



## 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 20th)

**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



## Gen Z, Love, Safe Sex and Expectations

**ATTITUDES TO SEX** have evolved since the Baby Boomer days. Your Generation Z sons and daughters (those born after 1995) are living more liberal lives yet they're having 20% less sex than their peers were in 2000.

Sadly, 7 out of 10 of them say they don't feel good about their sex lives, either because of physical problems or emotional anxieties. With their lives increasingly lived online, and fear of intimacy increasing, Generation Z is the loneliest generation.

### So what's changed?

Generation Z sees a disconnect between sex and love. Attitudes to monogamy are more relaxed and open relationships are positively en vogue – either in totality or for a certain period of time. They celebrate diversity, accept gender fluidity and reject sexual stereotypes.

However, they struggle with intimacy. Online

pornography has skewed sexual expectations. That means that, when it comes to the real thing, the anticipation far outweighs the experience, leaving them insecure and disappointed. Sex lives are moving online too, with 'sexting' becoming increasingly popular (31% of 19-29 year olds do it regularly).

At Durex we believe it's everyone's human right to feel good about the sex they have. That's why we've launched our campaign 'Change your #SexExpectations'.

We're helping Gen Z navigate the world of modern relationships, connections and intimacy so they can feel confident, liberated and, importantly, safe. The campaign explodes myths about body image, sexual performance and relationship fears, providing practical, non-judgemental advice and information on everything from avoiding STIs and unwanted pregnancies to spicing things up in the bedroom. Visit [durex.co.uk](http://durex.co.uk) for more information.



## Manage symptoms in peaceful surroundings

**ARE YOU LOOKING FOR** a diverse and professional team that can provide effective integrative treatment? The Budwig Center specialises in offering natural treatments for cancer patients.

We are an international clinic located in Málaga, in the south of Spain. A beautiful area where the sun shines more than 300 days a year and an ideal place to heal.

If you or someone you love has cancer and is suffering from symptoms that often go with the illness, such as a lack of appetite, pain, nausea, depression, constipation and/or insomnia, it could be that a natural and holistic approach may help you to manage symptoms and regain some of your strength.

We make your stay in Spain easy and comfortable by providing independent apartments near to the clinic, as well as putting

together comprehensive two and three week clinical programs, that aim to be a life-changing experience for both patients and their carers.

For those who are not able to visit the clinic for a week or more, we recommend regular visits of 1-3 days, to ensure that we can monitor their condition. In these cases, we adjust the treatment plan and fees to accommodate each person's situation.

Many of our patients have commented that what they appreciated the most about coming to the Budwig Center, is that all the therapies they need are under one roof, enabling them to fully focus on getting better.

### We can provide all of the following:

- A second opinion with an oncologist
- Medical consultation and supervision
- Budwig diet and protocol explanations and demonstrations
- Blood analysis for virus and contributing factors
- Vega Check, Vega Test and GSR scan to monitor health conditions and identify contributing factors

- Detox treatments such as colonic irrigation, full body hyperthermia and Med Matrix sessions (from Wegamed)
- Natural, food and herb-based remedies
- Local hyperthermia and photodynamic laser for tumor treatment and systemic cancers
- Perception reframing and stress management techniques

Book a free consultation

to find out how we can help you personally:

Email [admin@budwigcenter.com](mailto:admin@budwigcenter.com)  
to request a call.  
**+34 952 577 369**  
**[budwigcenter.com](http://budwigcenter.com)**



## The UK's first mobile cardiology service

**DR FRANCESCO LO MONACO**, a Harley Street based cardiologist, has established the UK's first mobile cardiology service. This revolutionary concept delivers cardiological consultations and tests to your home, hotel, workplace, nursing and care home. Wherever is most convenient for you.

### How does it work?

Call us to arrange an initial phone or video consultation with a cardiologist, to discuss your symptoms and any tests needed. These may include an ECG, an echocardiogram or a 24-hour blood pressure monitor. Following a consultation and physical examination, our cardiologist then makes a tailor-made plan for you.

**[cardiologistlondonuk.co.uk](http://cardiologistlondonuk.co.uk)**  
**07805 173382**



DR FRANCESCO LO MONACO

## Beware of the metal in your mouth

**SILVER** may be a precious metal, but there's good reason why it's no longer the first choice for dental fillings.

Dating back to 7th century China, amalgam dental fillings became the worldwide restoration of choice in the 1800s, and have remained so until recently. A compound made of varying ratios of mercury, silver, tin, copper and other trace metals, amalgam fillings have been historically popular for their efficiency, strength and durability. However, in recent years increasing concern about the negative health, aesthetic and environmental impact of metal fillings has led to a partial ban in the EU – they are no longer used for children and pregnant women, and are being phased out for the general population.

Instead, most dentists today prefer to fill teeth with composite – a tooth-coloured synthetic resin-based compound that is as effective and long-lasting as amalgam, even on hardworking back teeth. It also avoids the alleged health risks associated with toxicity from mercury leaks. Modern composites not only blend with the tooth's natural aesthetic,



but require less drilling of the affected teeth in advance of placement. This allows dentists to save more of their patients' tooth structure and preserve their completely natural-looking smile.

In fact, in a modern twist on alchemy, dentists are now swapping out old amalgam fillings and replacing them with composite – a complicated procedure, but one that yields a better aesthetic result and, crucially, peace of mind for the patient. At our practice in London, we firmly believe it's about looking after our patients' dental and medical health first.

**[thedentalsurgery.co.uk](http://thedentalsurgery.co.uk)**  
**020 3909 1692**



## 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](http://proteinwater.co)**.

**+proteinwaterco.**

Make the healthier choice for you with our round-up of the best healthcare offerings, including skincare, mobility, dental and diet options

## 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](http://ossur.co.uk/unloader-moment-2017)**



LIFE WITHOUT LIMITATIONS



Joanne Clifton,  
Strictly Champion  
2016 & World Pro

## Replenish collagen for healthier skin

**SCIENTIFICALLY FORMULATED** to counteract the signs of ageing caused by reduced levels of natural collagen and hyaluronic acid in the body, as well as UV damage; Ultimate Collagen- Second Generation could help you to achieve smoother, firmer skin, stronger nails, thicker hair and improvement in the body's overall vitality within 20 days. Packed with three 100% naturally derived active ingredients and no fillers; the patented enteric capsule is designed to pass through the stomach wall and only disintegrate once it reaches the small intestine, the body's place of maximum nutrient absorption.

**INGENIOUS**  
BEAUTY

## Fold and go with the Minimo Plus 4

**THE MINIMO PLUS 4** from TGA Mobility is the ideal companion for trips to the shops, thanks to its supportive, stable ride and impressive range. But with its easy-to-fold lightweight frame, journeys further afield are also possible. The Minimo folds in seconds with one simple movement into a compact unit, so it can easily be transported via car boot, boat or even by plane, making those family holidays away possible again.

**0800 107 5349**  
**[tgamobility.co.uk](http://tgamobility.co.uk)**

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