



OCTOBER

Issue 1



After weeks of refurbishment, it's business as usual and Fairhaven has new products galore, including dairy alternatives, canned foods, and toiletries. But the most intriguing item of them all is the reusable, plastic-free alternative to cling film, Vegan Food Wraps. It's an environmentally conscious way to revolutionise your kitchen. We also have special offers on certain flours, biscuits, spreads, soups, and pasta. These discounts will be continuing throughout October.

DID YOU KNOW?

October kicks off with World Vegetarian Day.

Grab your organic plastic free fruit and veg that arrive fresh on Mondays and Fridays from UK farmers where possible, as well as fresh breads and tofu products from Paul's Bakery.



HOT TOPIC THIS MONTH

The hot topic of October is thyroid health. Many people are unaware that they may have thyroid issues due to unreliable testing. Furthermore, some conditions and medications can affect the results of a thyroid test. In the case of an autoimmune occurrence, the body can attack the thyroid which is known as Hashimoto's disease. Yeast overgrowth, certain gut bacteria, emotional stress, alcohol, and certain foods like dairy and gluten, can cause this biological response creating a leaky gut. To read more info on this we have the What Doctors Don't Tell You monthly magazine in store. Please see a doctor if you have concerns about your health. ^[1]

Thyroid support available at Fairhaven:

- Vitamin D (Nature's Aid, Solgar, Viridian) which lessens the severity of autoimmune responses.
- Probiotics (OptiBac, Udo's Choice, BioCare), kefir (Mount Olympus, Nourish Kefir), sauerkraut (Loving Foods, Eat Wholesome, Cultured Food, Biona), and kimchi (Biona, Loving Foods) for good bacteria.
- Avocado oil (Mokhado) for an omega 9 boost.
- Coconut oil (Biona, Viridian, Tiana) for energy and optimum metabolism.
- Sprouted seeds, beans and legumes, which are high in fibre and minerals. Try Sky Sprouts or grow your own with A. Vogel BioSnacky.
- Feed your gut microbiota and reduce inflammation with our seasonal fruits and vegetables.

[1] Reference: McTaggart, C. and Hubbard, B. (October 2019). The thyroid tragedy. What Doctors Don't Tell You, p. 3 and p. 67-68.

IN OTHER NEWS

Non hay fever sufferers can now join us in the coming cold season. As always we have probiotics for all the family, ye olde Echinacea tinctures and supplements by A. Vogel, and Vitamin C supplements. Immunity health is especially important for children back at school. Leaflets on how to make this winter not so blue can be found in store, and of course our friendly staff are always here to advise you. Our recipe of the month could also help – a hearty Moroccan stew that'll take the chill off, so don't forget to pick up a recipe to add to your collection, along with the ingredients!

OUR UPCOMING EVENT

SATURDAY 23RD NOVEMBER

We would like to invite you to our Christmas Fayre to get you started for the festive season.

There will be:

- Variety of suppliers
- Samples
- 10% discount off all items
- Complimentary mulled wine

More details to come in the near future.

THIS MONTHS RECIPE



COMPOSTABLE BAGS VS ZERO WASTE DISPENSERS

Fairhaven are currently moving towards compostable and biodegradable packaging for our own brand products. We have made this decision for several reasons:

- Hygiene purposes.
- To maintain accurate best before dates.
- To prevent leeching of plastic onto the food products.
- To avoid the use of more plastic.
- To enable us to continue to offer a vast variety of wholefoods.

It will also ensure better product freshness and reduce the risk of cross contamination from others' containers. Look out for the brown tape and plant based packaging sticker on our Fairhaven own brand products!

WORK IN PROGRESS

We have been working on an upgraded and easy to use website where you'll be able to Click & Collect. For now, like us on Facebook @FairhavenWholefoodsLtd



**THE
FAIRHAVEN TEAM**

**WHOLEFOOD
& A WHOLE LOT MORE**