

STOP TOBER

Stoptober is a campaign run to bring awareness to the health issues of smoking and to help incentivise and encourage smoking cessation. For a helpful website with tools to assist in stopping smoking check out:

<https://campaignresources.dhsc.gov.uk/campaigns/stoptober-2024/>

Additionally natural remedies that may be supportive include acupuncture, chewing to distract from the craving, inhaling black pepper essential oil (a few drops on a tissue) when smoking cravings and life's stresses hit.



STROKE AWARENESS

There are around 100,000 strokes each year in the UK and are a leading cause of death and disability. A medical emergency, a stroke occurs when the brain's blood supply is cut off which results in brain cell death. The two most common types are an Ischaemic stroke which is caused by a blood clot blocking the blood supply (this accounts for 85% of strokes) and a Haemorrhagic stroke which occurs when a weakened blood vessel supplying the brain bursts. Additionally, someone may experience a Transient Ischaemic Attack (TIA) where the brain's blood supply is temporarily interrupted. This causes a mini stroke which must be treated immediately as it can indicate an impending full stroke. Conditions that can increase stroke risk include diabetes, irregular heartbeats, high blood pressure and high cholesterol.

Stroke risk can be reduced naturally by stopping smoking, reducing alcohol consumption and regularly exercising. Following a healthy diet is also essential in decreasing the likelihood of a stroke. Pop in store for more information.

VITAMIN B12 SUPPLEMENT SPOTLIGHT

Vitamin B12 is found in foods of animal origin and has crucial roles to play within the body including assisting DNA and red blood cell production, central nervous system development and hair, nail and skin health.

Vitamin B12 and Red Blood Cells (RBC) - if an individual is deficient in B12 this can result in the death of immature RBCs (they do not have what they need to grow and develop) and over time, anaemia.

Vitamin B12 and energy - studies have shown individuals with low vitamin B12 levels may suffer from fatigue and therefore increasing B12 levels until they are more optimal can have a positive impact on energy.

Other areas of health that Vitamin B12 may play a role in include skin, hair and nail health, bone health, vision, depression and memory.

Since the human body cannot synthesise B12 we have to obtain it through dietary measures or supplementation. The liver can store the vitamin for up to 5 years, however an individual will ultimately become deficient over time if they are not consuming it.

B12 is found in meat, fish, milk, eggs, poultry, fortified breakfast cereals, nutritional yeast, fortified plant milks and fortified breads.

In some cases, an individual may become deficient in Vitamin B12 due to absorption issues. Conditions such as Pernicious Anaemia (where your body cannot make the protein required for B12 absorption), intestinal malabsorption (including Crohn's Disease, Coeliac Disease, parasites and bacterial growth) and alcohol misuse can cause Vitamin B12 deficiency. Those following a vegan diet are very likely to lack B12.

At Fairhaven we stock many B12 supplements. Speak to a member of staff in-store.



FATIGUE

Hot topic

Also known as burnout, fatigue is a continuous feeling of complete physical and/or mental exhaustion. Symptoms may include headaches, chronic tiredness, sore, aching or weak muscles, appetite loss, moodiness, reduced immune system function, issues with short term memory, low motivation and poor concentration.

The following may influence and cause fatigue in individuals:

- :::: Sleep disorders such as: sleep apnoea, insomnia, shift work sleep disorder and narcolepsy
- :::: Lifestyle choices: having a sedentary lifestyle, illicit drug use, excessive alcohol consumption, jet lag, poor diet, stress and burnout
- :::: Medications: antihistamines, anticonvulsants, antipsychotics, beta-blockers
- :::: Medical conditions: infections, heart and lung disorders, autoimmune disorders, mental health conditions and hormonal imbalances

Additionally, deficiencies in nutrients such as Vitamin D or B12, as well as anaemia, dehydration, eating disorders and weight issues can play a role in fatigue. University students may find they suffer from fatigue due to their busy lifestyle and lack of sleep!

It is possible to help support individuals suffering from fatigue naturally through diet and lifestyle changes:

- :::: Following a healthy and balanced diet full of a diversity of healthy plant-based foods, wholegrains, lean proteins and healthy fats.
- :::: Having good sleep habits such as waking and sleeping at the same time each day, having a dark room, not consuming caffeine, using electronics or exercising immediately before going to sleep.
- :::: Avoiding alcohol and substance use
- :::: Increasing water consumption
- :::: Managing stress. This could involve meditation, yoga, mindfulness, exercising regularly or other forms of stress management



:::: Regular exercise and maintenance of a healthy body weight.

Chronic Fatigue Syndrome (CFS), also known as Myalgic Encephalomyelitis (ME), is where a person has suffered with extreme tiredness for over six months with no underlying medical condition. Factors that may play a role include inflammation, oxidative stress, autoimmunity, immune system dysfunction, impaired gut microbes and stress. There is a drastically lowered ability to do activities that were routine and worsening symptoms such as sleeping issues, headaches, severe tiredness, dizziness, sore throat and difficulty thinking.

Natural approaches that can assist someone suffering with CFS include following an anti-inflammatory diet such as the Mediterranean diet, supporting gut microbiome health through probiotic or prebiotic use, removing triggering foods and nutritional alterations. Supplements that have been shown to be beneficial include Glutathione (decreases oxidative stress), Vitamin B12 (increases energy), Vitamin D (crucial for optimal immune system health) and enzymes CoQ10 and NADH (they can decrease cognitive fatigue and fatigue perception).

At Fairhaven we stock a range of organic, plant-based and wholefood products to help you follow a healthy, anti-inflammatory diet that can be supportive in reducing fatigue symptoms and their severity. We also stock essential oils that can promote sleep including lavender and premade sleep blends in both oil and roll on form, teas such as Clipper's Sleep Easy infusion and other calming teas including chamomile and Celestial Seasonings Sleepytime. Supplements from Viridian (B12 in liquid and capsule form and Vitamin D) and Terranova (CoQ10, B-complex, Vitamin D3 + K2).

Black History Month, Stoptober, Breast Cancer Awareness Month

1st - 6th Anaphylaxis Awareness Week || 1st - 7th National Vegetarian Week || 7th - 13th National Curry Week || 14th - 20th National Braille Week, UK Malnutrition Awareness Week, Chocolate Week || 21st - 27th National Adoption Week || 1st World Vegetarian Day || 2nd International Day of Non-Violence || 3rd National Carrot Day || 4th World Animal Day || 5th World Teachers Day || 6th World Cerebral Palsy Day || 10th World Mental Health Day, World Sight Day || 11th International Day of the Girl || 12th World Hospice and Palliative Care Day || 13th International Day for Disaster Risk Reduction || 16th World Food Day || 17th International Day for the Eradication of Poverty || 18th Wear it Pink || 29th World Stroke Day || 31st Halloween

<https://tinyurl.com/sy5yvk3j> || <https://www.verywellmind.com/natural-remedies-to-quit-smoking-89997> || <https://campaignresources.dhsc.gov.uk/campaigns/stoptober-2024/> || <https://tinyurl.com/mrdm36mv> || <https://www.stroke.org.uk/stroke/manage-risk/eat-healthy-diet> || <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/fatigue> || <https://my.clevelandclinic.org/health/symptoms/21206-fatigue> || <https://tinyurl.com/2wbqj7u4> || <https://www.webmd.com/diet/vitamin-b12-deficiency-symptoms-causes>