

See off that cough!

# Woman's Own

**5 WAYS TO...** Live well

## boost your love life

Top tips to ensure you have an extra special Valentine's Day!

- 1 Try Korean ginseng**  
It's a natural stimulant that may raise sexual desire, especially in menopausal women. It may also improve erectile function in men. Avoid it if you have trouble sleeping, though – it can cause insomnia. Panax Ginseng (£8.95 for 120 tablets, healthspan.co.uk).
- 2 Up your iron levels**  
Being low in iron can dampen the libido. Snack on almonds or take a supplement to increase your intake. But remember that having more than 20mg a day can cause constipation.
- 3 Get some good vibrations**  
Some 59% of women say they feel they need to spice up their sex life.\* Worth trying is a Smilie Makers Personal Massager (£29.99, superdrug.com).
- 4 Bond again**  
List three things you love about your relationship and one thing you'd like to change,' says Relate counsellor Christine Northam. 'Ask your partner to do the same, then choose one night a week where you have time together to properly talk it over.'
- 5 MOT your mouth**  
One in five people are put off kissing a partner due to poor oral hygiene.\*\* Brush your teeth and tongue twice a day, and use a fluoridated toothpaste that contains zinc as it helps neutralise smells,' says dental hygienist Elaine Tilling. 'It's vital to clean between your teeth, too.' Try TePe Interdental Brushes (from £3, chemists).

## Health NEWS

**SEE OFF THAT COUGH!**

Confused by what sort of cough you may have and what medicine to take? Unicough (£8.95 for 150ml, Boots) works on all coughs, whether it's chesty, dry or tickly to reduce irritation. 'There is just one type of common cough – it may have different symptoms but it's driven by the same underlying trigger mechanism,' says Professor Alyn Morice, Head of Cardiovascular and Respiratory Studies, University of Hull.



**Reader rated**

**Bonnie Williams, 63, St Albans**  
I've had problems with my joints for years, mostly in my hands and knees. I've started rubbing Regenoverx Gel (£11.29 for 40ml, chemists) on my hands and knees before bed and it's really helping. It contains omega-3-rich marine oils and hyaluronic acid to ease the joints.'



**DID YOU KNOW?**

Every 20 minutes someone is diagnosed with blood cancer (leukaemia, lymphoma, myeloma or other blood disorders). Find out more and get support at [bloodwise.org.uk](http://bloodwise.org.uk), or call the helpline on 0808 208 0888.


**App of the week**

**DROP RECIPES (FREE, ITUNES)**  
With lots of recipes, this app's like a digital cookbook. It also works with the Drop Kitchen Connected Scale (£79.99, [lifeland.co.uk](http://lifeland.co.uk)), adapting recipes to suit whatever amount of ingredients you happen to have in the kitchen. See getdrop.

**1 in 3**  
Britons miss out on a breakfast every day, leaving them tired and moody, according to a survey by Flahavan's

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**NEW UNICOUGH**  
150ml / 5fl.oz. / 150mg in 5ml ORAL SOLUTION  
Dihydrochalcone Hydrochloride, Ammonium chloride, Levomenthyl

**Effective relief of common coughs**  
Dry and/or Tickly Troublesome chesty cough

**REDUCES THE URGE TO COUGH** **NEW COCCA FORMULATION**  
HELPS PREVENT SLEEP DISRUPTION

**Effective relief of common coughs**  
Dry and/or Tickly Troublesome chesty cough  
\* Reduces the urge to cough  
\*\* Helps prevent sleep disruption