

High cholesterol affects 80% of Irish people over 45!

Lower your cholesterol naturally with plant sterols!

80% of Irish men and women over 45 suffer from high cholesterol, the most common major risk factor associated with developing heart disease in Ireland. Worryingly, just over 60% of those with high cholesterol seek treatment.

Cholesterol is a type fat found in your blood used to produce important hormones, maintain healthy cells and synthesise Vitamin D in the body. However, increasing levels of cholesterol in our blood can lead to an increased risk of cardiovascular disease and the possible hardening of the arteries.

A new food supplement made from natural plant sterols, Zerochol, can help lower cholesterol in just six weeks. Taken with your main meal of the day, plant sterols can help to reduce the absorption of cholesterol from food into the body. According to new European research, they have been shown to lower blood cholesterol, which may reduce the risk of coronary heart disease.

Taken just once a day with your main meal, Zerochol can be taken long-term alongside other medications. Zerochol (RRP €24.99) is available from all leading health food stores and selected pharmacies nationwide. See www.cholesterol.eu for details. Stockist information: Wholefoods Wholesale - 01-6262315

Discover how YOU can Lower Your Cholesterol with New...

Zerochol®

Plant Sterol Tablets

When you consume a Zerochol tablet with your meal, the plant sterols present in Zerochol reduce the absorption of cholesterol from your gut into the body. Therefore, with Zerochol® less cholesterol enters the blood stream.



The First Step to lowering LDL-Cholesterol

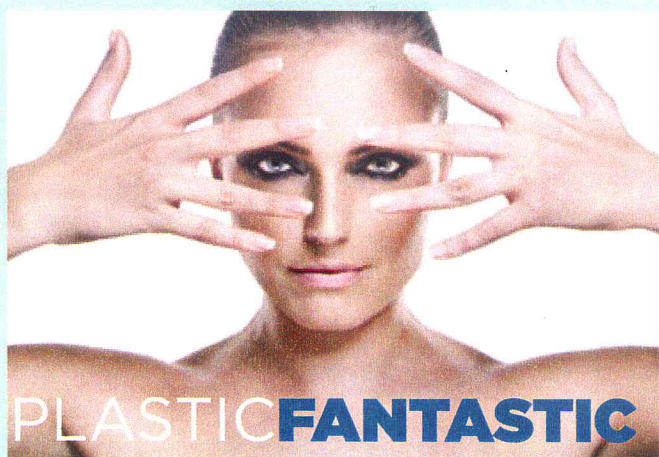


WOMEN'S HEALTH

It has been estimated that over 250,000 women across Ireland experience the menopause each year. Some lucky ladies barely notice any changes, but around two thirds do, with hot flushes and night sweats being the most common and troublesome physical symptoms.

After the hormone replacement therapy scandal, it's unsurprising that many women are not keen on treating what is a normal stage of life with drugs. The menopause is not a disease, after all. But having said that, hot flushes can interfere with day-to-day life, while sweats interrupt sleep, leaving you feeling cold, clammy and restless.

A simple and effective way to help deal with these symptoms is with natural sage extract. Try Menoforce Sage tablets. These are made using the extract of fresh organic sage leaves and can be taken during the day or at night. Sage is a traditional remedy that has a long history of use and most women notice an improvement within the first couple of weeks.



If you needed a model to show Irish businesses how to thrive in difficult circumstances, Cosmedico Clinic would make an excellent case study.

The Irish cosmetic surgery market was all but dominated by English companies up until 2006, when Cosmedico opened their first clinic in Co. Wicklow. Ailish Kelly and her partners decided the time was ripe to offer Irish patients something different to what was available.

Cosmetic surgery is, after all, surgery, and with this comes the chance of exposure to infection in general hospitals. To reduce risk to patients, Cosmedico opened Ireland's first purpose-built clinic dedicated to plastic surgery.

Kelly passionately believed patients deserved a better level of care. To that end, Cosmedico can boast a panel of surgeons; 24/7/365 days a year aftercare; and most importantly, bespoke surgery - instead of being given 'off-the-shelf' options, each patient is treated as a unique individual with different needs.

It's a business model that has been working. Last year Cosmedico opened new consulting clinics in Galway and followed this year with Limerick and Kilkenny, Kerry, Belfast and London.

For more information visit cosmedicoclinic.ie.