

New Year means it's time to make better choices – whether those include getting healthier, being more organised or trying something new. Here are some ideas for you...

# NEW YEAR'S RESOLUTIONS

Be sure to see The Sunday Mirror tomorrow for more New Year's inspiration.

## Friendly bacteria for after the festivities

**AFTER A BUSY HOLIDAY SEASON** your digestive system might be crying out for support.

Spoil yourself this new year with top quality brand Solaray's best-selling food supplement Mightidophilus 12 which includes many of the most important strains of beneficial bacteria. Each serving provides 20 billion friendly micro-organisms. The delayed-release capsules ensure the friendly bacteria pass through harsh stomach acids and into the small intestine, which maximises survival of the micro-organisms. The perfect supplement after the festivities!

Available in 30- and 100-capsule sizes, now is a good time to visit your local independent health food store and look for Solaray. Available across the UK and Ireland and online.

**bodylifeonline.co.uk**  
**0800 0851 697**



## Boost your healthy lifestyle with CBD oil

**WHY NOT BOOST** your New Year healthy lifestyle with organic CBD oil? You can't have missed the recent press coverage about cannabis oil. Full-spectrum cannabidiol (CBD) oil is a pure, legal source of CBD,

from industrial hemp, without THC. It has no psychoactive components so allows you to get on with your normal day. Choose from either our Virgin Hemp or Vegetable Glycerol & Glycol suspensions that can be vaped.

CBD oil is easy to take for people with busy lives and those just wanting to relax. For complete convenience and a guaranteed-accurate dose, try our new CBD capsules with MCT, itself believed to provide valued health boost quickly processed by the body.

With a great buy one, get one free offer throughout January on our bottled CBD products there hasn't been a better month to see what all the fuss is about.

Visit our website to enjoy a special 20% discount.

**purelifeuk.co.uk/mirror-offer**  
**01304 273111**



## Complementary healthcare choices

**LOOKING FOR COMPLEMENTARY HEALTHCARE** to help you achieve your wellness goals?

You may be surprised to find out that just anyone can call themselves a complementary healthcare practitioner, as there is no legal requirement for levels of training, obtaining insurance or registration with a governing body or professional association. A simple online search for 'massage therapist near me' or 'best hypnotherapist near me' returns thousands of results – so how can you ensure you are choosing a competent practitioner who seeks to meet a high set of personal and professional standards?

Searching the Complementary & Natural Healthcare Council's (CNHC) free online

accredited register at [www.cnhc.org.uk](http://www.cnhc.org.uk) gives you access to a professional practitioner near you. CNHC is the only voluntary regulator in this sector set up with government funding, and its sole purpose is to protect the public. You can choose with confidence as all CNHC registrants must:

- Meet the government-set standards for safe and competent practice for each of their registered therapies;
- Hold professional indemnity insurance;
- Agree to abide by the CNHC Code of Conduct, Ethics and Performance.

We set the standards that practitioners need to meet to get onto and then stay on the register. As registration is voluntary, our registrants themselves adhere to high standards, so it is a professional choice to be on the accredited register and to be held publicly accountable.

The organisation is scrutinised by the Professional Standards Authority for Health and Social Care. The government recommends that

people use only an accredited register when consulting a health practitioner who is not regulated by law. CNHC registers healthcare practitioners across 16 different complementary therapies:

- Alexander Technique teaching
- Aromatherapy
- Bowen Therapy
- Craniosacral Therapy
- Colon Hydrotherapy
- Healing
- Hypnotherapy
- Massage Therapy
- Microsystems Acupuncture
- Naturopathy
- Nutritional Therapy
- Reflexology
- Reiki
- Shiatsu



- Sports Therapy
  - Yoga Therapy
- Look for the CNHC quality mark – it's there to give you confidence when choosing complementary healthcare. To find a qualified practitioner near you, visit **[cnhc.org.uk](http://cnhc.org.uk)**

## New year, new confidence from leaks

**URINARY INCONTINENCE IS MORE** common in women than in men and affects women of all ages. Prevalence rates in women between 15 and 64 years of age vary from 10% to 30%.

Although only a quarter of all women with this problem seek help, urinary incontinence is a socially embarrassing condition, causing withdrawal from social situations and a reduction in the quality of life.



Discrete, durable, and attractively priced, Wearever incontinence products conform to your active lifestyle and lets you live life to the fullest. Sleep easy and go out into the world knowing you're protected by one of the most trusted names in incontinence supplies.

What sets Wearever apart from other companies is the ability of our incontinence underwear to be washable. Washable incontinence briefs save you money on disposables as they are resistant to between 200 and 250 washes. These undergarments feature varying levels of protection and protect against light, moderate, and heavy leakage (up to 650ml). Order a six pack with a seventh pair free! **[mypelvichealth.co.uk](http://mypelvichealth.co.uk)**  
**01923 237795**

## Drink Kefir: the champagne of milk

**START YOUR YEAR** right by improving your gut health – start your Kefir journey with us at Live Kefir Company. Kefir is a cultured, fermented drink, originating from the mountains which divide Europe and Asia. It is traditionally made from dairy milk but non-dairy alternatives are now also used.

Many independent research projects have shown that Kefir has numerous health benefits – see our website for over 30 of them. Making our Kefir the traditional way, with live Kefir grains, means there are up to

300 billion active bacteria per bottle. These bacteria target the gut which can improve overall health. Taking Kefir can help maintain healthy skin and hair, relieve IBS symptoms, and contribute to the normal function of our immune systems. It can alleviate many digestive ailments, as well as helping with dairy intolerances. We handmade our wide range of products, Healthy Coconut, Healthy Goat, Healthy Cow and Healthy Cow Smoothies to ensure they are of the highest quality and full of helpful bacteria. Start your Kefir journey with 10% off when you use the code 'TDM10' at our checkout.

**[livekefircompany.co.uk](http://livekefircompany.co.uk) | 01977 796278**



## Healthy resolutions for a happier new you!

**MAKE YOUR NEW YEAR'S** resolution to address underlying health concerns that can make you feel low and unmotivated and prevent you from staying active and healthy? Did you know that one in three women silently suffer from bladder weakness caused by a weak pelvic floor, generally due to childbirth, menopause or high-impact exercise? As a result, 50% of women worry about laughing in public, 1 in 3 avoid group exercises, and 56% avoid social events according to a study of 2000 women conducted by INNOVO®.

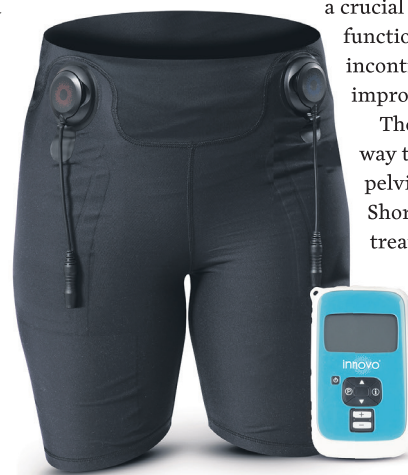
**Look at the bigger picture** Adopt a holistic approach and aim for a healthy lifestyle. It's easier to stick to new habits when you introduce them gradually. By dealing with pelvic floor weakness and subsequent bladder weakness you will feel healthier, more confident and enjoy a better quality of life.

**Reboot your diet** To boost your energy levels,

favour healthy foods, such as whole grains, fish, eggs and nuts – and drink plenty of water. If you have bladder weakness, drink less caffeine and alcohol and avoid citrus, tomatoes and spicy foods as these can irritate the bladder.

**Focus on your pelvic floor** Pelvic muscles play a crucial role in the body's day-to-day functions and can help stop urinary incontinence, prevent prolapse and improve your sex life, too. The good news is there's an easy way to restore lost strength in pelvic floor muscles. INNOVO® Shorts are a non-invasive at-home treatment for bladder weakness. Its clinically-proven technology activates and strengthens the muscles of the entire pelvic floor effortlessly. Simply wear INNOVO® Shorts for 30 minutes, 5 days a week for 12 weeks and you'll be able to see results in as little as four weeks. INNOVO®

is available on Amazon and [restorethefloor.com](http://restorethefloor.com) for £249 or £41.50/month over six months. Get £10 off INNOVO® Shorts now. Use discount code INNOVO-TDM at checkout. Offer available while stocks last. **[restorethefloor.com](http://restorethefloor.com)**  
**0800 028 5687**



## Weigh in on weight loss this January

**CELEBRITY SLIM IS** an easy-to-follow, stress-free weight loss programme. It's a convenient, flexible, nutritionally balanced partial meal replacement programme that can help you lose weight and keep it off for good. There's no calorie-counting and no points system. It's just weight management – pure and simple. It's not a 'quick fix' that will send your weight yo-yoing. It's about changing the way you think about food and helping you change your eating habits – so you don't just lose weight, you learn how to keep it off.

If you want to lose weight but are worried about feeling hungry, don't be. On the Celebrity Slim programme, you can eat six times a day. Two of the six times are meal replacements – the rest is real food! You're never far from your next meal or snack.

Each meal replacement contains:

- No artificial colours or preservatives
- 25 vitamins and minerals
- A nutritionally balanced combination of protein, carbohydrates and fats.

This helps keep your metabolism functioning healthily and helps get you through your busy day.

When you've reached your desired weight it's time to enter the maintenance phase. You are shown how to reintroduce foods into your diet and how to keep the weight off. In addition there's FREE online assistance to support your weight loss – hints and tips; ask the expert; progress tracker, forum, blog, and a recipe bank and book.

So what are you waiting for? Join us on your weight loss journey today.

**[celebrityslim.co.uk](http://celebrityslim.co.uk) | 0800 612 2811**



**Eat 6 times a day... Slimming the easier way**

Meal Replacement Breakfast	Snack	Meal Replacement Lunch	Snack	Balanced Meal Dinner	Snack

## Treat your skin to a fresh start in 2019

**JANUARY MEANS A KICKSTART** to health and well-being. After the overindulgence of Christmas, skin can look lacklustre, so you may be looking to lose those extra pounds and improve overall health.

Here are three ways you can make your New Year health goals become reality.

**Get glowing skin** There are many ways you can improve skin health. Instead of a quick-fix, try a treatment that may transform skin long-term such as Aquagold® Fine Touch.

LifePlus Aesthetics, Genevieve Knodell explains: "This treatment is a cosmeceutical delivery system that uses patented micro-fine, gold-plated needle tips to channel bespoke cocktails of cosmeceuticals deep-down into the skin. This can stimulate cell rejuvenation for revitalised, glowing skin."

**Tighten and contour** After the overindulgence of Christmas you may be thinking about reestablishing a regular gym routine. For even better results, a treatment like ULTRAFORMER III can help – it is a non-invasive, customised treatment for all-over body contouring and skin tightening.

**Body beautiful** Acoustic Wave Therapy (AWT) uses shockwaves to combat cellulite, stretch marks, wrinkles and more. The device helps

cells flush away unwanted fat, achieving a smoother silhouette.

LifePlus Clinics is the destination for well-being, with a multi-disciplinary team offering non-invasive and minimally invasive treatments for a wide variety of medical conditions or aesthetic enhancements.

"At the heart of our clinic are our dedicated team of experts," says Professor Ash Mosahebi. "Our unique offering is that we are a well-being centre where our experts individually tailor and combine the very latest evidence-based, medical-grade techniques from both medical and aesthetics disciplines."

**[lifeplusclinics.com](http://lifeplusclinics.com) | 0207 412 8989**



WIN



**Drink your way to better skin?**  
Win one of three prizes of Skinade Travel sachets worth £315!



**[hurstmediacompany.co.uk/competitions/skinade](http://hurstmediacompany.co.uk/competitions/skinade)**

**WORKING FROM THE** outside with good skincare products is only half the battle – supporting your skin from the inside could truly give it the support it needs. Skinade is giving away three prizes of a 90-day supply of their tried and tested skincare drink, loved by Victoria Beckham. The liquid formulation is designed to target the natural production of collagen, hyaluronic acid and elastin to help promote smoother, younger and more hydrated skin.

**[skinade.com](http://skinade.com) | 0845 130 0205**

