

As the autumn months move into winter and everyone starts cosying up, the Fairhaven team are here to help you get through the colder months with warming teas, healthy produce, and supplements galore!

Are you tempted to try a healthy spiced drink that will leave you cosy and glowing in the winter months, why don't you give a Turmeric Latte a go? Or try the new Organic Traditions Pumpkin Latte.

Just combine a mug of your favourite milk with 1/2 a teaspoon of cinnamon, ginger, turmeric and two crushed cardamom pods on medium heat for 5 minutes. If you want it stronger, prepare it the day before and let it stew for longer and just warm up a cup when you want it (you could even make enough for a few days)!

## Fairhaven's Christmas Range

We have started to get our Christmas stock in including advent calendars - dairy free alternatives are available, gluten free mince pies, Christmas puddings, Christmas cakes! As well as a variety of ethical and fair-trade gifts including sari products, hand crocheted beanies and handmade trinket boxes.



## Saturday Samples

As I'm sure some of you have seen, we have been trialling doing some cooking and baking on Saturdays! The response from everyone has been incredible and we can't wait to see more of you in store to sample some of our creations!



## Join us for our CHRISTMAS FAYRE

**Saturday 2nd December**  
**12pm-4pm**

We invite all our customers to our traditional Christmas Fayre. 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! Keep an eye out on Social Media for more information or ask in store.

## CHRISTMAS & NEW YEAR OPENING HOURS

Monday, Dec 18th	9am - 5pm
Tuesday, Dec 19th	9am - 5pm
Wednesday, Dec 20th	9am - 5pm
Thursday, Dec 21th	9am - 5pm
Friday, Dec 22nd	9am - 5pm
Saturday, Dec 23rd	9am - 4pm
<b>Christmas Eve</b>	<b>closed</b>
<b>Christmas Day</b>	<b>closed</b>
<b>Boxing Day</b>	<b>closed</b>
Wednesday, Dec 27th	9am - 5pm
Thursday, Dec 28th	9am - 5pm
Friday, Dec 29th	9am - 5pm
Saturday, Dec 30th	9am - 4pm
<b>New Year's Eve</b>	<b>closed</b>
<b>New Year's Day</b>	<b>closed</b>
Tuesday, Jan 2nd	9am - 5pm

# Type 2 Diabetes Mellitus

## Hot topic

Insulin is a hormone which normally lowers blood sugar levels by triggering cells to uptake glucose from the blood. However, in individuals with high sugar consumption or insulin deficiency this process becomes faulty causing raised blood glucose levels. This is essentially what occurs in the condition Type 2 Diabetes Mellitus (T2DM).

T2DM is caused by having a sedentary lifestyle, insulin resistance, obesity, genes, and family history. Symptoms can include fatigue, increased hunger, blurred vision, increased thirst and urination, numbness or tingling in your extremities, unexplained weight loss and sores that do not heal. Recently rates in children have increased although the condition commonly affects adults (due to high sugar consumption over many years). Testing usually involves blood tests which can indicate whether the individuals blood sugar levels are normal, prediabetic or diabetic.

Fortunately, the condition can be preventable (if prediabetic) and reversible due to the links between T2DM development and diet and lifestyle choices. Research shows that following certain diets can help support sufferers and promote remission by reducing blood sugar levels. For example, Low Glycaemic Index Diets, (avoiding fructose, refined carbs and processed foods and increasing natural fats), Low-Carbohydrate Diets and the Mediterranean Diet. The Mediterranean Diet is characterised by consumption of fresh fruit and vegetables, extra-virgin olive oil, oily fish, nuts, seeds, beans, whole-grains and moderate amounts of dairy, poultry, and eggs. Other supportive methods involve increasing physical activity and fibre intake, healthy weight-loss, eliminating smoked foods and consuming ½ a teaspoon of cinnamon daily.

Supplements can also be beneficial in reducing blood sugar level, stimulating insulin production and glucose uptake and utilisation (always in consultation with your healthcare practitioner). These can include Biotin (B7), Essential Fatty Acids, Vitamin C with Bioflavonoids, Zinc, Coenzyme Q10, Vitamin E, Magnesium, potassium, and chromium.

At Fairhaven we stock a range of low carbohydrate, refined sugar-free, unprocessed foods along with a variety of oils, nuts, seeds, whole-grains, herbs, and spices. Additionally, we offer supportive supplements from our Terranova and Viridian ranges (both offer varieties of Magnesium).

These include Viridian's, Biotin, Vegan EPA and DHA oil, Calcium, Scandinavian Rainbow Trout Oil, Vitamin C, Vitamin E, G.T.F Chromium Complex and Terranova's CoQ10, and Organic Omega Oil 3,6,7,9.



### Website Links

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6163866/>  
<https://tinyurl.com/nhx6h697> | <https://tinyurl.com/5ytn479cw>  
<https://www.who.int/news-room/fact-sheets/detail/diabetes>  
<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/type-2-diabetes>  
<https://www.ncbi.nlm.nih.gov/books/NBK513253/#:~:text=Type%20%20diabetes%20mellitus%20>

### Awareness Days - November

**Veg Pledge, Men's Health, National Novel Writing Month, Pancreatic Cancer, Lung Cancer, and Mouth Cancer Awareness Month**

1st World Vegan Day  
2nd National Stress Awareness Day  
3rd National Sandwich Day  
5th Guy Fawkes Night  
6th - 10th Global Prebiotics Week  
6th - 12th Children's Book Week  
7th Purple Tuesday  
8th International Day of Radiology, World Radiology Day  
9th Social Media Kindness Day  
11th Remembrance Day  
13th World Kindness Day, Oddsocks Day  
13th - 17th AntiBullying Week  
14th World Diabetes Day  
14th - 20th Baby Week UK  
15th World COPD Awareness Day, Blue Wednesday  
16th World Pancreatic Cancer Day  
17th Children in Need  
18th Survivors of Suicide Loss Day  
19th International Men's Day  
19th - 25th Road Safety Week  
22nd Oceans of Plastic  
23rd Carers Rights Day  
25th White Ribbon Day - eradication of violence against women  
30th St. Andrews Day

# CINNAMON & GINGER

## Festive Spices

As the months grow colder and we progress into November and December we see the use of warming spices in drinks and foods more frequently. As well as being delicious and festive they also provide a variety of hidden health benefits!

### Cinnamon

A fragrant spice obtained from the bark of the cinnamon tree, cinnamon contains a range of polyphenols and flavonoids (antioxidants) which help protect the body against oxidative stress, inflammation, and a range of conditions. It also has antibacterial and antifungal properties and may be beneficial against salmonella or H. Pylori infections. Additionally, it aids in cardiovascular health by lowering increased blood pressure (sugar-induced), reduces blood clots and promotes healthy cholesterol levels. As mentioned in the T2DM section consuming as little as ½ a teaspoon of ceylon cinnamon daily can help with blood sugar control (as easy as a sprinkle on porridge, in a smoothie or drink!).



### Ginger

Another beneficial spice which has been shown to reduce nausea and vomiting making it useful during morning sickness, sea voyages or just when suffering from general sickness. Furthermore, it has anti-inflammatory effects (positively affecting joint and muscle health and swelling), possible links with reducing certain cancers, improving cardiovascular health, assisting healthy weight management, and supporting those with arthritis, migraines, or hypertension.



At Fairhaven we sell both cinnamon and ginger in the form of spices (ground and whole), tea blends (including Yogi Tea, Taka Tea and Clipper Tea), supplements and a range of other products. Products containing cinnamon include Food for Life Cinnamon Raisin Whole Grain Bread and Apple and Cinnamon Spread.

Ginger products on sale include a variety of biscuits, flapjacks, drinks (including Juices, Ginger beers, kombuchas and sparkling beverages) and in the form of crystallised or stem ginger.

**We sell fresh Organic ginger all year round!**

<https://tinyurl.com/8h657kmy>

<https://www.ncbi.nlm.nih.gov/books/NBK92775/57kmy> || <https://pubmed.ncbi.nlm.nih.gov/30651162/>

To get the most beneficial effect from the spices it is advised to add the ground or raw forms to drinks, food, or supplements rather than getting a dose from more processed sources.

Ginger is more commonly used in supplements for example Terranova's Ginger 350mg or Turmeric and Ginger supplements both of which we stock.

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

## DOUBLE x2 DECEMBER

It's that time of year again! Get two loyalty stamps every time you shop at Fairhaven throughout December. Receive 10% off every 4th shop rather than every 7th!

### Awareness Days - December

**Decembeard** - Completed Movember? Swap your tash for a beard!

2nd Fairhaven Christmas Fayre

2nd International Day for the Abolition of Slavery

3rd Advent Begins, International Day of Persons with Disabilities

5th International Volunteers Day, World Soil Day

7th Christmas Jumper Day

10th International Animal Rights Day, Human Rights Day

18th International Migrants Day

20th International Human Solidarity Day, Festival of Winter Walks

24th Christmas Eve

25th Christmas Day (Fairhaven Closed)

26th Boxing Day (Fairhaven Closed)

31st New Years Eve 2023

## THANK YOU ALL SO MUCH FROM THE FAIRHAVEN TEAM

All of us at Fairhaven send our thanks for another amazing year and we wish you all a joyful and well rested Christmas time full of family, friends, and those you love! We are all looking forward to seeing everyone again for a happy and healthy New Year!

**WHOLEFOODS AND A WHOLE LOT MORE!**

