

# Health and Wellbeing *checklist* ✓

Your body is precious and it pays to look after yourself. Here are a variety of ideas to be – and stay – healthy

## Facemasks for people with glasses

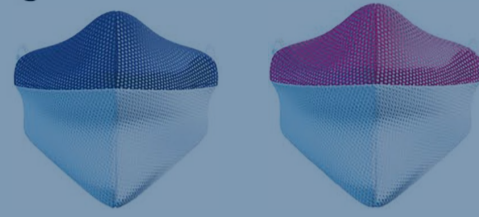
Especially designed for people with glasses, MISFITMASKS is the only mask that stops your glasses misting up. So you can see whatever it is you're doing, whenever your mask is on.

### No fog

The unique design ensures the MISFITMASKS fits to your face properly with no pesky gaps that let air steam up your specs.

### No mist

The ultra light and breathable fabrics are used by SpecialForces worldwide, so MISFITMASKS ultra-absorbent properties keep your glasses clear.

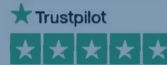


Rated excellent with over 700 TrustPilot reviews

"This is the only mask I can wear for any length of time without panicking and not steaming up my glasses," says Jean H.

"This is the best face mask I've tried, no longer do I have steamed glasses," raves Maureen B.

"This is the first face mask that I have tried that does what it says on the tin," adds Maurice R.



Use discount code HWBT for 10% off. Visit [misfitmasks.com](https://www.misfitmasks.com)



## No more leaks – incontinence products that work



AN INVISIBLE SOLUTION FOR A LIFE IN FULL VIEW

In the UK it is estimated that between three and six million people suffer from urinary incontinence and in the UK alone there are over 14 million people who have bladder control problems. It's

renowned for being an embarrassing topic of conversation and in market research carried out by Ontex Global, 82% of respondents said that embarrassment is the word they most associate with incontinence. Furthermore, 41% of respondents said that the place they would most likely go for advice is online, with only 2% saying they would turn to friends. So, if you're looking for support, advice or products at a time when it's difficult to see your doctor, Ontex is on hand to provide comprehensive, expert advice and a discreet delivery service. Don't let lockdown hold you back, find the information you need and products that will work for you without leaving the front door.

For tips on managing incontinence and for product guidance for men, woman and children visit [id-direct.com](https://www.id-direct.com) or call the friendly advice team on 0800 389 6185.



**Ontex** Healthcare

## An advanced device for glaucoma therapy

Once glaucoma is diagnosed, the most common treatment is prescription eye drops. However, these eyedrops need to be applied up to three times a day, so compliance can become an issue, thus reducing the efficacy of the treatment.

Trabecular micro-bypass surgery can be an alternative treatment using iStent inject® W.

iStent inject® W

devices are microscopic 0.36mm stents, which are implanted into the eye. When in place,

they aren't visible to the human eye. The stents

are designed to restore the eye's natural fluid outflow, thus reducing ocular pressure<sup>1</sup>.

The surgery can be carried out at the same time as cataract surgery, or during a separate



**iStent inject w.**  
TRABECULAR MICRO-BYPASS SYSTEM

procedure, usually under local anaesthetic by an ophthalmologist. iStent inject® has an excellent safety profile. An international study

has shown 72% of patients who were treated with iStent inject® no longer need to take glaucoma medication after 12 months<sup>2</sup>.

For more details, visit [glaukos.com](https://www.glaukos.com)



1. Neuhann TH. Trabecular micro-bypass stent implantation during small-incision cataract surgery for open angle glaucoma or ocular hypertension: Long-term results. J Cataract Refract Surg. 2015;41: 2664-2671  
2. Voskanyan L, Garcia-Felipoo J, Belda J, Fea A, Junemann A, Baudouin C. Prospective, unmasked evaluation of the iStent inject® system for open-angle glaucoma: Synergytrial. Adv Ther. 2014;31:189-201

## Win a three-month mental health gym membership Worth £100!

[checklists.co.uk/win/soulsanity](https://www.checklists.co.uk/win/soulsanity)

Enter here



SoulSanity is a mental health gym – an online platform providing activities, classes and support. It offers a range of sessions that are scientifically proven to help relieve stress and anxiety, improve mindfulness and encourage the release of the feel good hormone dopamine.

Visit [soulsanity.co.uk](https://www.soulsanity.co.uk)



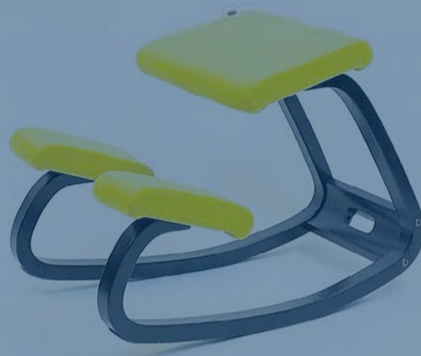
## Feel fit while you sit

Imagine sitting comfortably on a chair designed to exercise your muscles while supporting your core. Now imagine if the same chair was beautiful, enhanced your room and cost as little as £269.

Choose your colour and style today and join thousands of others that now enjoy sitting comfortably. BackInAction offer a huge range of styles and their skilled, friendly advice has led to over 3,000 five-star reviews on TrustPilot, repeatedly making BackInAction the number one home furniture retailer in the UK.



Back in Action are experts in providing comfortable, supportive products that can help ease back issues when other treatments have failed



BackInAction have thousands of items in stock ready to ship, including the fabulous Varier kneeling style chairs, either with or without a back rest.

**back in action**  
we put life into living

Call BackInAction or visit [backinaction.co.uk](https://www.backinaction.co.uk) to explore tried and tested favourites.

## Have you found it difficult to lose weight?

PronoKal is an international leader in quality weight loss, with over 15 years' experience. Its PnK programme expertly addresses the fundamentals of weight loss, including:

- Safety and effectiveness, losing fat and protecting muscle
- Reliable support to maintain motivation
- Development of a healthy diet and lifestyle to prevent weight regain
- Long-term follow-up to ensure maintenance of your success

During weight loss, PnK's ketogenic diet keeps hunger at bay, without the need for medication, and promotes well-being and mental clarity. PronoKal then helps you develop a healthy diet for long-term maintenance. This evidence-based programme is



Each individual's dietary needs and restrictions are unique to the individual with varying results. The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program.



performed under medical control, with expert in-house nutritionist support, and a personal trainer. And coaching throughout the programme maintains motivation and helps you avoid weight regain.

### Testimonials:

**Kimberley Wilson:** "I completed the PronoKal diet programme and am thrilled with the results. Having never stuck to any diet in the past, I wasn't confident and thought I'd never achieve the change I wanted. My confidence grew from the outset, and I couldn't be happier with the way I now look and feel. I have made life-long changes thanks to PronoKal."

**Alex and Maria:** "PnK's been a lifesaver. We've tried other weight-loss methods but only PnK delivered. It's so worth it."

**PronoKal®**

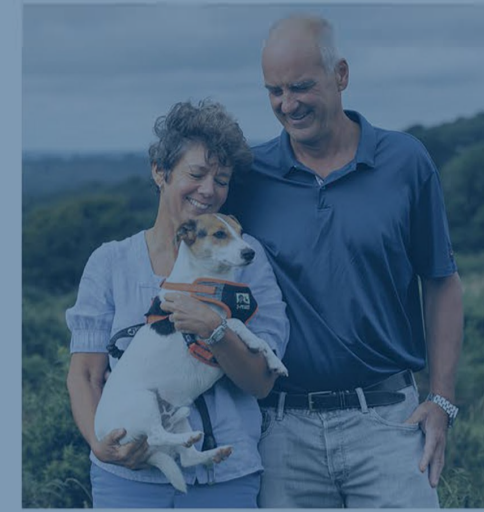
Visit [pronokal.com](https://www.pronokal.com) or call 020 7183 2931. Let PronoKal help you lose weight and get your health back on track.

## Choose the duvet that's right for you

A good night's sleep is important for mental and physical wellbeing and the right choice of duvet can be key to sleeping well. Poor sleep can also affect your relationship, but it is not easy to find a duvet that is just right for the unique requirements of you and your partner.

THREE Duvets is a new concept brought to you by Dick and Pauline Beijen of Devon Duvets. They recognised that couples often have completely different requirements when it comes to finding the right duvet. Their unique design allows each individual to choose the perfect duvet for them, and then combine the two sections to create one perfect duvet for both of you. You can also rest well knowing that the use of responsibly sourced, natural materials is also good for the planet.

Perfect for you, perfect for your partner and perfect for the planet.



**THREE DUVETS**

For more information visit their website [devonduvets.com/collection/three](https://www.devonduvets.com/collection/three)

## Health is a state of body, wellness is a state of mind



To this day, swimming remains one of the most popular health activities throughout the UK. It has a positive impact on your mental health and amazing advantages for your physical health too. Recent studies\* show swimmers have a lower risk of heart disease and strokes as well as lower blood pressure and reduced joint pain.

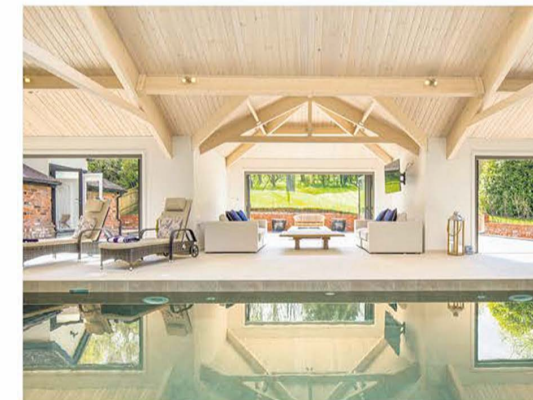
Not only does swimming improve quality of sleep, but a Swim England study also found that those who swim regularly felt on average 12 years younger than those that don't. When swimming, the movement of the water creates a massaging sensation which encourages you to relax. Just being in water increases blood flow to the brain and boosts your overall mood. It can also be a great source of family fun or the hard-hitting form of exercise you crave, however you choose to see it, Origin can make it happen.

Taking control of your health and wellbeing can come in various forms. It could mean creating a space for designated exercise, somewhere to wind down and relax or a place where the whole family can have fun. Origin's team of experts manage the entire process, taking the stress away. They do it all. Origin will design a place suited to your needs whatever wellness means to you, whether that includes space for a home gym, a sauna and steam room, juice bar or lounging area for the whole family to enjoy.

Origin are unique in that their team includes specialist designers, architects, engineers and project managers boasting over 40 years of experience. They take complete control of the whole project, from the indoor swimming pool design, budget and construction to the building and maintenance of the completed project. So, why not thrive with Origin?

Visit [originpools.co.uk](https://www.originpools.co.uk) for more information. Call them on 01895 453996, email [info@originpools.co.uk](mailto:info@originpools.co.uk), or follow them on Instagram at [@originpoolsuk](https://www.instagram.com/originpoolsuk)

\*According to studies by the Swim Strong Foundation



## Win one of three pairs of Giggle Knickers Worth up to £14.99!

[checklists.co.uk/win/giggleknickers](https://www.checklists.co.uk/win/giggleknickers)

Enter here



It's time to change your knickers, not your lifestyle!

Giggle Knickers are a washable, eco-friendly alternative to disposable pads for light incontinence. They're super-soft and so discreet you'll forget you're wearing them.

For more information visit the website [giggleknickers.co.uk](https://www.giggleknickers.co.uk)



## A natural, long-term remedy for urinary tract infections

Do you suffer from cystitis or UTIs and find the symptoms keep coming back, even after taking antibiotics?

The bacteria causing the bladder infections become resistant to antibiotics and infections can become chronic.

Professor Dame Sally Davies, England's former Chief Medical Officer warns: "The overuse of antibiotics is leading us down a path to disaster."



URALIX is a herbal complex for help with symptoms and long term prevention of UTIs in women and men. With natural antibacterial and anti-inflammatory activity, it protects the bladder and maintains urinary health.

Its powerful natural extracts can help to heal the bladder inflammation and reduce the frequency of urination. Benefits include:

- Manufactured in the UK
- Clinically researched ingredients
- Maintains urinary health
- 100% antibiotic free
- Does not cause yeast infections
- Does not cause antibiotic resistance
- Recommended by doctors and pharmacists.

"URALIX represents a new solution that doesn't cause yeast infections or antibiotic resistance," Professor E. Schiff, Obstetrics-Gynaecology.

"URALIX is a bioactive formulation that is well placed to help women suffering from the dreaded symptoms of Cystitis or UTI." Y.Rabaeiev, Pharmacist.

**URALIX®**

Order URALIX today at [bluegreenhealth.co.uk](https://www.bluegreenhealth.co.uk)

## Don't let joint ache hold you back

Pernaton Gel has been specifically formulated to help improve joint mobility, by supporting the body with essential nutrients that can give vital joint support. When applied to problem areas – knees, hips, back, elbow and so on – the non-greasy gel is quickly absorbed and creates a cooling effect which instantly provides relief to users.

As we age our bodies go through several changes, such as the loss of muscle mass and bone density, which can lead to tighter muscles, stiffer joints and regular aches and pains. Studies have even shown that with age, flexibility can decrease by up to 50 per cent in some joints. As a result, it's common for those experiencing decreased suppleness to limit their physical activity due to the discomfort it brings. This is where Pernaton can help!

Pernaton Gel is a great solution for those who suffer with joint ache but want to continue



day-to-day activities that bring them joy, such as playing with grandchildren or simply enjoying retirement to the fullest.

To improve flexibility and promote better balance, daily stretching should also be adopted.

**PERNATON®**  
Move naturally

For more information visit [pernaton.co.uk](https://www.pernaton.co.uk) or find PernatonNatural on Facebook. Use code PERNASTRETCH to receive 20% off all products.

\* Disclaimer: Pernaton Gel is not vegan, or suitable for those with shellfish allergies. If you have persistent joint ache, consult your GP immediately.