

# Woman's Own

— that's a saving of £6!

## What's the alternative?

### FOR ANTI-AGEING

**Q** I'm 40 and feeling very stressed by juggling all the different parts of my life. I can see and feel myself ageing. How can I turn back the clock without resorting to surgery?

**Lorna James, Newcastle**

**A** 'Collagen boosts skin condition, but your supplies dwindle from the age of 25,' says nutritionist Amanda Griggs of the Balance Clinic in London. 'Backed by clinical trials, Pure-Col Collagen Bio-Active Matrix capsules (£29.95; www.collagen4u.co.uk) claim to replenish it and improve skin from within.'



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