing yourself based on your energy levels, increasing activity, smoking cessation and

reducing exposure to direct sunlight or fluorescent lights.

Diet and supplements can help with managing the condition; increasing anti-inflammatories, Vitamin D, and reducing inflammatories.

The Mediterranean Diet has been shown to be advantageous in reducing inflammation which is a major issue with the condition.

This diet is majorly plant based (vegetables, fruits, whole grains, legumes, nuts and beans) with the addition of healthy fats such as Extra Virgin Olive Oil (as well as oily fish). Pop in store this month and pick up a copy of our Mediterranean Tahini Bean Salad Recipe. This will also be available through our weekly emails.

At Fairhaven we offer a wide range of healthy unprocessed whole-foods, fruit, vegetables, nuts, seeds, legumes and more. Additionally we offer anti-inflammatory and Vitamin D supplements from our Viridian, Terranova and Lamberts ranges.

Feel free to ask a staff member more about them next time you are in.

### Links & References

<https://tinyurl.com/283barm8> || <https://tinyurl.com/36jh6887> || <https://www.nhs.uk/conditions/lupus/>  
<https://www.medicalnewstoday.com/articles/lupus-diet> || <https://tinyurl.com/585w7tb5>  
<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mediterranean-diet/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7536728/> || <https://tinyurl.com/352617nb>

**Action on Stroke, National Walking Month, Tourettes Awareness, Coeliac Disease**

**April 29th - May 5th National Gardening Week, Maternal Mental Health Awareness Week**

**1st - 8th Time for a Cuppa (Dementia Awareness)**

**1st World Maternal Mental Health Day || 5th International Day of the Midwife || 6th - 12th Children's Book Week, Sun Awareness Week, Deaf Awareness Week, Red Cross Week || 7th World Asthma Day**

**8th World Ovarian Cancer day, World Red Cross Day**

**10th World Lupus Day || 12th ME Awareness Day, Children's Day**

**13th - 19th Mental Health Awareness Week, Dementia**

**Action/Awareness Week, World Salt Awareness Week || 17th World Hypertension Day || 20th - 26th Action For Brain Injury Awareness Week, Type 2 Diabetes Prevention Week || 21st World Day for Cultural Diversity and Dialogue and Development**

**23rd World Turtle Day || 25th International Skin Pigmentation Day, International Missing Children's Day, Melanoma BRAF Awareness Day**

**May 27th - June 9th British Tomato Fortnight || 28th World Hunger Day || 29th World Digestive Health Day || 30th World MS Day**

**31st World No Tobacco Day**