

Autumn beckons once more and the warmth of summer will start to mellow as lush green blends to orangey-yellow.



ORGANIC SEPTEMBER

Don't forget that this month is Organic September, so we will be giving an extra loyalty card stamp if you shop organic! Choosing organic has less impact on the climate – reduces food packaging and waste, uses less chemicals, saves water and lowers energy use and emissions.

BACK TO SCHOOL

Come and check out our Flower Essences which can help relieve that back to school anxiety! In need of healthy school snacks? We have a variety of choices ranging from fresh organic fruit, flapjacks, protein bars and plantain chips to dried fruit, seaweed crisps and more!



FAIRTRADE FORTNIGHT

Fairtrade Fortnight this year is from the 9th to 22nd of September and helps to bring awareness to the importance of buying Fairtrade where we can. The Fairtrade Foundation work to help all the individuals who are involved in producing a product get paid daily for their time and work. A fair wage. Check out products before buying to see if you can spot the Fairtrade Foundation logo that certifies that a product is Fairtrade!



<https://www.fairtrade.org.uk/>

COENZYME Q10 SUPPLEMENT SPOTLIGHT

Antioxidants are very beneficial molecules that oppose negative free radicals which have been shown to have links with certain conditions including cancer and diabetes.

Coenzyme Q10 also known as CoQ10 is a vital antioxidant used to aid growth and maintenance that your body produces naturally. However the amount our bodies produce decreases as we age and can additionally be lowered in individuals who are taking statins or have heart disease.

Certain foods are found to be higher in CoQ10 and so the consumption of them may help to increase your bodily levels. Such foods include fatty fish, spinach, broccoli, cauliflower, strawberries, oranges, soybeans, lentils, peanuts, pistachios, sesame seeds and wholegrains.

CoQ10 has been shown to have beneficial effects on certain conditions these include Migraines (mentioned in the hot topic) and heart conditions; due to helping lower blood pressure. Some research shows that the antioxidant may help lower Low Density Lipoprotein (LDL) and total cholesterol in individuals with Diabetes.

CoQ10 supplements have been deemed safe to take although they could cause minor side effects including upper abdominal pain, nausea, diarrhoea or appetite loss. Additionally it is not advised for anyone taking anticoagulants to increase their CoQ10 as they may interact and increase the possibility of blood clots.

At Fairhaven we offer a range of CoQ10 supplements. We also offer the foods listed that contain higher amounts of the antioxidant as well as Fish Oil Supplements. Please check with your healthcare practitioner prior to taking any supplements or making any dietary changes.



MIGRAINES

Hot topic

There are a range of different types of headaches which increase in severity and symptoms, with three of the most common being tension headaches, cluster headaches and migraines.

Migraines tend to be one of the more debilitating forms of headache and can feel like a throbbing, pounding, pulsing sensation usually targeted towards one side of the head. There are different phases of a migraine and each stage can come with its own symptoms:

1. Prodrome - occurs up to 24 hours before the migraine. Associated symptoms include mood changes, trouble sleeping and concentrating

2. Aura - occurs for 5-60 minutes before or during a migraine. Associated symptoms include ringing in your ears, vision changes, muscle weakness.

3. Headache - the actual migraine headache, which lasts between 4 to 72 hours. Associated symptoms include vomiting and nausea, severe one sided head pain and sensitivity to sounds, lights and odours.

4. Postdrome - also known as a migraine hangover, can last for 3 to 48 hours. Associated symptoms include fatigue, neck stiffness, trouble focussing.

Migraines are classified as an idiopathic condition meaning that their exact cause is unknown.

Although research has shown that genetics have a role to play.

There are triggers associated with migraine onset.

These include:

1. Hormonal changes - a trigger common in women caused by fluctuations in oestrogen associated with periods, pregnancy and menopause. Furthermore hormonal medications such as hormonal contraception can also contribute and worsen migraines.

2. Sensory stimuli - any overstimulating stimuli such as bright lights, loud sounds or strong scents.

3. Food intolerances - inflammatory foods such as gluten and dairy.



4. Food additives - MSG (in fast food and processed food), nitrates and nitrites (processed meats), aspartame, yellow dye No.6 (Mountain Dew, Doritos)

5. Sleep changes - both too much and too little sleep can impact migraine onset

6. Beverages - alcohol (increases inflammation by causing overproduction of histamine in the body), caffeine.

7. Stress

If suffering from a migraine the best way to reduce its severity is to remove any stimulating triggers. The best way to do this is to relax in a quiet dark room and sleep if possible. Additionally the application of either hot or cold compresses to the sufferers head or neck may be of assistance. Cold compresses work to numb the pain and warm compresses, showers or baths relax tense muscles.

Other ways that can assist in lessening migraine frequency and severity can include improving your sleep schedule, dietary changes for example increasing consumption of anti inflammatory foods, avoiding triggering foods, fasting and managing stress. Some individuals also find having a Daith piercing done helps reduce the frequency of migraines. It is advised to get the piercing on the ear which is on the side of the head where the individual suffers the most pain.

Finally, taking certain supplements can be beneficial for migraine management. These include Riboflavin B2 which has a key role in energy metabolism, magnesium which plays a crucial role in many bodily processes and Co-enzyme Q10 which is again important in cellular energy metabolism.

At Fairhaven we stock a wide range of products that are beneficial in migraine management. Products that offer topical relief include Arkopharma Migrastick, and handmade lavender eye pillows and wheat bags.

We offer a range of Magnesium, Co-Q10 and Vitamin B Complex supplements. It is important to remember that you cannot mitigate for a bad diet with supplements. Fairhaven prides itself on offering vast ranges of healthy wholefoods, fresh organic fruit and vegetables and healthier alternatives to assist you in following a beneficial diet.

https://www.medicinenet.com/which_side_should_you_get_a_daith_piercing_for_mig/article.htm || <https://my.clevelandclinic.org/health/diseases/5005-migraine-headaches> || <https://tinyurl.com/twa6h98r>
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