

September has rolled around again, and you know what that means...



rganic September

For shopping organically you will receive an extra loyalty stamp! Our new products this month will include a new range of organic canned peach, plum and apricot halves, dark chocolate covered hazelnuts and spelt safari animals' pasta. We will also be stocking up with all the organic favourites. Don't forget to check out our variety of organic fruit and vegetables in store

WHY BUY ORGANIC?

Most people know that eating organic is overall healthier, but the impacts are more far reaching than many realise. The use of pesticides and herbicides in non-organic foods have been linked with increased risk of birth defects, obesity, diabetes, ADHD, and cancer (among others). Organic farming has positive impacts on the environment. These include promoting healthier soils, stopping artificial fertiliser use, increasing biodiversity, and maintaining cleaner water sources since chemicals in pesticides and herbicides can leach into water.

BACK TO SCHOOL OR UNIVERSITY?

As people start heading back to school and university, sometimes some extra support is helpful. Check out our wide selection of supplements and herbs which can assist concentration, memory, lower stress levels or just provide overall support. Don't forget we stock healthy alternatives to standard ready meals which can be invaluable for those last-minute university meals! Come try our delicious range of Organic Après Food, 'Free and Easy' tins and Merchant Gourmet grain and pulse packets.



SODIUM

Firstly, sodium is a mineral that we can obtain through our diets in the form of salt. However, most people exceed the recommendation of 2,300mg (adults and children) 1tsp a day. In comparison the average daily intake is 3,400mg. This coupled with an underconsumption of potassium can negatively affect the all-important sodium potassium pump. It is responsible for maintaining the electrical gradient needed to trigger the release/transportation of neurotransmitters. It pumps 2 potassium ions into the cell and 3 sodium ions out.

Inadequate functioning of this pump can lead to weaker nerve impulses and fewer neurotransmitters being released in the brain. Correlations between high sodium levels and concentration issues have been made. The impact of neurotransmitters on emotional state, for example deficiencies of serotonin and dopamine can cause depression. Other issues resulting from high sodium intake: High blood pressure, Stroke, Obesity, Heart disease.

Foods high in Sodium include: Processed food/meat, sauces/condiments, foods with added salt, snacks including crisps and crackers, canned foods, soups and frozen dinners.

Ways to reduce sodium intake:

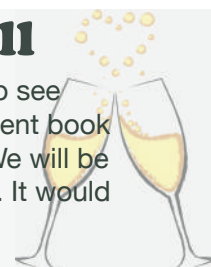
- ✓ Increase fresh fruit/veg (if buying frozen/canned buy no added salt/low sodium)
- ✓ Limit processed foods
- ✓ Choose lower sodium protein sources - kidney beans, chickpeas, lentils nuts, seeds, eggs and seafood
- ✓ Choose products without added salt/low sodium

Pop instore to see our display of the vast amount of low sodium products we have. We have also highlighted some of our products that are high in potassium.



Audrey's Farewell

We'd love to have you pop in this month to see Audrey and write a message in her retirement book before she retires on the 3rd of October! We will be having fizz and nibbles at noon on the 3rd. It would be great to see you!



Rheumatoid Arthritis

THIS MONTH'S HOT TOPIC

A subclass of Arthritis (a condition causing joint pain and inflammation) Rheumatoid Arthritis (RA) is an autoimmune and inflammatory disorder that commonly affects the sufferers' hands, feet, or wrists.

Autoimmune conditions lead to the sufferer's immune system misinterpreting their body cells as foreign intruders and subsequently releases inflammatory chemicals to destroy them. In RA this targets the joint synovial tissue lining (a tissue secreting a lubricating fluid) leading to the tissue thickening. This causes symptoms such as joint pain, tenderness, swelling, stiffness, fatigue, or weight loss.

Those suffering from RA may have symptom flare ups induced by certain triggers. Although a definite cause has not been established there are suspected links between RA and genes which can become activated by agents such as viruses, bacteria, physical or emotional stress. Other factors which may increase your risk can include having family history of RA, being female or smoking.

Currently RA is incurable however dietary interventions and supplementation have shown to help reduce the impact of RA by working on decreasing inflammation. For example, increasing dietary intake of Omega 3 Fatty Acids e.g., fatty fish, algae, walnuts, flaxseeds, and chia seeds or supplementing with a fish or algae-based oil.

The antioxidant astaxanthin found in marine algae as well as seafood including salmon, rainbow trout and shrimp has similar benefits.



However, it may inhibit 5-alpha-reductase or lower blood pressure and calcium levels. Curcumin (the active chemical found in turmeric) has been shown to block the enzymes which can lead to inflammation in RA. Although turmeric is a brilliant dietary addition, it is advised to take it as a supplement to get a therapeutic dose (for arthritis 500mg 2x a day).

Please remember to discuss any dietary or supplementary changes with a health practitioner prior to making any alterations. Other methods of naturally supporting RA patients can include acupuncture and regular exercise, both of which aim to reduce joint inflammation and pain. Supplements we stock at Fairhaven that can help support those with RA include Viridian High Potency Curcumin Complex, Viridian Multi Phytonutrient Complex, Joint Omega Oil, Viridian Joint Complex, Viridian Scandinavian Rainbow Trout Oil, Viridian Vegan EPA & DHA Oil and Viridian Astaxanthin. We also have Higher Nature High Strength Turmeric, Lamberts Turmeric 20,000mg, Taka Turmeric and Black Pepper, Terranova Bilberry, Lutein & Astaxanthin and Terranova vegan Organic Omega Oil 3,6,7,9.

Awareness Days

Awareness topics in September: Blood Cancer, Childhood Cancer, Gynaecological Cancer, Oddfellow Friendship Month, ORGANIC SEPTEMBER, Second-hand September, Sourdough September, Urology, Vascular Disease, World Alzheimer's month.

4th - 10th know your numbers week (blood pressure UK)
5th International Day of Charity
9th - 16th national Eczema week
10th World Suicide Prevention Day
11th - 15th Rheumatoid Arthritis Week
11th - 17th Sexual Health Week, Orchid Male Cancer Awareness Week
13th World Sepsis Day
15th International Day of Democracy, World Lymphoma Day
15th - 24th Great British Beach Clean
16th International Day for the Preservation of the Ozone Layer (An American awareness day but still very important!)
17th - 23rd World Mitochondrial Disease Awareness Week
18th - 22nd Professional Care Workers Week
18th - 24th National Eye Health Week, World Reflexology Week
19th Youth Mental Health Day
21st International Day of Peace, World Alzheimer's Day
22nd Everywoman Day, World Car Free Day
25th - 29th International Week of Happiness at Work
29th World Heart Day, Worlds Biggest Coffee Morning (Macmillan)

Save the Date

October 4th 3:30pm - 5:30pm

We welcome nutritional therapist, and wholefood chef Oliver McCabe as he hosts a healthy eating event at Fairhaven empowering the younger generation to eat well and support them in the kitchen. There will be an incredible healthy cooking demonstrations! **Book instore as spaces are limited.**



https://cof.org/page/why-organic?gclid=EAlaIqOBChMlpKz_oKXNgAMVBLtCh3AqQ3wEAAVAAAEgIWh_D_BwE,
https://www.soilassociation.org/take-action/organic-living/why-organic/?gclid=EAlaIqOBChMlpKz_oKXNgAMVBLtCh3AqQ3wEAAVAAAEgIWh_D_BwE
<https://www.nhs.uk/conditions/rheumatoid-arthritis/> || <https://www.webmd.com/vitamins-and-supplements/astaxanthin>
<https://www.webmd.com/rheumatoid-arthritis/rheumatoid-arthritis-natural-treatments> || <https://www.arthritis.org/diseases/rheumatoid-arthritis>
<https://www.arthritis.org/diseases/more-about/understanding-rheumatoid-arthritis-flares> || <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7362115/>
[https://www.healthline.com/nutrition/12-omega-3-rich-foods#8.-Caviar-\(1,046-mg-per-serving\)](https://www.healthline.com/nutrition/12-omega-3-rich-foods#8.-Caviar-(1,046-mg-per-serving))
<https://www.healthline.com/health/rheumatoid-arthritis/rheumatoid-arthritis-turmeric#dosage> || <https://www.nhs.uk/conditions/arthritis/>