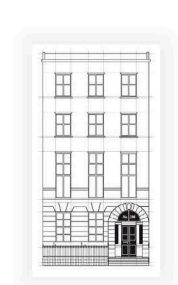
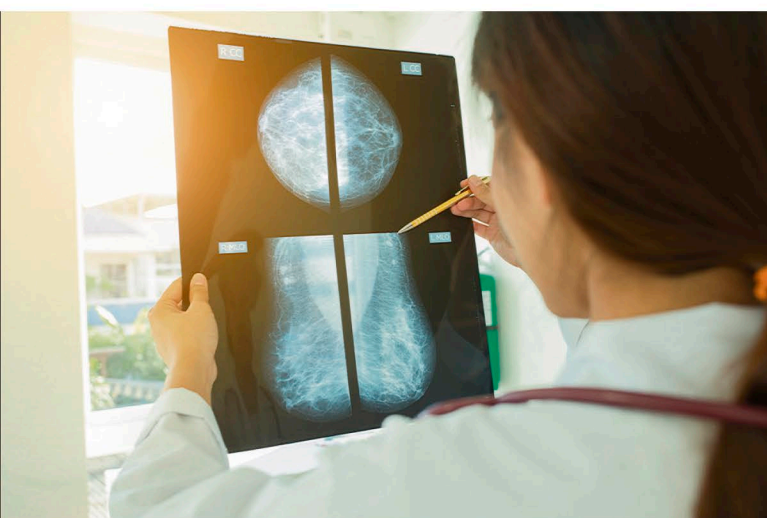


# Health & Wellbeing

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



108  
HARLEY  
STREET  
LONDON WIG 7ET

## Early detection and annual breast check-ups help diagnose breast cancer early!

AT 108 HARLEY STREET (home of The London Breast Clinic) we're all about breast care. With International Women's Month in March, our main focus is on breast awareness.

From the age of 40, it becomes increasingly important for women to get their breasts checked annually (which sometimes we as women tend to avoid). Yet avoiding this simple review has the potential to lead to more problems in the long term.

At 108 Harley Street, we have the latest imaging, and breast screening technology, available to help detect any abnormalities at an early stage. This enables us to address any problems much earlier.

Tomosynthesis (also known as a 3D mammogram) is available at our imaging center. This advanced process helps detect small cancers at a much better rate than a normal 2D mammogram with no extra radiation involved. Not only does it help overcome the problems of dense breast tissue, but it also offers the most accurate test currently available, making some of the smallest cancers easily visible, and so

much more treatable.

The scan itself is very similar to a traditional mammogram. During the process your breast will be under compression with a series of breast images taken at different angles. This ensures an adequate number of images are captured for thorough review by one of our experienced radiologists.

With the best breast care professionals, and surgeons, at 108 Harley Street, breast problems can be diagnosed, and treatment planned, all under one roof.

So, this March, get your breast check out of the way and celebrate your womanhood as part of 'International Women's month'.

To receive a 10% discount on your mammogram throughout March, call and book your appointment on **0207 563 1209 / 0207 563 1234** or visit us at **108harleystreet.co.uk** for any further information.

Use Code 'MarchCheck08'. We take breast care very seriously and so should you.



## Farewell to itchy skin

**FEED YOUR SKIN** with healthy vitamins and nutrients and feel the power of bees.

With an estimated 15 million people in the UK living with eczema and other sensitive dry skin conditions, more and more people are turning to natural moisturising products with healthy plant-based and ingredients derived by nature. Propolis is just one such ingredient made by bees and contains a number of vitamins and minerals such as zinc and B vitamins and high levels of flavonoids making this a unique substance only found in nature.

Not only is it important to feed your body from the inside but also the outside too. Ultra Bee Exeskin balm for dry, irritable skin contains 100% natural ingredients, with a multitude of natural vitamins, nutrients, enzymes, fatty acids and anti-oxidants that not only nurture, repair and protect but also importantly feed your skin.

- 100% natural, free of artificial chemicals, colourants, perfumes, preservatives and parabens.
- Steroid Free
- Soothes the itch
- Suitable for people prone to eczema, dermatitis, psoriasis
- Made in the UK

"The most amazing cream ever", "Actually stops the itching", "150% recommended by me". For more reviews and to order online visit **ultrabeehealth.co.uk** or call **0203 189 1465**

## Bowel cancer testing could be the healthiest thing you do in 2019

**BOWEL CANCER IS THE** fourth most common cancer in the UK, and the second most common cause of cancer death. Although incidence of bowel cancer increases with age, recent evidence suggests there is a rising incidence in younger people.

Early detection of symptoms can lead to dramatically improved outcomes. 9 in 10 people with bowel cancer diagnosed at the

earliest stage survive more than five years.

Measure Bowel Health is the first and only digital at-home testing kit for the detection of invisible traces of blood in stool. It works using a patented electrochemical technology that detects traces of blood that are invisible to the human eye. It is designed to be fast, discreet, hygienic and simple, with no messy handling of samples and results shown in less than a minute from test completion.

Deborah Gilbert, CEO of Bowel & Cancer Research says: "There is evidence to show that regular bowel screening can reduce bowel cancer deaths by about 16% and given the significant difference in survival between late and early diagnosis, catching the disease early is a major weapon at our disposal". Measure Bowel Health supports Bowel & Cancer Research with every purchase.

Measure Bowel Health is available online via our website listed below or you can buy it from Amazon.

Use the special discount code **TIMES2019** for £5 off your purchase.

For more information visit **measurebowelhealth.com**, call **0330 311 9518** or email **support@measurebowelhealth.com**.



Early detection can prolong life



## The Slender way to 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: **TIMES40**.

**proteinworld.com**



## The personal approach to protecting your health

**PRIVATE MEDICAL INSURANCE** lets you choose when, where and by whom you'll be treated, and enjoy prompt, first class treatment. Your choice of private medical insurance begins with the huge variety of policies on the market and how they match the level and type of care you require. It's not just about looking for cheap health insurance, but cover that offers real value by taking into account your lifestyle, your budget and your particular needs and wants.

As one of the UK's leading private health insurance brokers, Towergate Health & Protection provides totally impartial, expert advice. Our extensive experience, market knowledge and relationships with the UK's leading healthcare insurers mean we can find the policy that's perfect for you.

We pride ourselves on our impartial and personal approach. Whether you are looking to protect you or your family, we aim to do the hard work for you. We will evaluate a range of insurers and products available in the market to find the best cover for your needs.

\* Lines open Monday - Thurs 0900 to 1930, Friday 0900 to 1700. Towergate Health & Protection is a trading name of Chase Templeton Limited and Towergate Underwriting Group Limited, which are authorised and regulated by the Financial Conduct Authority (FCA).



We can help with:

- Private medical insurance for individuals, families and businesses
- Dental insurance
- Health cash plans
- Travel insurance
- European health insurance
- International expat health insurance

Whenever you're ready to get started, give us a call on **0800 018 3633\*** and we'll take a look at the many different options for you.

**towergatehealthandprotection.co.uk**



## Building health from the inside out

**LINWOODS MILLED ORGANIC FLAXSEED** provides a quick and easy way to

increase your fibre intake.

The benefits of fibre have long been recognised, including improved digestion and reducing the risk of disease, but a recent study has found that 90% of people in the UK aren't getting enough

fibre through their daily diet. On average, women are currently consuming 17g per day and men 21g. In order to reap the health benefits associated with fibre, experts recommend a daily intake of 30g.

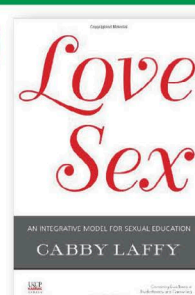
LINWOODS Milled Organic Flaxseed provides an easy and natural way of enhancing the fibre in your diet. One 30g portion boasts an impressive 7.11g of fibre – almost a quarter of the recommended daily allowance.

Ideal for those with busy lifestyles, a spoonful of LINWOODS Milled Organic Flaxseed can be easily sprinkled on any meal or added to your cooking. From yoghurt and oats, to salads, soups and even cheesecake, the benefits of LINWOODS Milled Organic Flaxseed can be enjoyed throughout the day.

LINWOODS Milled Organic Flaxseed is also high in Omega 3 (ALA), protein, iron and magnesium. Omega 3 (ALA) helps the body to maintain healthy muscles, bones and teeth. Iron and magnesium also help to maintain high energy levels and aid metabolism, while



WIN



**A signed copy of the book Love Sex by Cabby Laffy**  
Worth £25.99!



**hurstmediacompany.co.uk/competitions/cabbylaffy**

## 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 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: 2GS7NRNA; Protira: 4KPUMTFP; Athletefuel: YDOWGNXM.

**Bsfood.co.uk**  
**01233 438008**



bsfood supplements  
eye of the tiger selection



"THIS IS AN EXCELLENT publication that considerably adds to any interested reader's knowledge, whether a lay reader, trainee, or an experienced therapist. Cabby takes an integrated, holistic approach to love and sexuality and considers the importance of self-awareness and personal choices in empowering sexuality for individuals. The book celebrates human sexuality in its wonderful diversity." Jo Coker Psychosexual Therapist, Professional Standards Manager, College of Sexual and Relationship Therapists (COSRT). To contact Cabby: **psychosexualhealth.org.uk/publications** | 07981 665 917

