

THE POWER OF HEALTHY LIVING

# Longevity

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**SEIZE  
THE  
DAY**

6 steps to living  
for today

**HIS & HER  
DIET**  
Get slim with him

**Shrink those  
STRETCH MARKS**

**DO CAN VITAMINS  
CHANGE  
OUR GENES?**

**NICOLE KIDMAN**  
**'There isn't wisdom in youth'**

## Cosmetic options

If you're keen on DIY options, choose carefully, as a number of substances promoted for stretch-mark treatment are based on anecdotal evidence with little, if any, clinical research to back up claims.

Rather opt for reputable brands. One option is iS CLINICAL® Body Complex, R505, which contains centella asiatica, aloe, hyaluronic acid and salicylic acid. These help to reduce inflammation, stimulate collagen production and gently exfoliate. The iS CLINICAL® Body Complex is best combined with iS SUPER SERUM™ ADVANCE+, R1 330, which contains vitamin C, centella asiatica and copper peptide growth factors which all help improve the general health and elasticity of the skin.

**MINUTE**  
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**HOW TO**  
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