

Welcome to February! The month of love is here! And we love nothing more than taking care of our customers, as you take care of yourself and those around you.

Winter colds are still lingering, and Fairhaven is the perfect place to visit for immune boosting supplements as well as ingredients to make a perfect hug in a mug... also known as soup! We have some great recipes in store.



### NEW PRODUCT ALERT!

We're very excited to stock a new Plant-Based Omega Oil made of Ahiflower oil which includes a balanced delivery of Omegas 3, 6 and 9 and is fish oil free (making it environmentally sustainable), non-GMO, Vegetarian and Vegan, rich in anti-inflammatory GLA Omega-6 and is fully traceable. Read the supplement spotlight section for more information!



### GIFTS GALORE

We have now restocked our gift area with new and exciting items. We have a range of beautiful greetings cards, new kitchen utensils and lovely handmade plant pots. We are currently updating our website and the selection of gifts will be available to buy online too.

### Awareness Days

**LGBT History Month, Raynaud's Awareness**

1st Dignity Action Day - 6th Time to Talk Day  
7th NSPCC Number Day, Wear Red Day - 11th Safer Internet Day  
14th Valentines Day - 21st Care Day - 23rd Helplines Awareness Day

Jan 7th - Feb 14th Big Schools Birdwatch,  
3rd - 9th Children's Mental Health Week, Tinnitus Awareness Week  
10th - 16th National HIV Testing Week  
17th - 23rd Cancer Prevention Action Week  
24th - March 2nd Eating Disorders Awareness Week



# AHIFLOWER

## SUPPLEMENT SPOTLIGHT

We're delighted to announce a new supplemental addition to our Fairhaven shelves! This Omega supplement is made using Ahiflower seed oil which is obtained from the Ahiflower, a wild plant originally found in a hedgerow in the UK.

An acre of this flower has been shown to produce as much omega rich oil as 500,000 anchovies, which means it could help issues with overfishing and provide a sustainable alternative. The plant is grown exclusively by a dedicated group of farmers in the UK, who follow regenerative agricultural practices and traceability protocols.

Ahiflower oil has been thoroughly researched, and the findings have shown that it provides a range of benefits. It can improve circulating amounts of EPA and EPA-derived oxylipins in humans, may improve gut microbial balance and have anti-inflammatory effects system wide. The omega oils that the supplement provides benefit heart, brain, gut, skin, immune, lung, joint and women's health as well as cell function, inflammation balance, hormones and tissue repair. This can result in overall optimised physical and mental health.

The supplement does not contain any animal products and is vegan and vegetarian (animals were used in the research process and the oil is also recommended for cats, dogs and horses) More information on Ahiflower can be accessed via the website at:

<https://www.ahiflower.com/>

If you are looking for vegan Omega oil for children we also offer Viridian's organic Viridikid Omega Oil which contains Omega 3, 6 and 9 and comes as an oil rather than a capsule.



# Circulation and the Cardiovascular System

## Hot topic

The Cardiovascular System is made up of the heart and blood vessels and functions to transport blood around the body. This blood supplies oxygen and nutrients from the food we eat to cells, tissues and organs and delivers wastes to eliminatory organs. Approximately 7,600 litres of blood are circulated by the heart each day, this increases with physical activity. The brain and heart are top priority for blood supply as if either lack the amount needed then serious issues will quickly occur. Additionally, the lungs are involved in this system as they facilitate the intake and output of oxygen.

### Conditions and disorders linked to suboptimal cardiovascular system function include:

High blood pressure - High cholesterol  
Arrhythmia (irregular heart rhythm) - Heart attack  
Malfunctioning heart valves - Aneurysm  
Heart failure - Stroke  
Atherosclerosis (arterial plaque buildup)  
Heart disease - Vascular diseases

### The best way to protect your cardiovascular system is to eat a healthy diet!

Dietary changes can be beneficial in providing your body with the nutrients and vitamins it requires for optimal function, as well as weight management.

#### This can include:

Consuming 'heart-healthy' foods that are high in fibre and low in saturated fats

Increasing intake of leafy green vegetables, fruits (particularly berries), whole-grains, nuts, seeds, fish and lean animal protein

Decreasing trans and saturated fats, refined carbohydrates, red and processed meats, salt and sweetened drinks

Eating more garlic may be beneficial as it can slightly decrease blood pressure, may reduce the speed of plaque buildup, which can decrease blood clot risk



Drinking green tea may lower LDL and triglyceride levels and increase HDL

Choosing dark chocolate, which contains antioxidants, may help reduce the risk of heart disease

Limiting alcohol intake and drinking water or herbal teas instead

Lifestyle alterations include regularly exercising, getting adequate sleep, high cholesterol and blood pressure management, keeping a normal blood sugar level, avoiding tobacco, being a healthy weight and reducing stress.

Supplements can assist with maintaining a healthy cardiovascular system. Individuals must consult their healthcare practitioner as there can be contraindications with certain conditions and medications.

**Fibre supplements** such as Psyllium Husk have been shown to lower 'bad' LDL cholesterol and increase 'good' HDL. If increasing your fibre intake make sure to do it slowly and additionally drink more water

**CoQ10** has been shown to lower blood pressure and may help reduce symptoms from statin drugs  
**Omega-3 oils** can help reduce blood triglyceride levels by up to 30% and may improve blood pressure.

**Folic acid (B9)** is converted by the body into folate which lowers the levels of the amino acid homocysteine, linked to heart disease and stroke  
**Thiamine (B1)** may have a protective effect against vascular disease and improve heart function

**Vitamin D** has received widespread attention for its potential in preventing cardiovascular disease as well as type 2 diabetes mellitus

**Magnesium** can lower blood pressure and in some cases is used to rectify abnormal heart rhythms.

**Plant Sterols** may help lower cholesterol and reduce the risk of heart disease

**Red Yeast Rice** may help lower cholesterol, but should not be taken by people with kidney disease, thyroid problems or those at higher risk of cancer

Always check with a health practitioner before taking supplements. Speak to a member of staff if you require any assistance.