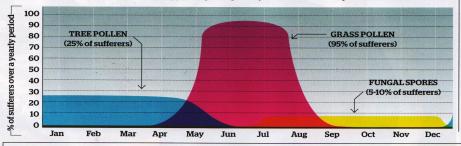


HEALTH | 7.09 New series! T YOUR AG Don't let Old Father Time ambush your organs. Help is here. This month: your heart 10 30s A bald spot in your thirties means you're 23% more likely to suffer a heart "Vertex pattern baldness (on the crown) is a marker for increased risk, especially for men with hypertension or high cholesterol," says Dr Paulo Lotufo of Sao Paolo University, Brazil. If you're thinning on top ask your GP for a Cardiovascular Risk 'Assessment - or get a Bupa Coronary Health check (£649, bupa.co.uk) and catch your ticker before you clock out. % of heart risk failure 40s This is the time when your stroke risk spikes. "There is a real 20s Up to 35% of twentysomethings admitted to A&E with chest pains trend towards the risk of stroke have cocaine in their urine. "If you keep putting becoming more pronounced your heart under stress, you end up at the age of 30 with 55-60-year-old blood vessels," says Dr Roger Bonomo, director of stroke care at Lenox among men in their forties than those who are older," warns Bonomo. Try to avoid Hill Hospital, New York. Keep tabs on hypertension - the shadowy your cholesterol level with a test kit (£7, puppetmaster behind 39% of valuemed.co.uk), rather than financing these strokes - by snacking misery in Columbia. regularly on omega-3 superfoods such as flax seeds and walnuts which will help with your blood pressure and cholesterol simultaneously 35 30 40 45 Years of age

SLAY FEVER BECAUSE HAPPINESS IS HAVING A SCRATCH FOR EVERY ITCH

If you're one of the UK's 13 million hayfever sufferers, you can crush your annual nasal nemesis for good. "Start antihistamines (Loratadine, 69p, chemistdirect.co.uk) up to 10 days before your allergic season," says John Collard of Allergy UK (allergyuk.org). Help is in your hands. Just wipe the snot off them first.



WRINKLE BASHERS

The best natural products for smoother, healthier skin



PYCNOGENOL

Cost £11, healthspan.couk
Science "The antioxidants bind
to the collagen and elastin in
your skin to strengthen it," says
Dr Susan Mayou, dermatologist
at London's Lister Hospital.
Dose One tablet daily with dinner
Use Lift sagging skin
MH Rating... "After a week my
skin felt firmer. But it didn't
improve any more after that." 8/10

COLLAGEN

Cost £30, collagen 4u.co.uk
Science "Collagen encourages
faster turnover of cells and
general skin health," says Mayou.
Dose Three tablets daily
Use Healthier, complexion
MH Rating... "This really didn't
disappoint. After three days
I was savouring unprompted
comments on not just my skin,
but hair too. Even my dodgy
knee felt better for it." 9/10

PROTOX 20

Cost £65, body 4real.co.uk
Science "Argireline can prevent
and even reverse wrinkles by
lessening muscle activity," says
Jayney Goddard, president of
the Complementary Medicine
Association (the-cma.org.uk).
Dose Once a day, around the eyes
Use Erasing deep lines
MH Rating... "Felt like a mild local
anaesthetic and my lines did start
fading almost within a day." 8/10

DMAE

Cost £29 (theorganicpharmacy.com)
Science Studies have shown
a positive influence on mood,
as well as skin-firming effects.
Dose One tablet 3 times a day,
Use Disguising a rough night
MH Rating... The most dramatic
effect of all the products. After
24 hours I woke up looking like
I'd just been on holiday. And it
got better with each day.* 10/10

TWO-SECOND TIP KILL MOUTH ULCERS WITH RAW CABBAGE'S ANTI-ULCER COMPOUNDS: GLUTAMINE AND S-METHYLMETHIONINE