

Healthcare

ED treatments from licensed online pharmacies

LOOKING TO GET erectile dysfunction treatments from the comfort and privacy of your own home?

MedExpress is a licenced online pharmacy in the UK, offering discreet and convenient access to prescription medicine for a range of issues, from erectile dysfunction to hair loss. Since we started in 2013, we have helped almost 300,000 customers, many of whom we continue to serve many on a long-term basis.

Getting your treatments is as simple as 1,2,3. Firstly, choose a treatment on our website and fill in a two-minute questionnaire about your health and medication history. Our pharmacists or doctors then review your answers and provided the treatment suits your need, your medication is dispatched the same working day.

The entire process from start to finish takes

about five minutes for a customer to complete, and we offer next day delivery or the option to collect from your local post office. In London, customers can even receive their treatment on the same day via courier.

Confidentiality and discretion are paramount for our customers. We go to great lengths to respect their privacy in packaging and communications, and know how imperative this is for our patients when it comes to certain health issues and treatments.

- ✓ Discreet service guaranteed
- ✓ Express delivery
- ✓ Treatments from hair loss to erectile dysfunction

New customers receive an exclusive offer with code **"SAVE10"** for £10 off at checkout*. (Minimal spend £35, offer ends October 14th)

020 8123 0508 | medexpress.co.uk



*Valid for orders over £50 for new customers. Available for a limited time, and may be retracted without notice

Creating beautiful, confident smiles

PORCELAIN VENEERS are a great option for a fantastic smile if your teeth are dark and worn, but also gappy, crowded or misaligned. A little orthodontic pre-alignment with Invisalign or hidden braces allows for the most non-invasive and aesthetic results.

In recent years, adult orthodontic options have become much quicker, more comfortable and less visible. These changes have caused an explosion in adult orthodontics and it has become commonplace in any age group. In many cases, this has meant that orthodontic alignment and simple whitening has become the cosmetic dental treatment of choice. But for those whose teeth are already restored or worn, pre-alignment followed by minimal preparation porcelain veneers are usually the ideal approach. AACD accredited Cosmetic Dentist; Dr Tim

Bradstock-Smith of the London Smile Clinic believes the combination of these two techniques takes cosmetic dentistry to another level. "Tooth position and gum levels are vital when setting up a really beautiful smile. Get this right, then the porcelain veneers are just the cherry on top."

londonsmile.co.uk
020 7255 2559



Case Study:
Dentist: Dr Tim Bradstock-Smith
Orthodontist: Professor Padhraig Fleming

Patient motivation: "After having awful teeth for so many years, I was fed up of my smile letting me down. I needed a mid-life boost."

"Brilliant results that definitely exceeded my expectations. I look younger and feel so much more confident. The dimples have returned and I'm using my smile muscles that haven't been used in years!"

Patient Experience:
"Thank you, thank you for my fabulous smile. My teeth look fabulous and I'm so grateful to you for giving me my confidence back. All the team have been superbly supportive. On every visit I felt welcome as soon as I walked in. The London

Smile Clinic is full of friendly faces and has really made my entire dental makeover experience!"

thelondon**smile:)**clinic®
Excellence in Cosmetic Dentistry



Enjoy real, authentic flavours of the East

THE TIDE IS BEGINNING to turn against the inauthentic marketing of 'superfoods' like turmeric as an answer to all dietary woes. Diversity in diets is becoming the watchword, with a recent study finding 'strong associations between nutritional diversity of national food supplies and key human health outcomes'.

Eating 'local' food from all over the world might be the healthiest option — for the planet too, given the eco-benefits of seasonal produce grown without artificial climate control.

Enter Feast Box, a recipe box service offering pre-measured ingredients and straightforward recipes delivered to your door, focused around robust traditional Asian and Middle Eastern cuisine.

These are just perfect if you want to learn about unusual ingredients or are looking for recipes that don't sacrifice flavour for simplicity. Plus, their



ample plant-based options are free from faux-meat compromises, sanctimonious marketing, or dubious health claims.

feastbox.co.uk
contactus@feastbox.co.uk



For a full head of hair

THE ITALIAN CNC system is quite simply the most technologically advanced, non-invasive hair replacement system in the world.

Whether your hair loss is mild or advanced, this non-surgical, custom-made system allows you to enjoy a natural looking full head of hair, without compromising your active lifestyle or your routine. You can achieve your desired look, no matter what cut, colour, or style you choose, and there is no requirement to shave your existing hair away.

This customised hair replacement solution is unmatched in quality, naturalness and durability – and you don't have to travel to Bologna, Italy to experience it! The CNC Hair Prosthesis is classified by the Italian Ministry of Health as a medical device, and is now available right here in the UK. Recently launched under the guidance of renowned hair loss expert and trichologist, Eva Proudman, it's fully endorsed by other leading trichologists, dermatologists and hair transplant surgeons world-wide.

crlhair.co.uk
01295 757400

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Impartial health insurance advice

ARE YOU PAYING too much for health insurance? Medischeme gives impartial advice on health insurance and can transfer you to a more suitable policy. We use our extensive experience and sophisticated software to find a policy that can better meet your needs. In addition, we can negotiate on your behalf with your current insurer, which can lead to lower premiums. You pay nothing for the Medischeme service – we receive a standard fee from whichever insurer you choose. For jargon-free advice that can help you make an informed decision, contact:

0800 085 2677
medischeme.co.uk



For a smoother shave

DO YOU STRUGGLE to get a close shave, or do you get irritation when shaving? New from The Traditional Shaving Company is the hydrating preshave lotion and moisturising aftershave balm. The preshave lotion softens the beard before shaving for an even closer shave, while the aftershave balm moisturises the skin and reduces irritation and redness after shaving. Choose from the Sandalwood, Limes and Sensitive ranges, as well as their signature fragrance, Leodis.

01134 406411 | traditionalshaving.co.uk

THE
TRADITIONAL SHAVING
COMPANY



Reduce pain and improve mobility

For sufferers of knee OA

MANY PEOPLE with knee osteoarthritis are suffering unnecessarily from its associated pain, inflammation and stiffness, and are forced to give up activities that require standing or walking due to the pain.

Following years of knee pain and nine knee operations, Sharron Davies, MBE was told she needed a total knee replacement in 2013. Reluctant to undergo any more surgery, she chose to try an Unloader One® knee brace as a treatment option and a solution to years of pain.

The Unloader One® by Össur is clinically proven to reduce pain and improve function. It works by shifting the force away from the affected side of the knee to the less affected side, reducing bone-on-bone contact. Patients have also reported

a reduction in the use of prescription anti-inflammatories after using the Unloader One®.

Sharron is delighted with the brace and says "It is lightweight, easy-to-use and can be worn under clothing. Immediately after it was fitted, I stood up and was pain-free. I couldn't quite believe it. I can now walk the dog, use



the gym more and I've even started running".

We have trained clinicians in your local area who can assess your knee and suitability for the brace. Please call **0845 006 4040** for more details. To see other peoples' experiences with the brace, visit **ossur.co.uk/unloader-moment-2017**

ÖSSUR
LIFE WITHOUT LIMITATIONS

Lead a healthier lifestyle with our round-up of the best mobility and healthcare options, insurance advice, online services and nutritious food and drink



Are you looking for a sperm or egg donor?

PRIDE ANGEL is dedicated to connecting sperm donors, egg donors and co-parents online. We are looking for donors willing to donate sperm or eggs to help single, lesbian, gay and infertile couples achieve their dream of becoming parents.

Testimonial

"We are so grateful to the founders of Pride Angel, who we met last year in Brighton. Thanks to our donor, my partner and I gave birth to one child each, both of whom are absolutely beautiful. If it wasn't for Pride Angel, we wouldn't have our wonderful family."

Lucy - Feb 2018
prideangel.com



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LENSTORE.co.uk
VISION CARE EXPERTS



Providing advanced nutrition for the eyes

WORSENING EYESIGHT, thought inevitable in the ageing process, can result in a loss of independence. One Macu-SAVE daily contains three vital natural antioxidants: Meso-Zeaxanthin, Lutein and Zeaxanthin, all found in the macula at the retina. Meso-Zeaxanthin isn't part of our normal diet and is key to a healthy macula, to block blue light which can harm cells responsible for central vision. We are surrounded by blue light emitted from TV screens, smart phones, PC's and from daylight! Affordable Macu-SAVE is available in Superdrug, Lloyds Pharmacy, Well Pharmacies, health food stores, opticians and pharmacies. 30 capsules of Macu-SAVE RRP £12.99 and 90'S £29.99.



Flavoured protein water - an exercise must-have

PROTEIN WATER was created to fill a gap in the market for a high protein water-based drink. As the brand has grown and developed, it now has a range of functional products.

Muscle Maintenance: Water-based drink with added 20g Whey Isolate protein that could help with muscle maintenance and recovery after exercise. It comes in three refreshing flavours.

Skin Maintenance: The new range contains 10g of Hydrolysed Collagen (Peptan®) that can help to promote skin hydration and maintenance. Choose from Blackberry & Cherry or Apple & Strawberry flavours.

The +PW muscle range is available from Boots, M&S, Sainsbury's, Wholefoods & Ocado. Skin Maintenance is available from Ocado and online at **proteinwater.co**

+proteinwaterco.