

# GOOD FOR YOU!

Helping you make smart health choices



Keep up good habits at home

## Have you heard about?

### Being overweight may make Alzheimer's worse

While being overweight doesn't cause dementia, it puts an additional burden on brain health and may exacerbate Alzheimer's new research\* has found.

### Rosehip can help menopausal pain

Joints stiff due to the menopause? 'Diet and exercise can help, as can herbal medicine and supplements backed by scientific evidence,' says consultant gynaecologist Dr Anne Henderson. 'Rose-hip extracts have been studied in multiple scientific trials, mostly for their cartilage-protecting properties.'

### Drinking a glass of water when you wake is key

'While we're sleeping, our bodies use water, so we may wake up dehydrated,' says hydration expert Nick Hird, from ViDrate. 'Having a glass of water as soon as you wake up helps replace your water loss immediately and kick starts your hydration for the day.'

Wake up to water

## How to...

### look after your teeth

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## Buy of the week

Hands chapped by frequently using cleansers? Try **The Babington Soap Co Plant-Based Moisturising Hand Sanitizer** (£18, [babingtonsoap.co.uk](http://babingtonsoap.co.uk)). Made with mushrooms, this vegan buy helps create a protective barrier, so skin doesn't feel 'stripped' of moisture. We love it.



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## It works



last year, my energy levels were very poor... I was bound for weeks... I've been keen to enhance my diet with immunity-boosting supplements. However, swallowing vitamin tablets made me feel nauseous, so I was really delighted to discover **bioniq IMMUNE** (RRP £39, [bioniq.com](http://bioniq.com)). I can digest and tolerate the granules much easier than vitamins in pill format. Plus, my energy levels are the best they've ever been.'



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