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Health Store News | November 2023

# Health Store News



## Welcome to Health Store News



Well, October certainly proved to be a busy month! Early on in the month we were in Bristol for this year's NHT Summit, reconnecting with Health Stores UK members, Partners and industry friends. The new venue proved to be a big hit, drawing retailers from around the

country. You can read about how we got on at Bristol in our photo report below. We also found ourselves responding to unexpected new guidance from the FSA on CBD, and we outline our initial thoughts on this for you in this month's newsletter. We also bring you news about a great initiative from Natural Trade Brokers, who are helping us spread the word about the benefits of Health Store UK membership. And we've got a summary of the brilliant workshop on 'Planning for 2024' hosted by Dave Christie of Take on Goliath. Happy reading!

**Len Glenville, Chair**

## Melanie Beard, Deputy Chair



## Bristol NHT Summit is hit with retailers

We've just packed up after a fantastic NHT Summit, held for the first time in Bristol. And what a success it was. The event attracted independent retailers from across the country, with 130 stores pre-registering for the show. There was a real buzz around the new venue from the off, and good steady traffic throughout the day. It was great also to see so many familiar – and new – brands making the journey to Bristol.

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## Spreading the word about Health Stores UK



We were delighted when one of our highly valued Partners, Natural Trade Brokers (NTB), recently offered to help us to spread the word about Health Stores UK and encourage more retailers to join us as members.

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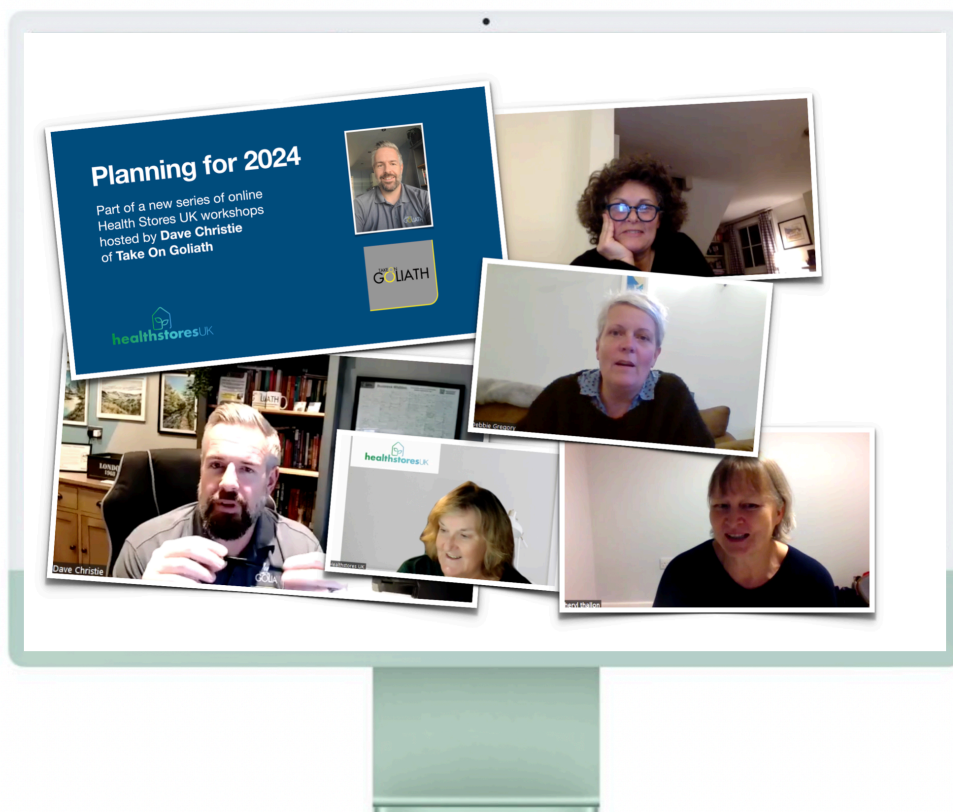
## Where does the FSA's new guidance on CBD intake leave retailers?

Last month The Food Standards Agency (FSA) issued new precautionary advice to consumers on CBD, recommending that healthy adults should limit their consumption of CBD from food to 10mg per day – which is about 4-5 drops of 5% CBD oil.

Previous guidance set the safe daily dose at 70mg. The unexpected and dramatic reduction of the acceptable daily intake (ADI) for CBD has caused dismay in the CBD sector. But where does the FSA's new guidance on CBD leave retailers in the short term? Here's our take.

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## Lively workshop helps health store retailers get planning for 2024

A lively online workshop led by small business mentor Dave Christie provided independent health store retailers with a whole range of tips on how to plan for a successful 2024. The session was the first in a new series of monthly Health Stores UK workshops hosted by the Take on Goliath founder. The plan is for the sessions to be as interactive as possible and to encourage retailers to discuss and share their ideas and initiatives. [READ MORE](#)

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## Membership Benefit of the month





Health Stores UK membership comes with a whole host of membership benefits and we'll be highlighting one of them each month.

This month: **Download your FREE copy** of the brilliant 'How to Start and Run A Successful Health Store' by Cheryl Thallon and immediately benefit from 200+ pages of essential business

advice from successful health store owners. [READ MORE](#)



## Big in 2024: Health and nutrition trends to look out for next year

Around this time of year a barrage of predictions about food, health and nutrition trends is unleashed. While some of these trends are already established in the health food channel, these predictions can be helpful in confirming where the biggest growth opportunities lie for specialists already embracing them. So let's look at some of the most interesting of this year's predictions, from Protein in Motion to Mushroom Mania, Plant-based Diversity to Nurturing Nature. [READ MORE](#)

# Next month

- We have some exciting news about our HealthyDoesIt consumer site
- Find out all about our next Shop Talk event

## In case you missed it

### Holly shows how to make in-store events a real success

In the latest Health Stores UK Shop Talk discussion, Holly Thallon Steenson from Viridian and Sheaf Street Health Store in Daventry, offered some great tips and advice on how to set up – and, crucially, profit from – in-store events. [READ MORE](#)

### Health stores at heart of new healthy kids campaign

Health Stores across the UK and Ireland are at the centre of a new collaboration between the ‘Wholefood Chef’ Oliver McCabe and Viridian Nutrition aimed at equipping kids “with a lifetime of good health”. [READ MORE](#)

### Our partners





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