



As nights draw in and carved pumpkins get turned into delicious warming soup, keeping a range of natural products in your cupboard, which can help support us through the oncoming winter months, allows us to nip any ailments in the bud!

Staff favourites include: colloidal silver, high-strength Vitamin C, Vitamin D3 & K2 Andrographis, manuka honey, lemon, ginger, turmeric, eucalyptus oil and pink Himalayan salt. We have a constant supply of packaging free, organic fresh lemons, ginger, and garlic in-store. Ask a member of staff for other recommendations to help with the symptoms of colds, coughs, and flu.

Ooosh!!

We often bring in new products, but the Ooosh vegan ready meals that we are lucky to be stocking are not only vegan, gluten-free and delicious, they are made in Stotfold – just a stone's throw away! Come and try them!



Join us for our **CHRISTMAS FAYRE**

Saturday 26th November
12pm-4pm



We invite all our customers to our traditional Christmas Fayre, which this year will be on Saturday 26th November. It is our opportunity to say a big thank you to our lovely customers for supporting us and we will have the usual complimentary (gluten-free and vegan) mince pies and mulled wine or non-alcoholic fruit punch being served. There will be several local businesses offering beautiful gifts for sale, food tasting, free entry to win a wonderful Fairhaven hamper and of course 10% off your Fairhaven shopping on that day. We look forward to you joining us for what is always a jolly and happy day!

SUPPLEMENT SPOTLIGHT

NAC

(N-ACETYL CYSTEINE)

Adequate intake of cysteine and NAC is important for a variety of health reasons such as helping with chronic respiratory conditions, fertility, and brain health (by regulating glutamate levels in your brain, NAC may alleviate symptoms of mental health conditions and reduce substance use and cravings). It can help detoxify the body, as well as replenish the most powerful antioxidant in the body, glutathione ... but more on that in January's newsletter!

Cysteine is a semi-essential amino acid as it is made by the body from other amino acids, methionine and serine. It becomes essential when dietary intake of methionine and serine is low.

For your body to make the amino acid cysteine, you need adequate amounts of folate, vitamin B6, and vitamin B12. N-acetyl cysteine (NAC) is a supplement form of cysteine, which is also found in most high protein foods, such as chickpeas, lentils, soya beans, kidney beans, sunflower seeds, nuts, eggs, yogurt, and cheese (also poultry, meat, and fish).



The accepted daily supplement recommendation is 600–1,800 mg of NAC.

Always consult with a health professional if considering taking NAC and particularly if on medication for diabetes or if taking blood thinning medication.

Lungs

Hot topic



In autumn and winter there is always a rise in respiratory infections and caring for our lungs is even more important at this time of year. They are the major organs of the respiratory system and are delicate, spongy, air-filled sacs that are responsible for gaseous exchange – carrying the oxygen in the air that we breathe to blood in our body and then allowing us to exhale the waste gases including carbon dioxide taken from our blood.

Not only is this vital activity performed by the lungs, but they are also part of the body's first line of defence against pathogens and pollutants as well as particles that may be in the air that we breathe.

Fortunately, we produce mucus, a thick liquid, in the walls of the small airways of the lungs, to help keep them clean and well lubricated. It is moved by tiny hairs called cilia that line your airways, going back and forth sweeping a thin layer of mucus out of your lungs and into your throat. Unwanted materials stick to the mucus and then when it reaches the throat, it is usually swallowed without you realising!

Mechanisms to protect our lungs include not smoking, avoiding dusty or polluted environments, and wearing protective face masks if exposed to these conditions.

In Traditional Chinese Medicine (TCM), the lungs are responsible for circulating Qi (Chi, translated as 'breath' – very simply explained as 'the vital life force') and fluids throughout the body. Yoga, Tai Chi, Qigong are all disciplines that can benefit the lungs as well as optimise overall health.

Breathing exercises have been shown to support all aspects of overall health.



Foods to support good lung health include: Beetroots, peppers, apples, pumpkin, turmeric, tomatoes, blueberries, elderberry, garlic, red cabbage, lentils and brazil nuts.

It is an interesting point of observation that the most beneficial foods to support good lung health seem to ripen and be ready to eat just at the time when respiratory illness is at its peak!

Recommended supplements to support lung health include: Vitamins A, C, D, E, Magnesium, zinc and NAC. For more information see the references given below.

Website Links

<https://www.vegansociety.com/get-involved/world-vegan-month>
<https://pubmed.ncbi.nlm.nih.gov/32196426/> || <https://www.nhlbi.nih.gov/health/lungs>
<https://www.blf.org.uk/support-for-you/how-your-lungs-work/what-else-do-the-lungs-do>
<https://www.tcmworld.org/what-is-tcm/the-five-major-organ-systems/lung-health/>
<https://www.healthline.com/nutrition/lung-cleansing-foods> || <https://www.respiratorytherapyzone.com/best-vitamins-for-lungs/>
<https://www.healthline.com/nutrition/nac-benefits> || <https://www.verywellhealth.com/the-benefits-of-n-acetylcysteine-89416>
<https://www.webmd.com/diet/health-benefits-nac>

CHRISTMAS & NEW YEAR OPENING HOURS

Monday, Dec 19th	9am - 5pm
Tuesday, Dec 20th	9am - 5pm
Wednesday, Dec 21st	9am - 5pm
Thursday, Dec 22nd	9am - 5pm
Friday, Dec 23rd	9am - 5pm
Christmas Eve	9am - 1pm
Christmas Day	closed
Boxing Day	closed
Tuesday, Dec 27th	closed
Wednesday, Dec 28th	9am - 5pm
Thursday, Dec 29th	9am - 5pm
Friday, Dec 30th	9am - 5pm
New Year's Eve	9am - 1pm
New Year's Day	closed
Monday, Jan 2nd	closed

Normal opening hours resume 3rd Jan 2023

NOVEMBER

World Vegan Month, Veg Pledge, Movember, Pancreatic Cancer, Mouth Cancer & Lung Cancer Awareness

1st World Vegan Day

2nd National Stress Awareness Day

3rd National Sandwich Day

4th – 9th National Spa Week

5th Guy Fawkes Night

7th – 11th Talk Money Week, Children's Book Week & Int'l Stress Week

9th Social Media Kindness Day

11th Remembrance Day

11th – 16th Alcohol Awareness Week

13th World Kindness Day

14th World Diabetes Day

14th – 18th Anti Bullying Week

14th – 20th Sugar Awareness Week

16th World COPD Awareness Day

17th World Pancreatic Cancer Day

18th Children in Need

19th International Men's Day & Survivors of Suicide Loss Day

22nd Oceans Of Plastic

25th White Ribbon Day – eradication of violence against women

26th Fairhaven's Christmas Fayre! 10% off all day

27th Advent begins

30th St Andrew's Day



AWARENESS DAYS

DECEMBER

Decembeard (Bowel Cancer awareness)

2nd Intl Day for the Abolition of Slavery

3rd Tree Dressing Day & Intl Day of Persons with Disabilities

5th World Soil Day & Intl Volunteers Day

8th Christmas Jumper Day

10th Human Rights Day

18th International Migrants Day

17th – 8th Jan Festival of Winter Walks – see <https://www.ramblers.org.uk/go-walking/events-index-/2016/december/festival-of-winter-walks.aspx>

25th Christmas Day –

(please see our Christmas opening hours)

31st New Year's Eve & National Champagne Day! And a Happy New Year from us all!

DOUBLE X2 DECEMBER

Back by popular demand! Get two loyalty stamps every time you shop at Fairhaven throughout December. Receive 10% off every 4th shop rather than every 7th!



FROM THE FAIRHAVEN TEAM



All the team at Fairhaven send thanks and very best wishes to our customers and supporters and hope that Christmas brings us all a peaceful, restful, and joyous time. We look forward to and hope for a happy and healthy New Year!

SEE YOU AT OUR CHRISTMAS FAYRE!