

The leaves have turned on the trees and the beautiful colours of autumn, together with the chill of early mornings, remind us that we brace ourselves for winter. Now's the time to be taking Vitamin D3 and K2, making sure that we help our immune system as much as possible until April when our bodies are once again able to produce our own D3 from sunlight.



We are offering 10% off Viridian's D3 & K2 during October to help get you started!

It was great to see so many at the Letchworth Green Festival and our water kefir tasting went down a treat! If taking part in Sober October, pop in to see some of the alcohol-free beverages that we have on offer.

**BE A
SOBERHERO
WE ARE
MACMILLAN.
CANCER SUPPORT**

Extra Loyalty Stamp

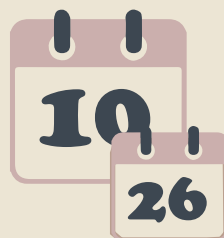
If you bring back your empty Totally Cultured jars and bottles, we'll give you an extra loyalty stamp – our bit to help with re-using!

Save The Dates

Our usual vibrant Christmas Fayre will take place on **Saturday 26th November**, and during the week commencing **10th October** we'll have some exciting visitors to Fairhaven ... look out for posts on social media for further details!



📷 @fairhaven_wholefoods
📱 Fairhaven Wholefoods



Make Our Space Your Space

If you are a local business and would like to have a temporary stall in our store, please contact us on **01462 675300**, email **team@fairhaven.co.uk** or speak to a member of staff in store for more details.



SUPPLEMENT SPOTLIGHT

APPLE CIDER VINEGAR (ACV)

Acetic acid or "vinegar acid" is produced and excreted by certain bacteria when foods and fruits, such as apples, begin to spoil. Antibacterial and antifungal properties of acetic acid, according to PubChem, mean it can kill dangerous bacteria. Yet, at the same time, acetic acid promotes good or beneficial bacteria. It is for this reason that ACV works for the skin, digestion, and immune system without side effects.

When ACV is raw, unfiltered and organic, naturally occurring strand-like chains of protein enzyme molecules (called The Mother) form. This murky substance is highly regarded for its probiotic and immune-boosting properties.

Other scientifically proven benefits include eliminating nail fungus, soothing acne, helping acid reflux, reducing high cholesterol, controlling blood sugar levels and blood pressure and may aid weight loss due to the way gut bacteria process fats, relieves insect bites and sunburn and can help treat dandruff.

Those who are on medication for heart problems or diabetes should contact their doctor before regularly taking ACV.

Never drink ACV straight, always dilute in water and nutritionists recommend drinking diluted ACV ideally 20 minutes before a meal on an empty stomach or first thing in the morning.



Combined with honey, ACV becomes a powerhouse of natural goodness and should be an essential cupboard staple! Try our locally produced Apple Cider Vinegar with manuka honey from Totally Cultured.

MENOPAUSE

THIS MONTH'S HOT TOPIC

A natural process of aging, Menopause for women is the stage when ovaries completely stop producing reproductive hormones and there are no monthly periods for twelve consecutive months. This usually happens between 40-55 years of age.

On paper this sounds like a simple change to go through, however the reality is very different and symptoms associated with menopause can be quite debilitating and can vary dramatically between women.

The most common symptoms include:

Hot flushes - sudden feelings of hot or cold on the face, neck and chest, difficulty sleeping from night sweats, palpitations, headaches and migraines that are worse than usual, muscle aches and joint pains, changed body shape and weight gain, skin changes including dry and itchy skin, reduced sex drive, vaginal dryness and pain, itching or discomfort during sex, recurrent urinary tract infections (UTIs).

Symptoms also associated with menopause:

Low mood, anxiety, mood swings, low self-esteem and problems with memory or concentration, referred to as brain fog.

At Fairhaven, our main advice is to prepare for menopause rather than just wait for the onset, just as one might prepare for pregnancy, but also to know that there are different ways to help alleviate symptoms.

Most symptoms occur because of a decrease in the production of oestrogen and progesterone – the two fertility hormones. The importance of a good diet which includes good sources of protein, essential fatty acids, colourful fruit and vegetables is not to be underestimated.



Website Links

<https://www.nhs.uk/conditions/menopause/symptoms/>
<https://www.webmd.com/menopause/guide/menopause-information> || <https://www.medicalnewstoday.com/articles/32372>
<https://www.viridian-nutrition.com/blog/womens-health/top-5-nutrients-and-herbs-for-menopause>
<https://www.healthline.com/nutrition/menopause-diet> || <https://www.menopausenow.com/diet-for-menopause>
<https://www.healthline.com/nutrition/6-proven-health-benefits-of-apple-cider-vinegar>
<https://www.thealternativedaily.com/reasons-to-drink-apple-cider-vinegar-before-a-meal/>
https://www.medicinenet.com/20_benefits_of_drinking_apple_cider_vinegar/article.htm

Some of the best diet choices for perimenopause (the stage before menopause) are lentils, chickpeas, green peas, kidney beans, black beans, and pinto beans, and eating slow-release carbohydrates such as, sweet potatoes, quinoa, rye, brown rice, whole wheat bread, and barley.

Oestrogen helps to protect bones and the decrease of this hormone directly impacts bone density. Take regular weight bearing exercise and include foods rich in calcium and vitamin D to protect against osteoporosis.

Natural supplements which have proven to be beneficial for many of our customers include:

Evening Primrose Oil, A. Vogel's Menopause Support, Magnesium, Black Cohosh, Phyto Soya and Yes OB as a personal lubricant.



We also now stock the newly available Menopause Complex from Viridian which will be on special offer during October.

Speak to our staff who can discuss specific symptoms and help explain the most suitable options to support symptoms being experienced.

A. Vogel Menosan sage drops or sage tea have also been shown to help some with hot flushes. As a unique person, it may require some trialling to find the best supplements to suit, but generally there is always something available that can help with symptoms. Always speak with a health professional or doctor with any concerns.

Go Sober for October, Black History, The Big Draw, National Cholesterol, Pituitary & Lupus Awareness Month, Int'l Walk to School, National Bullying Prevention, Menopause Awareness Month

1st World Vegetarian Day & Int'l Coffee Day
2nd The London Marathon || **3rd** World Habitat Day
3rd – 7th Cycle to School Week (free flapjack for those cycling to Fairhaven during this week!)
3rd – 9th National Curry Week & National Hygiene Week
4th World Animal Day || **5th** World Teacher's Day
6th National Poetry Day
7th Boycott Your Bed Day & World Smile Day
10th World Mental Health Day || **12th** World Arthritis Day
14th – 19th Chocolate Week & National Baking Week
17th – 23rd National Adoption Week & Recycle Week
18th World Menopause Day || **20th** World Osteoporosis Day
21st Wear It Pink & Apple Day