

# Red

For the best things in life

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**466** HOLIDAY  
FASHION &  
BEAUTY IDEAS  
Just add sunshine!

**10 best anti-ageing  
superfoods**

**27-PAGE SPECIAL**

**RED WEDDINGS**

Dresses, gifts  
& where to escape  
once it's all over

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TO HAVE FUN!**

Quick fixes to make  
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CREAM THAT  
REALLY WORKS**

**Are you a  
great date?**

Romance rules  
for grown-ups



**THE IVF  
LOTTERY**

What three couples  
paid for their babies

**Elizabeth  
Hurley**

On long-distance love,  
being a single mum &  
a self-made millionaire

FASHION \* SHOPPING \* BEAUTY \* HOMES \* TRAVEL

# Health details

by Gabrielle Nathan

## TRIED & TESTED

### Say goodbye to glasses

Denise Potter, 45, tested Conductive Keratoplasty (CK), an alternative to laser eye surgery

Being long-sighted in one eye meant I needed glasses for reading, but had to take them off to see into the distance. CK treatment works by reshaping the peripheral portion of the cornea (the front part of the eye) by exposing it to a series of small radio wave pulses – it's quick, painless and non-invasive. The cornea is bent into a steeper shape to improve near vision. Dr David Allambly at the Focus Reading Vision Clinic in Harley Street carried out the procedure in his office. He

administered anaesthetic drops as I looked up into a device that 'marks' your eye. A small, pen-like instrument emitted radio waves at my cornea – all I felt was a pressure like the back of a spoon against my eyeball. Immediately after my eyes were quite teary, and for the next two days they felt tender, but there was no bruising. Best of all, I could read without specs almost straightaway. Due to the ageing process, I'll need to go back for boosters, but hopefully no more than one every three years.



#### CONDUCTIVE KERATOPLASTY

**WHAT?** Corrects presbyopia (age-related poor reading vision).

**HOW?** Radio waves pulsed on to the cornea.

**HOW MUCH?**

Consultation £95, then £1,295 per eye.

**PROS** Non-invasive, quick and painless.

**CONS** You'll need a top-up every three years.

**RISKS** Infection, rarely.

**SUCCESS RATE?**

Ninety-two per cent of patients could read close up a year later.

**WHERE?** Focus Reading Vision Clinic, 112 Harley Street, London, 0845 072 5725; focusclinics.com.

## WHAT'S THE ALTERNATIVE?

### Sweat stoppers

Cool down for summer the natural way



#### Herb

**Sage leaf**, £7.99 for 30 capsules, Medicherb, (01453) 751395; medicherb.co.uk. See sweat reduce by half; also great for hot flushes.

#### Stick

**Natural Crystal Deodorant Stick**, £4.95 for 85g, Lafe's, (01736) 741274; sevenwives.co.uk. Alum salts keep you dry for 24 hours without blocking pores.



#### Pad

**Chillow**, £24.99, 0870 011 7174; chillow.co.uk. This soft pad fits inside your pillowcase and takes heat away from the body, keeping you cool and so helping you sleep.



## SCOOP!

Need an incentive to step away from the snacks? How about a slimmed-down picture of you stuck on the fridge door? Log on to [seyourselfslimmer.co.uk](http://seyourselfslimmer.co.uk), upload your picture and tell them how much you want shaved off. From £19.99.



## 5 OF THE BEST

### Self-help books

Read between the lines and change your life

#### AIM FOR SUCCESS

**The Rules Of Life**, Richard Templar (Prentice Hall, £9.99) Follow Templar's rules and enjoy a more fulfilled existence. Down-to-earth and witty, it will change your attitude to your life.



#### ANXIETY

**The Worry Cure**, Dr Robert L Leahy (Piatkus Books, £10.99) A seven-step guide to overcoming feelings of anxiety and failure, and learning to embrace great new experiences, by a leading therapist.



#### DEPRESSION

**Change Your Thinking**, Dr Sarah Edelman (Vermillion, £12.99) This accessible and practical guide to Cognitive Behavioural Therapy (CBT) encourages readers to adopt a realistic approach to their lives.



#### HOME HELP

**The Lazy Husband**, Dr Joshua Coleman (Piatkus Books, £7.99) A funny and useful guide to identifying why your man doesn't pull his weight, and ways in which you can even the domestic load.



#### STRESS

**The Overload Solution: How To Stop Juggling And Start Living**, Jane Alexander (Piatkus Books, £9.99) Tips to stress-proof your work and relationships, and reclaim some time in an increasingly busy world.



**HEALTH FACT** 67% of UK women have raised cholesterol – check yours at [florahearts.co.uk](http://florahearts.co.uk).