



SEPTEMBER Issue 29  
2022



# ORGANIC SEPTEMBER

We welcome Go Organic in September, promoted by The Soil Association, where we are encouraged to embrace and purchase organic produce, and to raise awareness of the incredible benefits organic farming can bring for our climate, nature, and our health. Here at Fairhaven all our fresh fruit and vegetables are organic, and we attempt to give our lovely customers an organic option for as many products as we can!



**Get an extra loyalty stamp throughout September if your shopping contains any organic items!**

## Back to School or University?

We have a lovely selection of supplements for children and young adults to help maintain optimum health as they return to school or start college or university! Pop in to see what we have in store or ask a member of our friendly staff for advice.

## Art Competition Winner

Many congratulations to Noah the winner of our Plastic Free children's art competition who receives a £20 Fairhaven gift voucher! Thank you to all who entered!



## The Letchworth Green Festival

Fairhaven will be at the Letchworth Garden City Green Festival on Saturday 10th September – come and say hello and guess the weight of our hamper to win the contents – it will be full of eco-friendly products ... there will also be the opportunity to taste our delicious and healthy selection of kefir water!

## SUPPLEMENT SPOTLIGHT

# LUTEIN

The most researched benefit of lutein is related to eye health, but it has also been linked to heart health, improved cognitive function, and reduced risk of certain types of cancer.

As a carotenoid (the yellow, orange, and red organic pigments that are produced by plants and algae) it is found mainly in yellow and green fruits and vegetables. Lutein is a fat-soluble nutrient, so some fat must be included in your meal to absorb the lutein in the foods eaten.

Food sources include egg yolks (the most readily absorbed source, because of their fat content), basil, parsley, dark leafy green vegetables (spinach, kale, broccoli, and lettuce), yellow corn, red grapes, durum wheat, peas.

Research has shown that high lutein intake can prevent age-related vision loss and cataracts and improve symptoms in people who have these conditions. The recommended daily intake is between 6mg and 30mg from supplements and food. We have several excellent Lutein supplements in store, with Audrey's David being a living example of the advantages of taking a lutein supplement – tell us if you've benefitted!



## Website Links

<https://www.verywellhealth.com/can-lutein-supplements-protect-your-eyes-89060>  
<https://www.webmd.com/vitamins/ai/ingredientmono-754/lutein>  
<https://www.healthline.com/nutrition/lutein>  
<https://draxe.com/nutrition/lutein/>



# WATER KEFIR

## THIS MONTH'S HOT TOPIC

Water kefir is a fermented drink teeming with beneficial probiotic bacteria as well as being delicious! Ideal for small children too who enjoy its slightly sweet and fizzy taste.

A magnificent source of beneficial bacteria; it also contains a variety of enzymes and organic acids, and a range of B vitamins, vitamin K and folic acid. Made with kefir grains (small, translucent, gelatinous structures comprised of assorted bacteria and yeasts), water, and sugars, kefir or tibicos cultures are found around the world, with no two cultures being the same.

Water kefir is an excellent non-dairy probiotic source – some other non-dairy probiotics being kombucha, sauerkraut and kimchi.

Do NOT dismiss water kefir because it contains sugars and may sometimes be high in sugar - it contains and promotes bacteria that eat sugars, and therefore need to live in a sugar medium. Water kefir can help candida and is suitable for diabetics in small quantities provided blood sugar levels are monitored.

**The numerous benefits of water kefir are too significant to ignore and here are some of them:**

- ✓ Inhibits the growth of unfriendly bacteria and yeasts and helps beneficial probiotic microorganisms to colonise and thrive in your digestive tract, and throughout the rest of the body (skin, eyes, bladder, vagina, nose, throat).
- ✓ Contributes to a healthy immune system
- ✓ Reduces inflammation
- ✓ Helps with the digestion of food and micronutrients. The KEY for health and longevity is good digestion, and a balance of good bacteria is the essential starting point

### Website Links

<https://www.soilassociation.org/take-action/organic-living/organic-september/>  
[www.alihhealing.org/2017/02/27/kefir-for-liver-detox/](http://www.alihhealing.org/2017/02/27/kefir-for-liver-detox/)  
<https://www.healthline.com/nutrition/water-kefir>  
<https://drhealthbenefits.com/food-beverages/health-benefits-of-water-kefir>  
<https://draxe.com/nutrition/water-kefir/>



- ✓ Helps heal, or to reduce the symptoms of irritable bowel syndrome (IBS) including bloating, indigestion, flatulence, diarrhoea/constipation, nausea, low energy, muscle aches and pains
- ✓ Helps heal intestinal dysbiosis and SIBO (small intestine bacterial overgrowth)
- ✓ Increases energy and an overall feeling of good health
- ✓ Can stop unhealthy food cravings, especially for sugars and sweet foods
- ✓ Skin complexion and overall condition has been shown to improve, with skin conditions such as psoriasis, eczema and acne shown to benefit
- ✓ Can help with liver conditions including non-alcoholic fatty liver disease
- ✓ A tranquillising effect has been seen on the nervous system which has helped those who suffer from sleep disorders and insomnia, depression, ADHD, and autism due to the presence of tryptophan
- ✓ In addition to enhancing immunity, water kefir may also provide protection against the formation of cancer cells. In vitro studies show that kefir grains may help reduce the growth of colon, breast, and blood cancer cells in the body

**Join us at The Letchworth Green Festival for a free taste**

Awareness topics in September: Go Organic, Childhood Cancer, Urology, Blood Cancer, Alzheimer's, Oddfellows friendship, Vascular Disease, Gynaecological cancer, Sourdough month

3rd National Doodle Day  
 5th International Day of Charity  
 5th - 14th Migraine Awareness  
 5th-11th Know your numbers week (Blood Pressure UK)  
 13th - 19th Rheumatoid arthritis, National Eczema & Orchid Male Cancer Awareness Week  
 13th Children take over the kitchen day! Have fun with that!  
 15th World Lymphoma Day & International Dot Day  
 16th International Day for the Preservation of the Ozone Layer  
 19th Youth Mental Health Day  
 19th - 25th National Eye Health Week, Recycle Week & International Week of Happiness at Work  
 21st International Day of Peace & World Alzheimer's Day  
 22nd World Car Free Day  
 24th World's Biggest Coffee Morning (Fundraising for Macmillan)  
 27th - 30th Bike to School Week  
 29th World Heart Day