

Autumn has finally started kicking in with crisp, misty mornings and leaves beginning to turn. Hopefully everyone has settled back into the school routine - but if any extra support is needed, don't forget how beneficial supplements and herbs can be! Our friendly staff team are more than happy to assist you.

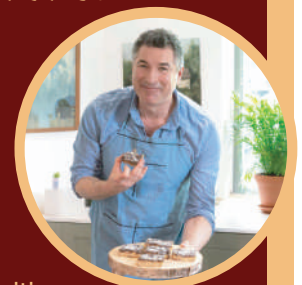
## AUDREY'S LEAVING DAY

We are very sad at how quickly Audrey's last day has come around... this Tuesday we say our heartfelt goodbyes to her, after 38 years of having her with us. Her knowledge and smiley face have brightened all our lives at some point, and we will all miss her tremendously. Customers are invited to come say farewell with nibbles and fizz on the 3rd of October at noon to help give her a memorable farewell! We know it will mean the world to her and can't wait to see you!



## KID'S KITCHEN TAKEOVER EVENT

We are very excited to welcome Oliver McCabe who is hosting his healthy eating Kids Kitchen Takeover event from 4:00pm to 6:00pm on October 4th! Expect to see riveting demonstrations, have loads of healthy samples to try and a free goody bag full of exciting surprises to take home! Tickets are available to buy in store for £5 per family, cannot wait to see you all ready and raring for some delicious food!



## RED YEAST RICE

Red yeast rice (RYR) has been used since the Chinese Ming Dynasty and is produced through the fermentation of certain yeasts (commonly *Monascus purpureus*) on rice. Previously there has been a focus on supplementing with RYR in response to lowering high cholesterol levels. This was due to its high content of Monacolin K, a monacolin produced

through the fermentation process which is structurally identical to the statin Lovastatin. Although the supplement was shown to reduce cholesterol it came with a variety of negative side effects - akin to those experienced when taking statins. Individuals would also have to be cautious when taking RYR, due to its interactions with other substances - including some prescribed drugs, alcohol, grapefruit, herbs, and supplements. If present it tended to worsen side effects, increase the likelihood of developing other pathologies or generally have dangerous impacts on health.

However, when analysed RYR also has other beneficial substances including another 13 Monacolins (with no harmful effects), phytosterols, Isoflavones, 8 Azaphilone pigments, glycerides, carotenoids, unsaturated fatty acids, trace elements, B complex vitamins and GABA. This might suggest that it is all the components in RYR working in combination that reduce cholesterol levels.

Terranova has considered all this research when producing their RYR product and acted accordingly. Their Organic Red Yeast Rice Complex is 100% free from Monacolin K and instead is made from the sought after Anascidin 568-R. This means that the side effects associated with Monacolin K and statins are not present, but the supplement still has all the benefits of the other substances found within RYR. The key active compounds are Monascin and Ankaflavin - both of which have supporting research showing their ability to prohibit or improve hypercholesterolemia, as well as supporting the development of other conditions. These can include Diabetes, atherosclerosis, fatty liver disease and cardiovascular disease.

Terranova's Organic Red Yeast Rice Complex supplement also contains matcha and artichoke leaf - both of which have properties which assist in lowering cholesterol. As well as aronia berries and lipoic acid - which aid in protecting cholesterol from oxidation (which triggers LDL to become foam cells causing artery blockages).

Other products at Fairhaven which may be beneficial in promoting healthy cholesterol levels include: A Vogel Artichoke drops and Clearspring matcha tea and powder. As always it is essential to discuss any dietary or supplementary changes with a healthcare professional prior to making any alterations.

# Cholesterol

## THIS MONTH'S HOT TOPIC

This molecule has received a bad reputation for its ability to increase heart disease risk. However, it is important to realise it plays a role in vital body processes including nutrient metabolism, a component of nerve coverings and cell membranes, Vitamin D absorption, hormone, and bile production. Therefore, we require a certain amount of cholesterol and issues can arise from both an excess and a deficit.

Although many believe that we get most of our cholesterol from dietary measures this is not the case. Only 20% of our cholesterol comes from food, our livers produce the rest. The cholesterol in our blood gets combined with proteins to allow for its transportation around the body. These merged compounds are called lipoproteins - these can be either 'good' or 'bad'.

High-Density Lipoproteins (HDL) are deemed 'good' and are an essential part of our diets. They function to remove the 'bad' cholesterol from the blood by taking any excess to the liver to be broken down and removed. Decreased levels of HDL can increase your risk of developing metabolic syndrome, heart failure and diabetes.

Dietary sources of HDL include:

- Olive oil, sunflower oil, and coconut oil
- Nuts and seeds, such as almonds, walnuts, and flaxseeds
- Dark leafy greens, such as spinach, kale, and broccoli
- Yogurt, cheese, milk and eggs
- Fatty fish, such as salmon, tuna, and sardines
- Beans, peas, and lentils
- Purple produce, such as grapes, blueberries, and aubergine

Low Density Lipoproteins (LDL) are classified as 'bad' as they can cause fatty accumulations within blood vessel walls if in excess (this plaque build-up leads to atherosclerosis). This can narrow blood vessels over time and increase the individual's heart attack, stroke, or heart disease risk. There are many factors which can influence LDL level - including diet, weight, physical activity level, smoking habits, age and sex, genetics, medications, stress, medical conditions and race or ethnicity. Food sources of LDL include fried and fast foods, processed meats, and desserts.

**Desirable levels of cholesterol should be:**

**Total cholesterol: 3.9 – 5.5**

**HDL: 1.5+**

**LDL: 1.7 – 3.5, Triglycerides: 0.5 – 1.7**

Dietary and lifestyle changes can help to naturally support healthy cholesterol levels this can include consuming heart healthy foods. For example, decreasing saturated fat intake and removing any trans fats, consuming Omega-3 rich foods, increasing soluble fibre - and if you are tolerant of dairy, adding in whey protein. Lifestyle protocols usually involve increasing exercise and overall physical activity, stopping smoking, healthy weight loss, and moderate alcohol consumption (or none if possible!)

Supplements, which must first be checked with a healthcare practitioner, can also be beneficial in promoting healthy LDL and HDL levels. Examples include red yeast rice, soybean lecithin, plant sterols, Omega oils and Omega-3 fatty acids, fibre, and artichoke leaf extract.

At Fairhaven we stock a range of supplements that can support optimal cholesterol levels including a variety of Omega oils from Viridian and Terranova: Viridian's Hemp Seed Oil, Scandinavian Rainbow Trout Oil Softgels, Vegan EPA and DHA Oil, Clear Skin Omega Oil and Terranova Organic Omega Oil 3,6,7,9. Terranova's Red Yeast Rice Complex, Biethica Pure Soya Lecithin Granules, Lamberts Plant Sterols and A Vogel Artichoke Drops.

### Awareness Days

**Awareness topics in September: Pituitary, Breast Cancer, Black History, Go Sober for October, Cholesterol, Lupus, Walk to School**

**1st International Coffee Day, World Vegetarian Day**  
**1st - 7th Anaphylaxis Awareness Week || 2nd World Habitat Day**  
**2nd - 8th National Hygiene Week & National Curry Week**  
**4th No Disposable Cup Day & World Animal Day**  
**5th National Poetry Day, World Teachers Day**  
**6th World Smile Day || 9th - 15th Dyspraxia Awareness Week**  
**10th - 16th National Porridge Week**  
**11th National Coming Out Day, International Day of the Girl Child**  
**12th World Sight Day || 12th-20th Bone and Joint Week**  
**13th World Egg Day || 15th Global Wave of Light**  
**16th World Food Day || 16th - 22nd Recycle Week**  
**18th Anti-Slavery Day, World Menopause Day, International Pronouns Day**  
**21st Apple Day || 20th World Osteoporosis Day**  
**22nd Post Polio Syndrome Day**  
**28th - 4th November International Brain Tumour Awareness Week**  
**31st National Bug Busting Day**  
**30th - 3rd November International Stress Awareness Week**

<https://www.bhf.org.uk/informationsupport/risk-factors/high-cholesterol#:~:text=Cholesterol%20is%20a%20natural%20fat,much%20cholesterol%20in%20your%20blood.>  
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