



All of nature is currently full of the spirit of love and new life and being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, but it also contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

## Are you a nurse?

Celebrating International Nurses Day on 12th May, marking the contributions nurses make to society, show us your Identity Card to receive 20% off your shop!



## 20% off oats this month

Action on Stroke takes place this month. One of the best dietary sources to support cardiovascular health are the humble oats. Pop in to take advantage of 20% off our oats this month including Just Natural Gluten Free Porridge and Jumbo oats.

## Giveaway in May:

As we are now allowed out once again, take advantage of our ZAO makeup offer: Buy a mascara and eyeliner and get a free lipstick: Made up in May!



# ZAO

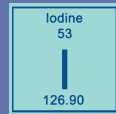
## WINNERS

Congratulations to our A. Vogel hamper winner Dave Polley and the umbrella was won by Ellen Bloomfield.

# MINERAL

IN FOCUS:

## IODINE



Iodine helps make thyroid hormones, which help keep cells and the metabolic rate (the speed at which chemical reactions take place in the body) healthy. Iodine during pregnancy is essential to the development of the baby's brain and nervous system. It also regulates the baby's metabolism. Good food sources of iodine include sea fish (white), milk and dairy produce. Plant sources of iodine can be unpredictable, and the amount of iodine depends upon soil condition and farming methods. Kelp supplements can help those who feel sluggish with a 'slow metabolism'. Seaweed contains a concentrated source of iodine and an amino acid called tyrosine. Your thyroid gland requires both to function properly.

If following a strict vegan diet, then taking an iodine supplement may be considered. Some types of plant-based milk are also fortified with iodine. Taking 500 micrograms or less a day of iodine supplements is unlikely to cause any harm.

Adults need 140 micrograms (µg) of iodine a day.

Follow the link below for more information on what iodine is vital for:

<https://health.howstuffworks.com/wellness/-food-nutrition/vitamin-supplements/iodine.html>

See in-store or online for seaweed and sea vegetable products that we stock.

# HOT TOPIC Coeliac Awareness

Diarrhoea, abdominal pain, bloating and flatulence (passing wind), indigestion, constipation, vomiting (usually affecting children), extreme tiredness, unexpected weight loss – are all symptoms of coeliac disease.

Coeliac disease is a condition where your immune system attacks your own tissues when you eat gluten. This damages your gut (small intestine), so you are unable to take in nutrients. This results in malabsorption which can also lead to stools (poo) containing abnormally high levels of fat (steatorrhoea), making them foul smelling, greasy and frothy. They may also be difficult to flush down the toilet.

Fatigue from coeliac disease may be a sign of iron deficiency anaemia or vitamin B12 folate deficiency anaemia.

Gluten, which is a dietary protein, is found in 3 types of cereal: wheat, barley and rye and people who are diagnosed with coeliac disease must follow a gluten-free diet to control symptoms as there is no known cure.

Fortunately, there is a greater awareness of this disease and a wide range of gluten-free products are now available for sufferers. (See our website for the many gluten-free options that we have in-store!)



<https://www.nhs.uk/conditions/vitamins-and-minerals/iodine/> ||| <https://www.vegansociety.com/resources/nutrition-and-health/nutrients/iodine>  
<https://www.bad.org.uk/skin-cancer> ||| <https://www.coeliac.org.uk/home/> ||| <https://www.nhs.uk/conditions/coeliac-disease/> ||| <https://pubmed.ncbi.nlm.nih.gov/25267241/>  
[https://www.stroke.org.uk/sites/default/files/healthy\\_eating\\_and\\_stroke\\_0.pdf](https://www.stroke.org.uk/sites/default/files/healthy_eating_and_stroke_0.pdf)

## AWARENESS DAYS

### Skin Cancer Awareness Month & Action on Stroke Month

- 1st** May Day
- 3rd** Bank Holiday
- 3rd – 9th** Sun Awareness Week (For Early detection of skin cancer, see the information sheets in store) & Deaf Awareness Week
- 5th** World Asthma Day
- 10th – 16th** Mental Health Awareness Week & National Vegetarian Week
- 10th – 16th** Coeliac Awareness Week & ME Awareness Week
- 12th** International Nurses Day & World Fibromyalgia Day
- 16th** National Children's Day UK
- 17th** World Hypertension Day
- 17th – 23rd** Dementia Action Week
- 20th** World Bee Day
- 28th** Menstrual Hygiene Day
- 31st** Bank Holiday

## WELCOME TO THE TEAM

A warm welcome to Finola, our new member of staff who joins us to work on Saturdays!

## 15% OFF

- Best selling Organic sun creams
- Recyclable plant based packaging
- Suitable for sensitive skin and eczema



More special offers available in store and online throughout May.