

HEALTH & BEAUTY

Advertising Feature

A new you for the new year

Elleven

Braces in the UK are in high demand. Far from being unusual, nearly 1 million people started orthodontic treatment in the country last year and more adults than ever are asking for treatment, according to the NHS. Now 20 per cent of those with braces are adults.

But as the demand for

by **OLIVER STALLWOOD**

treatment is changing, so are the options. The inconvenience and look of traditional braces may soon be a thing of the past thanks to revolutionary new invisible items called Invisalign. Using near-invisible aligners rather than wires and brackets, Invisalign gently eases your

teeth into optimum position. Unlike many aligners, they are removable, meaning you can brush, floss, eat and drink as normal. Elleven is an award-winning London-based dental and orthodontic practice that specialises in the use of Invisalign.

'Elleven is part of a select group called the Invisible Orthodontist,' says Anthony Lam, specialist orthodontist at Elleven. 'The group believes that not only is Invisalign a viable treatment option in the majority of cases, in many instances it is actually preferable to traditional metal braces.'

Treatment is tailored to the individual to ensure their smile looks as natural as possible. Patients need only visit the practice every eight to ten weeks to check the process is progressing as it should, says Lam. Over the weeks and



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months, the teeth gradually move into the desired position, with the total treatment time ranging from six to 15 months.

Eat Water

There once was a time when losing weight was all about eating cardboard-flavoured biscuits and your body mass in celery. But a new product aims to change our perceptions of low-calorie food, offering an option both filling and tasty. The Slim Foods range from Eat Water is made from a water-soluble vegetable fibre called

moyu that the body doesn't absorb, meaning it will stop your hunger.

Unlike some synthetic weight-loss additives, it is 100 per cent natural and has been eaten in Asia for centuries. While it tastes like pasta, noodles and rice, it contains zero carbohydrates, zero sugar and only 0.2g of fat per 100g serving.

The company also claims the product contains zero calories. The calories per 100g in the Slim Foods range is 7.7 but these come from vegetable fibre, which cannot be absorbed

by the body, creating so-called 'zero net calories'. As they are super-absorbent, a runny sauce soaks into the noodles or pasta, giving them a strong flavour that won't leave you with cravings.

The company claims that with any of the Slim Foods range, you will stay feeling full for four hours after eating, the same as with regular pasta, rice or noodles. All the Eat Water products come in a packet and all they need for preparation is draining, rinsing and cooking, so no Jamie Oliver skills are required.



Elleven Dental offers adults a new way to straighten their teeth