

Colder weather may be upon us, but at Fairhaven, these next two months are full of joy, happiness and laughter as we celebrate the festive period and moving on into 2025!

CHRISTMAS RANGE



We are delighted to announce the arrival of our Christmas stock - come on in and have a browse! We have Advent calendars, (gluten-free and vegan) mince pies, Christmas puddings, Christmas cake, chocolate coins, chocolates, chutneys, teas, as well as some gorgeous ethical gifts which are located next to the Organic fruit & veg stand.



MOVEMBER

Mental health and suicide prevention, prostate cancer and testicular cancer. Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men. Let us know your 'tache' efforts for an extra loyalty stamp.

— YOUR'RE INVITED TO OUR — **CHRISTMAS FAYRE** — SATURDAY 30TH NOVEMBER —

The time for our Fairhaven Christmas Fayre has come around again! Come and visit us on 30th November 2024 from 12pm until 4pm for food, drinks, table-top sales, Christmas music and vibes! We cannot wait to get in the Christmas Spirit with everyone! Complimentary mince pies and mulled wine or fruit punch as usual – delicious! 10% off all day and the chance for you to win a £100 Fairhaven store voucher.

VITAMIN C SUPPLEMENT SPOTLIGHT

Only available from dietary or supplementary sources, Vitamin C is an essential water-soluble nutrient that humans cannot produce internally.

This nutrient is required for the development of bone, blood vessels, cartilage and collagen as well as optimal immune system function and healing processes. Research has shown that Vitamin C may positively impact conditions and diseases including, cardiovascular disease, age-related macular degeneration, cataracts, brain function, joint health, allergy and asthma.

A potent antioxidant that can neutralise free radicals (unstable atoms that can damage cells' DNA), which have been linked with cancer, autoimmune diseases and aging skin, Vitamin C also acts as a natural antihistamine.

See our Vitamin C display for ideas on how to get your daily dose of the vitamin from dietary sources ... the usual suspects, but also some which may surprise you!

The daily recommended amounts of Vitamin C are:

- 1-3 yrs 15mg (male and female)
- 4-8 yrs 25mg (male and female)
- 9-13 yrs 45mg (male and female)
- 14-18 yrs male: 75mg, female: 65mg
- 19+ yrs male: 90mg, female: 75mg

If an individual smokes they require an additional daily 35mg of Vitamin C

Vitamin C deficiency can occur when someone consumes under 10mg/day for multiple weeks and is classified as scurvy. Initial symptoms include gum inflammation, loose teeth, bleeding gums, malaise, fatigue and anaemia.



Individuals most likely to be at risk from a Vitamin C deficiency include;

- Smokers
- Individuals consuming a limited variety of food
- Infants fed evaporated or boiled milk
- People with malabsorption and certain chronic diseases

Optimal benefits of Vitamin C are achieved by eating fruit and vegetables daily. We have a wonderful assortment of foods containing varying amounts of Vitamin C, including fresh, frozen and dried fruit, vegetables, fruit and vegetable juices. Ask about our Vitamin C supplements in capsule and powder form from our Viridian, Biocare, NaturesAid and Lamberts brands.

Detoxing simply means to remove toxins from the body.

The main ways our body detoxes:

- **The liver:** breaks down toxic metabolism byproducts, which get filtered out through our kidneys
- **The kidneys:** act as a filter and regulate fluid and electrolyte balance to keep the body in its optimal state
- **The digestive tract:** assists in toxin removal via bowel excretions
- **The lymphatic system:** transports white blood cells around the body which protect against damaging toxins and fight infection
- **The skin:** helps the body detox through sweating

It is very important for general health and longevity to reduce the stress and strain you put on your body and eat well, exercise and limit alcohol intake. However, tips on how to assist your detox pathways are always helpful!

Some of the best ways to assist your body's detox pathways include:

- **Healthy eating:** Fibre is especially important as it helps assist in regular bowel movements and controlling blood sugar levels. Fibrous foods include fruit, vegetables, legumes, pulses and wholegrains. Additionally, they contain compounds called Glucosinolates which are powerful detoxifiers and also have excellent other health benefits. Cruciferous vegetables such as broccoli, kale, kohlrabi, cauliflower and watercress assist detoxing pathways - and don't forget delicious Brussels sprouts!
- **Hydration:** keeping your body hydrated helps toxin removal through the kidneys and urine
- **Physical activity:** breaking a sweat can assist in detoxing via the skin and increases lymphatic circulation
- **Detoxing herbs:** certain herbs can have detoxifying properties, for example dandelion (improves liver and gallbladder function), milk thistle (liver function), red clover and turmeric. Some of these herbs can be made into tea or taken as a supplement, many of which we stock here at Fairhaven.

— DOUBLE — DECEMBER

TWO STAMPS EVERYTIME YOU SHOP

It's back! Bring your Fairhaven loyalty card in when you shop and you will receive double stamps throughout December.

HOT TOPIC: DETOX

Over these next two months as we have the buoyant buildup to the Christmas period, people may decide to indulge in alcohol, sweets and treats more than usual. Within moderation this is perfectly acceptable, and our bodies will aim to detox anything we consume internally or apply externally. However, when putting extra strain on body processes such as our detox systems, it is helpful to know how we can help support them to do their jobs optimally.



-- **Supplements:** Choline, Milk Thistle and Dandelion supplements can support liver function and detoxification, Artichoke, Celery and Alfalfa help the kidney and urinary tract to operate optimally. As mentioned earlier, antioxidant supplements can help fight free radicals created in the detox process. Examples of antioxidant supplements include Vitamin C, Astaxanthin and Selenium.

-- **Super Greens:** Adding a super greens powder to your diet is an excellent way to detox healthily, not to mention the additional benefits it gives of supporting your immune system, digestion, hormone balance, heart health and cognition

At Fairhaven we offer a range of healthy plant-based products including organic fresh and frozen fruit and vegetables, dried and canned pulses and legumes and wholegrains. We also offer healthier versions of sweet treats and drinks that might be consumed over the Christmas period. See our Detox display table, full of detoxifying herbs in the form of teas and supplements.

— CHRISTMAS — OPENING HOURS

MONDAY 23RD	9am-5pm
CHRISTMAS EVE	9am-1pm
CHRISTMAS DAY	CLOSED
BOXING DAY	CLOSED
FRIDAY 27TH	9am-5pm
SATURDAY 28TH	9am-4pm
SUNDAY 29TH	CLOSED
MONDAY 30TH	9am-5pm
NEW YEAR'S EVE	9am-1pm
NEW YEAR'S DAY	CLOSED

**NORMAL OPENING HOURS WILL RESUME
THURSDAY 2ND JANUARY 2025**



WEBSITE LINKS

<https://www.healthline.com/health/beauty-skin-care/skin-detox#proven-skin-boosters> || <https://tinyurl.com/mrxdxz4> ||
<https://nourishedbynutrition.com/how-your-body-detoxes-naturally/> || <https://tinyurl.com/3epkj5v> ||
<https://www.canyonranch.com/well-stated/post/5-herbs-and-spices-for-natural-detoxification/> || <https://tinyurl.com/y06cjdww> ||
<https://www.biocare.co.uk/applications/cleanse-and-detox> || <https://www.healthline.com/nutrition/antioxidants-explained#food-sources>
<https://tinyurl.com/mwekebbf> || <https://thenutritioninsider.com/wellness/does-vitamin-c-help-with-allergies/> ||

NOVEMBER

Pancreatic Cancer Awareness Month, Mouth Cancer Action Month, November, Lung Cancer Awareness Month

26th October - 2nd November International Brain Tumour Awareness Week || **4th - 10th National Pathology Week**
11th - 15th Anti Bullying Week || **1st World Vegan Day, National Brush Day** || **5th Guy Fawkes Night** || **7th National Men Make Dinner Day**
8th World Radiography Day || **9th Social Media Kindness Day** || **11th Remembrance Day** || **13th World Kindness Day** || **19th International Men's Day** || **20th World COPD Awareness Day, Universal Children's Day, Transgender Day of Remembrance** || **21st Carers Rights Day**

DECEMBER

2nd - 8th National Grief Awareness Week, Illumination Street Week
2nd International Day for the Abolition of Slavery || **3rd International Day of Persons with Disabilities** || **5th World Soil Day, International Volunteers Day 2024** || **7th Tree Dressing Day** || **10th International Animal Rights Day, Human Rights Day** || **12th Christmas Jumper Day**
20th International Human Solidarity Day || **24th Christmas Eve**
25th Christmas Day || **26th Boxing Day**
31st New Year's Eve

THANK YOU!

A big thank you from all the staff here at Fairhaven for your support during an amazing 2024! The team wishes you a Merry Christmas and a Happy and Healthy New Year and we look forward to an exciting 2025!

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CHRISTMAS FAYRE
DETAILS
SEE YOU THERE!



— INVITE YOU TO OUR —
CHRISTMAS FAYRE

— SATURDAY 30th NOVEMBER —

JOIN THE FAIRHAVEN TEAM & LOCAL BUSINESSES

**HOLY
COW**
CHILDREN'S
TOYS & GIFTS

**FAERIE
FUSION**
GIFTS

**TROPIC
ORGANIC
SKINCARE**
AMBASSADOR

PULSE PASTIES

— & MORE TO BE ANNOUNCED —



— MAIN EVENT 12-4PM —

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OFF**
ALL DAY

£100
STORE VOUCHER
TO BE WON

**MINCE
PIES &
MULLED
WINE**
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