



At Fairhaven we always look forward to Organic September!

There are now so many more Organic options and wherever possible, we offer organic alternatives for the products that we sell. But what does Organic mean and is it really any better for us?

Strict UK government rules exist for labelling and selling Organic produce and, by law, any food product labelled 'organic', must have been inspected and certified by one of the UK's 9 organic control bodies of which the Soil Association Certification Ltd is the UK's largest and oldest control body. Demeter Biodynamic Certification is used in over 50 countries and is the largest international organic certification organisation, established in 1928, and was the first ecological label for organically produced foods.

ORGANIC OFFER throughout September

During September at Fairhaven, get 10% off all our Demeter Organic certified Natural Cool frozen fruit: Mango, Raspberries, Mixed Berries, Strawberries, Blueberries, Apricots, Blackberries, Sour Cherries and Cranberries – perfect for breakfast toppings, and desserts!



Natural Cool

ORGANIC FARMING

Organic farming means that:

- All weedkillers are banned
- No artificial fertilisers are used
- Under very restricted circumstances, only a limited number of naturally-derived pesticides (like citronella and clove oil) may be used
- A natural balance between plants and animals is used to prevent pests
- Genetically Modified Organisms are prohibited
- There is no routine use of antibiotics
- Biodiversity and ecosystem preservation, as well as soil husbandry is a requirement of certification

To say that organically produced food is the same as other food is to miss the point! The holistic approach to organic farming in preserving nutrients, biodiversity and the environment is why organic is key.

demeter

WORTH A MENTION

The lucky winner of our Fairhaven Wholefood Hamper was David Featherstone! This was his reaction ... "Thanks very much – what a lovely surprise. The hamper looked beautiful, and we shall certainly enjoy all the lovely items that it contains." ... and they did!



£100 RAISED

Thanks to kind contributions to our Brain Tumour Research fundraiser, we were able to donate £100! See the related article here: <https://www.chroniclive.co.uk/news/north-east-news/whitley-bay-dad-brain-tumour-21335879>



Saturday 11th

Join us at the Green Festival in Letchworth Garden City Town Centre. We'll be giving away plastic free goodies and rather than printing leaflets to save paper, take a photograph of our Green Festival event offer and show in store for 10% off every shop until the end of September. Look out for more details in-store and on social media!

HOT TOPIC DEMENTIA

Dementia is not a specific disease. It is an overall term, which describes a wide range of symptoms. These symptoms impact a person's ability to perform everyday activities independently and whilst age is a risk factor, it is not part of normal ageing. Affecting the brain, in the early stages, memory is impaired. In later stages, bodily behaviours start to change, making everyday activities such as walking, eating, talking and even toileting more difficult.

Common symptoms include:

A decline in memory || Changes in thinking skills || Poor judgment and reasoning skills
Decreased focus and attention || Changes in language and communication skills

Alzheimer's disease is one type of dementia. A progressive and debilitating illness, dementia affects over 50 million people, and causes great strain on carers.

Read useful factsheets on the WHO website: https://www.who.int/health-topics/dementia#tab=tab_1

Visit us instore to see our display table covering Dementia with ideas for supplements and herbs and advice on brain health, or read the reference links given.

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>
<https://www.who.int/news-room/fact-sheets/detail/dementia> || <https://www.dementiauk.org/about-dementia/>
<https://alzheimersproof.com/top-25-herbs-for-treating-avoiding-alzheimers-dementia/#:~:text=%20Top%2025%20Best%20Herbal%20Supplements%20for%20Treating,Uncaria%20tomentosa%29%0ATraditionally%20used%20for%20problems%20with...%20More%20>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8068256/> || <https://www.healthline.com/nutrition/vitamin-b-foods>
<https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/> || <https://www.medicalnewstoday.com/articles/325292>
<https://www.soilassociation.org/take-action/organic-living/what-is-organic/>

B VITAMINS

IN FOCUS:

The vitamins prevent infection and help to support and promote cell health, energy levels, good eyesight, proper digestion, appetite, and proper nerve function. They are all water soluble, and apart from B12, cannot be stored in the body, so a daily intake of these vitamins is recommended.

Deficiency of these vitamins occurs if the body cannot absorb nutrients properly, or if the body eliminates too much of the vitamins due to certain health conditions or medications (Metformin and proton pump inhibitors such as Omeprazole). Deficiency in B vitamins can lead to:

Neuropsychiatric disorders, morbid fears, anxiety, depression, confusion, suicidal tendencies, anger, tingling in hands and feet, skin rashes, nausea, increased risk of diabetes, weakness, and fatigue. <https://www.medicalnewstoday.com/articles/325292>

Vitamin B is not a single vitamin. It is an umbrella term that includes eight vitamins: thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folate (B9) and cobalamin (B12). They have very important roles in the body and help a variety of enzymes do their jobs, ranging from releasing energy from carbohydrates and fat, to breaking down amino acids and transporting oxygen and energy-containing nutrients around the body.

AWARENESS DAYS

Dementia Awareness Month & World Alzheimer's Month || Organic September

5th - 11th Migraine Awareness Week
6th - 12th Know Your Numbers Week
7th Youth Mental Health Day
10th Suicide Prevention Day
13th - 19th National Eczema Week & Rheumatoid Arthritis Awareness Week
16th International Day for the Preservation of the Ozone Layer
20th - 26th Recycle Week, National Eye Health Week & International Week of Happiness at Work
21st World Alzheimer's Day & International Day of Peace
24th World's Biggest Coffee Morning – Macmillan cancer support fundraiser (Join us at Fairhaven for a free cup of tea and a treat!)
29th World Heart Day

WORLD'S BIGGEST
COFFEE MORNING
macmillan