

Health & Wellbeing

Your body is precious
and it pays to look
after yourself. Here is a
variety of ideas to be –
and stay – healthy

Pain free and strong from fingertip to shoulder

POWERBALL IS A revolutionary exerciser that harnesses gyroscopic resistance with huge benefits for the user. The tennis ball-sized gyroscope is a world class grip, wrist and arm strengthener used by professionals and amateurs alike to boost their performance. But strengthening is not the only benefit of Powerball. Daily use prevents and rehabilitates many different injuries, in particular RSI conditions, sprains, breaks and fractures.

A recent clinical test found that within one month of Powerball use tennis elbow sufferers showed significant improvements in their range of motion, pain reduction and overall strength. Using Powerball turbo charges circulation throughout the entire arm quickly,



loosening tight muscle tissue; increases pain-free range of motion at the elbow, wrist and shoulder joints; and greatly reduces the risk of tendon inflammation in the upper limbs.

Get one now and your hands, wrists and arms will thank you later. Find out more at **powerballs.com** (use fit19 for 20% discount) or visit Amazon.

Practical support for your fitness ambitions

AS A PREMIUM orthopaedic and sports supports brand, Neo G understands that February is an action-packed month. Snow sport season is well underway, running and jogging schedules are restarting post-Christmas and gym membership subscriptions are on the rise. Amidst the fitness plans however, it is important not to neglect your muscles and joints. Starting new fitness plans or returning to activities can result in injuries: sprains, strains and instability.

By using a support such as the Neo G Stabilized Open Knee Support while exercising, you can help to prevent injuries, as well as reduce the possibility of worsening existing ones. Neo G offers a dynamic range of medical grade orthopaedic and sports supports, designed by qualified orthopaedic engineers for all ages and body types.

The Neo G Stabilized Open Knee Support is available at Boots instore and online at **boots.com/neo-g** for £33. **neo-g.co.uk | 01423 507309**



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** 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

Strengthen your pelvic floor – using digital technology!

CHILDBIRTH, AGEING AND MENOPAUSE take their toll on your pelvic floor muscles, but this weakness is not inevitable. 1 in 3 women suffer bladder weakness; left untreated it often leads to bowel leakage and even pelvic organ prolapse. "I'm now able to vigorously exercise without worrying about my bladder leaking. I just wish I'd bought it sooner" – Toni

Kegel8 is a medically certificated home-use pelvic floor toner. Acting as a 'Sat Nav' for your pelvic floor – locating and exercising the correct muscles, even when you can't feel them yourself.

"Excellent aid to recover pelvic floor strength. Four weeks in and I'm already noticing a difference" – Lullabelle

Restore your strength and control easily with Kegel8's clinically-proven programmes for bladder and bowel weakness, prolapse and intimate sensation.

Quote GA202 to claim 10% off online and through telephone orders.

Together we'll be stronger.

kegel8.co.uk/ga202 | 01482 496 932

Kegel 8®



Guaranteed relief for extremely dry, cracked skin

THE WINTER MONTHS are often when your skin gets tested to its limits. The experience of being out in cold weather combined with warming up with central heating can lead to many of us suffering from extremely dry, cracked and itchy skin.

Thankfully relief is at hand. O'Keeffe's Skin Repair is a highly-effective body lotion that's clinically proven to seal moisture in, preventing it from escaping. Just one application of this highly-concentrated formula provides protection for up to 48 hours. And the good news, is this is just one product from the hugely popular range. O'Keeffe's Skin Repair, Working Hands, Healthy Feet and Lip Repair are all non-greasy, unscented and hypoallergenic. All our products guarantee relief in days.

To view our range visit **OKeeffesCo.co.uk**



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**



Natural, ethical products for the body

ESTABLISHED IN 1974, Faith in Nature believes in harnessing the power of nature without harming it in the process.

The company's products are made using only the highest quality, naturally derived, cruelty-free ingredients, and use 100% natural fragrance – and as you might expect, they work beautifully. Effective yet gentle on our bodies and the planet, this product range includes something for everyone.

As well as being naturally formulated from raw materials which



are biodegradable and from renewable sources, the 400ml bottles are made from 100% recycled plastic and are also recyclable themselves.

This exotically-fragrated Dragon Fruit shampoo is rich in antioxidants and bursting with a fruity aroma.

- Made using 100% natural fragrance
- Made with essential oils
- Free from parabens and SLS
- Vegan and cruelty-free

faithinnature.co.uk

0161 724 4016

**FAITH
-IN-
NATURE**



The Slender way to reduce cravings and help you lose weight

PROTEIN WORLD HAVE been driving the weight loss and muscle revolution for over five years now, bringing out a wide range of high quality products to help you achieve those fitness ambitions.

The Slender Blend is a low-calorie, low-sugar, high-protein shake that can be used as a meal replacement to support weight loss goals, a nutritious snack in between meals or a post-workout recovery shake.

A serving of The Slender Blend contains 23g of protein from grass-fed cows, which helps to aid muscle recovery after exercise, and also helps you to feel fuller for longer. Boasting a range of health benefits, the formula includes 26 vitamins and minerals, alongside digestive enzymes, pre and probiotics to promote a healthy gut and reduce food cravings.



The Slender Blend also comes in seven delicious flavours including white chocolate, raspberry, chocolate mint and salted caramel, so there is choice for everyone to find their favourite taste.

To help you kickstart your 2019 health and fitness goals, Protein World are offering readers 40% off your first order on any product using code: **GUARDIAN40**.

proteinworld.com

**Protein
World**

Vegan – and without compromise on taste

SAY HELLO TO Liberto, a delicious organic and gluten-free food brand that's also suitable for vegans. Founded by husband and wife team, Mairead Maher and Marek Mlynarczyk, Liberto is grounded on a belief that we all deserve to be able to eat a healthy, wholesome diet that doesn't compromise on taste. The range includes pea-based protein shakes, award-winning bean pastas and funky vegan patés.



Plant-based protein for an active life

AT COSMOGROUP, our core business is producing plant-sourced food and sport supplements. We use over 300 ingredients with just two from dairy: whey and calcium caseinate. That means the overwhelming majority of our formulas are vegetarian, vegan and bio. By producing and consuming plant-based food and supplements, we aim to reduce ecological footprint.

Vegandelight

Peak energy and vitality in your daily life.

VeganDelight is designed as a meal replacement supplement to help with weight control. A nutrient-dense, complete vegan formula that provides protein, vitamins and minerals specifically to meet the needs of athletes and active people dealing with dietary restrictions related to sodium, potassium, cholesterol and sugar.

With only plant-sourced protein, it has zero cholesterol, and is low in potassium, fast sugars and is slow to digest, with a low glycemic index. VeganDelight is formulated to replace one or more meals a day with no additional burden on the kidneys, blood glucose and cholesterol levels.

Protira

Empower your lifestyle with 100% plant-sourced high protein. Time release formula to support muscular endurance. Protira Crunch is a complete high protein (a combination of plant-sourced isolates, hydrolysates and concentrates) with a high concentration of essential amino acids.

Among the reported health and performance benefits related to these plant proteins are a reduction in plasma lipid profiles, increasing LDL-cholesterol oxidation and reducing blood pressure. Protira



The shakes are not only a great way to increase your daily intake of protein but with incredible extras such as baobab, chia, flax, lactospore bacillus coagulans and inulin, this is a super shake for a super you. The award-winning bean pastas – packed with plant-based protein – are high in fibre but 400% less carbohydrates than traditional pasta. The range of vegan patés are the perfect topping for any crispbread.

Buy now at Ocado, Wholefoods Market, and selected Asda and Morrison stores.
loveliberto.com
01280 360083

Liberto
Eat Live Love



Crunch can be helpful if you aren't getting enough protein from whole food. It can help you to manage your weight and body composition as well as enhance muscle growth, immune function and exercise recovery. It is suitable as a substitute for eggs and refined sugar to bring your baking dreams to life.

Athletefuel

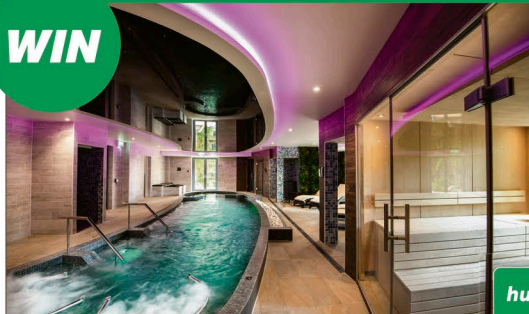
Reassuringly powerful to unlock your energy to thrive. Athletefuel is a vegan-certified powder to fit the unique characteristics of a synergistic pre-workout to maximize performance and focus without a crash afterwards. It is also a source of BCAAs, creatine, beta-alanine, natural safe sources of caffeine, vitamins, minerals and phytochemicals. The focus of this peri-exercise formula is the combination and dosing strategy of the different ingredients that makes it effective at promoting an acute physiological response that may improve and enhance exercise performance. Discount codes for Amazon.co.uk: Vegandelight: 2GS7NNRA; Protira: 4KPUMTFP; Athletefuel: YDOWGNXM.

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eye of the tiger selection

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spa break for
two people**

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START 2019 BY taking good care of yourself. From digital detox to nutritional know-how and soothing massages, Spabreaks.com, Europe's No.1 spa booking agency, wants you to remember just how good a little self care feels.

Spabreaks is giving you the chance to win a £500 voucher for a luxurious two-night spa break for two at a choice of more than 75 fantastic destinations across the UK.

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