

ADVERTISING

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London Ophthalmology +
 Ophthalmic Plastics

LINDA FOUND A WAY TO CURE HER REFLUX

Some time ago, Linda Hardy began to suffer with acid reflux. Her heartburn gave her a lot of discomfort. "When I read about the IQoro, I was initially very sceptical," she said "But I didn't want to be taking medication for acid reflux for the rest of my life. I decided to give it a try. Three months later, the symptoms were gone."

IQoro is a neuromuscular training device that addresses the underlying causes of conditions such as acid reflux, heartburn and snoring. It's been developed through over 20 years of research with peer-reviewed and internationally published scientific studies.

IQoro is a CE-marked Class I Medical Device. NICE has developed a Medtech Innovation Briefing on IQoro for the NHS. Don't vary your prescription without consulting your doctor.

● For questions, call +46 10 551 67 22 (toll free) or visit iqoro.com. Use code **HKK89** for free delivery. Valid until 21 June 2021.



OPTIMAL NUTRIENTS FOR OPTIMAL HEALTH

If you want to dial up your healthy habits, then look to scientifically backed CurraNZ to pack some power into your day. Rich in anthocyanins, the blackcurrant bioactives in CurraNZ help to optimise health, but are missing from most people's diets.

This natural food supplement harnesses the powerful health benefits of New Zealand blackcurrant anthocyanins, naturally occurring restorative compounds that can help improve immunity and help build resistance against stress.

Clinical pharmacist Mike Wakeman says: "We're just beginning to understand how important anthocyanins are in terms of maintaining our wellbeing. "You can't get the level of anthocyanins that are present in blackcurrants in your normal diet, so you do need to supplement. "Anthocyanins are sometimes referred to as 'lifespan-essential nutrients' — so alongside vitamins and minerals, these are the sorts of micronutrients you really do need to supplement with to deliver optimal health throughout your life."

● Get 25% off with code **OPTIMAL25** at curranz.com/health (valid until 30 June 2021). Available in all independent health food stores



RESEARCH INTO CBD AND ANXIETY

Satipharm Advanced CBD capsules have been shown to be 3.5 times more effective than bottled CBD oils, and the company is studying the effects. Mental health is a rising global health challenge, particularly in the past 14 months. Over 19 million adults in Great Britain reported high levels of anxiety during lockdown, according to a recent report by the Office for National Statistics. It found that over a third of adults claimed the Covid-19 pandemic had affected their wellbeing.

Symptoms of anxiety
 Individual symptoms vary, but can include:

- Poor concentration
- Difficulty getting to or staying asleep
- Nightmares
- Migraine and tension headaches
- Irritability or poor mood



Can CBD help?

Like many herbal remedies, the use of CBD products for health and wellness has arisen from experience and effectiveness. Millions of people now take CBD daily. CBD works with the body's internal endocannabinoid system. No CBD products have been registered in the UK for the treatment of anxiety or management of symptoms, but researchers are currently studying the impact of CBD on numerous conditions, including anxiety, stress and insomnia.

3.5x more effective than CBD oils

Satipharm's phase 1 clinical trial showed its Advanced CBD capsules are up to 3.5 times more effective than taking bottled CBD oil. When swallowed, the majority of 'standard' CBD oil is metabolised by the liver before it can reach the body's cells to have an effect. The trial showed that up to 3.5 times more CBD reaches the body if taken in a Satipharm Advanced CBD capsule rather than in a bottled CBD oil or spray.

Satipharm's clinical trial in anxiety

Satipharm has partnered with Emyria to conduct a clinical trial in Anxiety. The trial is being guided by insights from Emyria's data, which includes efficacy data from more than 3,500 patients and provides deep insight into how the Satipharm product performs clinically. The trial is designed to validate whether or not taking Satipharm Advanced CBD significantly improves symptoms of anxiety.

CBD with added B vitamins

Satipharm Advanced CBD Focus capsules include 100% of your daily NRV for vitamins B1, B3, B5, B6 and B12, which contribute to:

- Normal mental performance
- Normal psychological function
- Reduction of tiredness and fatigue

● Special offer: To enjoy 25% off the RRP, scan the QR code or visit satipharm.com and use code **SATCBD25**. Valid until 30 June 2021. The products are also available at Lloyds Pharmacy, Holland & Barrett and all good pharmacies nationwide



COMMON SHOULDER PROBLEMS

Graham Tytherleigh-Strong is a consultant orthopaedic surgeon specialising in shoulder surgery at Addenbrooke's Hospital, Cambridge. The glenohumeral joint, with its large ball and relatively shallow socket, accounts for most of the shoulder movement, but it's very reliant on certain tendons and ligaments to keep it in joint. As a result, the vast majority of shoulder problems are due to either injuries to the ligaments (dislocations) or wear and tear and injuries to the tendons (rotator cuff tendonitis and tears).

Shoulder dislocations: These usually occur after an accident or sporting injury in patients under the age of 30. Following a first dislocation, having relocated the shoulder, treatment involves a period of rest followed by a course of physiotherapy. If the shoulder dislocates again, it's highly likely that this will become a recurrent problem and referral to an orthopaedic surgeon for investigation with an MRI or CT scan and surgical stabilisation (usually by keyhole surgery) may be required. Interestingly, the younger the age at which a patient first dislocates their shoulder, the higher the chance of recurrence. For younger patients, particularly if they're involved in contact or professional sports, surgical stabilisation after their first dislocation is sometimes considered.

Rotator cuff tendonitis/tears: After the age of 35, rotator cuff tendons begin to undergo degenerative changes. As time goes by, the tendons become increasingly vulnerable to micro-tears leading to tendonitis, partial thickness and full thickness tears. Initial symptoms are pain when elevating the shoulder, but can progress to constant pain and ultimately weakness and an inability to move the shoulder. Initial treatment is with anti-inflammatory medications and physiotherapy. If symptoms continue, and particularly if there's concern that there's a tear, referral to an orthopaedic surgeon for investigation with an MRI or US scan is recommended. Further treatment may involve keyhole surgery to address any impingement or to repair the tendon.

● If you'd like to know more about common shoulder problems or any other shoulder problems, visit cambridgeshoulder.co.uk or the related YouTube channel Cambridge Shoulder



EXECUTIVE AND CEO STRESS RELIEF

The CEO Programme is essential to the continuity of your business and its long-term success. In these pandemic times, this is how The Kusunacht Practice can help. One of the most important assets a company possesses is the health of its leader and strategic team. Your company's tangible assets are constantly monitored and audited, their performance reported and, of course, immediately attended to when deviations occur.

Is your health and that of your top team given the same attention?
 The Kusunacht Practice's clinical and medical team of doctors, psychotherapists, counsellors and nutritionists includes world-renowned medical practitioners with unparalleled expertise in treating psychological disorders.

In these particularly difficult times, with a global pandemic, there's been a ripple effect of stress and this is taking its toll on entrepreneurs and executives, increasing depression and burn out in management. This is why The Kusunacht Practice has designed the CEO Programme, a crucial investment in your company's security at the very top and at board level. Identifying depression and burn out, and any underlying contributing causes, the practice designs a personalised programme, adapted to the business leader's issues and challenges.

A unique strategic treatment plan is assembled with emphasis on a holistic approach. With traditional Swiss discretion, the team has the medical excellence to check, analyse and treat serious mental challenges. Each treatment is personalised, with the utmost level of attention, and planned in six to eight personal sessions per day, way more than the industry standard. The practice has been at the forefront of masterminding strategies directed at combating the mental health effects of Covid-19 — among all age groups.

The Kusunacht Practice's CEO, Eduardo Greghi, says: "We've developed a series of bespoke programmes to deal with specific issues thrown up by the pandemic. These include areas such as executive stress. "There's evidence of a massive psychological pandemic following in the wake of the Covid-19 pandemic. The Kusunacht Practice is developing new programmes and

technological and medical innovations all the time to deal with the evolution of these problems.

"The psychological repercussions of the pandemic will be with us for many years to come. Many millions of people's lives have been turned upside down by Covid-19 and anxiety and stress levels are at record highs.

"I anticipate that my team at The Kusunacht Practice will be treating those affected in many different ways — and for many years to come."

The Kusunacht Practice is located on the shores of Lake Zurich and offers a holistic, 360-degree mind, body and soul rebalancing and restoration. Its state-of-the-art facility combines Swiss standards of excellence and cutting-edge, innovative technology with world-renowned medical expertise. Each patient is treated uniquely and privately in their own five-star residence and provided with the highest standards of professionalism, care and confidentiality.

● For more information, visit kusunachtpractice.com



The Kusunacht Practice



ACCESS TO AN EFFECTIVE RHEUMATOLOGIST

Manage musculoskeletal problems early and get professional advice from an experienced rheumatologist to prevent ongoing chronic pain and joint damage. Problems with bones and joints are common and may arise at any age. Sometimes they're caused by injuries or overstrain, but they may also be the consequence of rarer diseases involving the immune system, such as rheumatoid arthritis or lupus. Back, knee and shoulder joint pain, fractures due to brittle bones, inflamed and swollen small joints, gout, pseudogout and soft tissue pain arising from tennis elbow, Achilles tendonitis, bursitis or polymyalgia can all be better treated if diagnosed early.

Professor Hughes is an experienced consultant rheumatologist who uses his clinical ability, together with appropriate investigations such as blood tests and scans, when needed, to reach an early accurate diagnosis and treatment plan, either with medicines, injections or by referral to other therapists. Consultations can be arranged for self-paying patients or via medical insurance, either face to face (with suitable Covid precautions) or by telephone or video.

● Appointments in Weybridge or Chertsey, Surrey by arrangement via Jody T: 01932 877 313 E: drodughes@gmail.com. Visit drarahughesrheumatologyltd.com



SAFELY CHARGE YOUR MOBILE PHONE

SleepHalo has created the world's first wireless phone charger that also offers radiation protection. If you're worried about the radiation emitted from mobile devices but need to keep your phone nearby, SleepHalo incorporates electromagnetic-field shielding and deflects any radiation away from your bed — while also charging the phone.

The innovative product works with any phone, either as a wireless charger with radiation protection or, where a phone doesn't have wireless charging capability, a radiation shield with the phone plugged into its own charging cable.

Designed and manufactured in the UK, the product's thoughtful ergonomic design allows it to be used on either side of your bed. Furthermore, it comes complete with a USB lead and mains plug.

● For further information, visit sleephalo.com. To purchase your SleepHalo, please visit the SleepHalo Amazon store



TOP-DRAWER WELLBEING

Comfort is king, and Comfyballs has this covered. The company has worked hard to find the perfect cut and fabric for the highest level of comfort a man can get. All Comfyballs boxers feature a unique PackageFront design that cups your equipment and takes it away from your inner thigh, reducing heat transfer and restricting movement without the squeeze, while also being breathable and sweat-wicking, making them a fast-drying, anti-chafing boxer. So, whether you're into extreme sports or prefer to spend your leisure time simply chilling on the sofa, Comfyballs has thought of everything. Comfyballs boxers are available in three luxurious, super-soft, high-end fabrics, all Oeko-Tex 100-certified. Choose from performance, suitable for all kinds of sports and training; wood Tencel Modal, for the softest and most casual experience; and combed single jersey cotton, to keep you going every day. You can feel particularly comfortable knowing that all Comfyballs products are ethically produced and climate neutral.

Comfyballs has also recently introduced the Women's Comfy range. The Performance Hipster was named best value by *Women's Running* magazine.

● Enjoy a 20% discount with code **WELLBEING20**. Discount does not apply to products already on sale or on offer. Valid until 30 June.

T: 01539 622322 E: info@comfyballs.co.uk
 For more information, visit comfyballs.co.uk

