

Real life

Learning to live without my tragic twins



Not 'arf!

Rockers versus biddies



Your kids

Talking about the birds and the bees

Real life & celebrities

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NEWS OF THE WORLD

Sunday



Save £5 on Den's drawers!
Bh

A tease from
Denise

Look what her ex is missing!



Corrie girls
Street sisterly love



Celeb dreams
Who does Hugh sleep with?!?



Sexual healing

Could it be that I'm HIV-positive?

For about six months now I've had a general uncomfortable feeling in my neck and under my arms. I have seen a throat and neck specialist who said everything was normal. I am worried that I may have HIV as I put myself in a risky sexual situation a couple of years ago. I have had three HIV tests recently - all of which have come back negative. Is there any way that these tests could be wrong? An HIV test would show a positive result three months after you'd contracted the virus - at the latest. If the three tests you had were all negative, you haven't been exposed to HIV. So relax - sometimes anxiety and a guilty conscience can bring on all kinds of physical symptoms. Be reassured and avoid taking any further risks in the future.

Granny's canny cures

Tired feet

All you need to do is fill a pan with warm water and mix in three heaped tablespoons of powdered mustard. Soak your feet in the mustard bath and feel the aches subside. The doc says: not as well as a spicy and heavier than a detox, tool for it.

Does it work?

A cure for bloating

Jessica English, 20, is a student in Bournemouth, Dorset. She found she suffered from bloating and lack of energy. She says: "I did some research on the internet, came across a supplement called Oxy-Powder and decided to try it - I took it for a week. On the second day I felt a sort of fizzing sensation in my stomach which was the oxygen breaking stuff down. The best thing is I haven't had to continue taking this. My system cleared, I'm not bloated at all and I feel a lot less lethargic."

YOU try it!

To order Oxy-Powder for £29.95, call 01428 642266 or visit www.chrisbar.com

The TV Doc

with Dr Hilary Jones



Banish the burns

About three years ago I had a successful operation for bowel cancer, but I've been left with radiation burns. The skin is cracked, red, very uncomfortable and won't clear up. Is there anything that will help?

Low-strength gentian violet is very effective but it does stain your skin and clothes purple and has to be used under medical supervision. Jelonet dressings and aqueous cream soothe and lubricate the area and some radiotherapy centres are having success with 100 per cent aloe vera cream. Contact the centre where your cancer treatment was originally carried out for further advice.

Speech disorder

I have been told my three-year-old grandson has severe sound disorder or verbal dysphasia. Can you tell me what this means and if there's a cure?

Your grandson not only has difficulty hearing normally but his understanding of sounds and his ability to use

and comprehend language is affected, too. Usually the problem lies in the brain, rather than in the muscles and nerves used for speaking. Speech therapy and special-needs teaching will help, but he'll need a full educational assessment first.

"Can I get a nose job on the NHS?"

Snout of order

I have a rather large nose. Can I have an operation on the NHS to make it smaller? I'm unemployed at the moment and wouldn't be able to pay privately. Also, can you tell me at what age your ears and nose stop growing?

The bone structure of your face continues to change up until puberty, but by your late teens or early 20s there are no more changes. And I'm afraid you can't get cosmetic surgery for

your nose on the NHS, so you'll have to wait until you get a job and can pay for it yourself.

Migraine pain

I suffer from shimmering zig-zag light across my eyes, followed by a partial loss of vision. I can't read or drive for half an hour after and feel lightheaded for about a day after. I'm worried as strokes run in my family.

It's unlikely the two things are connected, but get your GP to check your blood pressure. Your symptoms are typical of classic migraine - known as migraine with aura. The "aura" refers to nerve signals, which precede a headache and in your case consist of zig-zag lights and a partial loss of vision. If they are occasional, take tablets as soon as you feel one coming on. If they're more frequent, daily medication can prevent them.

✉ Write to Dr Hilary Jones, Sunday magazine, 1 Virginia Street, London E9B 1SU, or email him on health@sunday.co.uk.

PHOTOGRAPHS BY BETINA ANDY MCCARTNEY, SUPERSTOCK, ANTHONY BLAKE, GETTOS

DIY DOC

A quick route to self-diagnosis

Why can't I lose weight?

