

## Feel good at any age

Aches and pains are just something we have to put up with as we get older, right? Wrong. Read Anne Montague's guide to preventing those niggling twinges

### Alternative treatments

- Rosehip may be beneficial – a recent Scandinavian study found that rosehip extract helped reduce joint pain in eight out of 10 people who took it for just three weeks, meaning many could use fewer painkillers.