



ARE YOU STRUGGLING WITH YOUR WEIGHT?

Are you always planning to start a new diet "tomorrow" or on Monday? Have you lost control over your food choices? Do you turn to chocolate or treats the moment you get stressed, upset, or bored? Are you fed up with not fitting into your clothes anymore or not feeling good in your own skin? Stop dieting, find balance, and create a healthy lifestyle with Sculptrition Online Weight Loss Coaching for Women.

Call for your FREE no obligation consultation **+44 (0)7444 242359**

THE HEALTH & FITNESS EDIT



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CREATE SPACE TO EXERCISE...IN YOUR GARAGE!
Avoid "gymnastion" by transforming your garage into a beautifully organised space for exercising in private.
With Dura's modular storage cabinets, clip-on wall storage products, and floor tiles, you can create a fantastic workout space, yet still have

BEAT JOINT DISCOMFORT THIS WINTER WITH TURMERIC+

Damp days and freezing temperatures don't just take a toll on our mood; many of us will feel the effects of the season in our bones and joints. The NHS reports around 10 million people in the UK have a condition that affects their joints, most commonly in the knees, hands, wrists, shoulders, feet and back.

From genes to diet to lifestyle and even the weather, the influences on our musculoskeletal health are as complex and interconnected as our bones, muscles and joints – but nutrition is always essential. A diet rich in fruits, dark leafy vegetables and oily fish brings helpful antioxidant and anti-inflammatory benefits. A growing number of people are also turning to turmeric-based products and nutritional supplements for support.

Not all turmeric supplements are created equal. Many focus on one key active ingredient called curcumin but it's difficult for our bodies to absorb, and unless it's made "bioavailable", it can pass through the gut unused. To overcome these challenges, scientists at innovative supplements developer FutureYou Cambridge formulated a unique supplement called Turmeric+. Featuring a unique, patented formulation called Meriva® that makes curcumin 30 times more absorbable than standard turmeric powder. This is also combined with vitamins C and D which contribute to normal function of cartilage and normal muscle function.*

"But it delivers far more than you'd normally get from a meal," it's become the world's most scientifically researched bioavailable curcumin formulation. Featured in 45 human studies involving over 2,000 people and been recognised and certified by Informed-Sport for use by athletes.

TRY IT FOR FREE FOR 28 DAYS
Just pay £1.50 postage

FutureYou Cambridge are offering you the chance to try Turmeric+ for free with their 28 day subscription trial. To claim your free subscription trial pack worth £9 all you have to do is visit FutureYouOffers.co.uk or freephone **0800 808 5740** and quote the code **TF371** at checkout.

Your trial pack is free (just pay £1.50 postage) and you will be enrolled into a flexible subscription costing £19 (inc. postage) every 28 days, which you can cancel, pause or amend at any time, without obligation.

Every body is different and it takes time for the levels of curcumin to increase in your bloodstream so it could take 2-3 months for you to feel a difference.

Introductory offer valid for new UK customers only. Offer expires 31st March 2023 and cannot be used in conjunction with any other promotions. See FutureYou.co.uk/terms/TF371 for full terms and conditions.