



HEALTH

Penny Gray

TEETHING HELP

Stressed-out parents love Nelsons Teetha Granules (€7.25 for 24 sachets) for the natural soothing properties, thanks to the inclusion of Chamomile in the ingredients list. Teetha Teething Granules is a ready-dosed sugar-free homeopathic remedy that

works in tune with the body's own healing process to soothe and calm baby from within, thus relieving the pain and discomfort of

teething. Simply tip the granules into baby's mouth and let them dissolve.



DENTAL WOES

A new survey has revealed that only one in three Irish adults visits a dentist when something is wrong with their teeth.

The **Seapoint Clinic** in Blackrock also found that less than half of Irish adults visit the dentist on a regular basis; however, 26 per cent of the population do claim to have a check-up every six months as recommended, the majority of whom are female. The Clinic says that there's no need for people to fear the dentist anymore as there's a whole variety of pain relief and relaxation methods available. Call the **Seapoint Clinic** on 01 284 2570.