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## by Beezy Marsh

**F**INDING the secret formula would be the Holy Grail of the beauty industry. Could scientists ever develop a pill that makes you look — and feel — younger?

Dr Daniel Sister, President of the International College for Anti-Ageing, Nutrition & Aesthetic Medicine, is one of the experts behind this new generation of pills. He says: 'As we age, the levels of certain hormones naturally decrease, resulting in skin that is dryer and less elastic, loss of energy, loss of libido and many other problems that we associate with ageing — including slower recovery time from injuries, brittle bones, less muscle mass, and thinning hair.'

'But compounding that problem is the fact that age also makes the body less effective when it comes to extracting key nutrients from our diet. This means that the hormones the body does make are of a poorer quality.'

This is why a pill that claims to be able to improve the levels of these hormones and improving the quality of them at the same time really could be the youth drug that we've all been searching for.

### YOUTH

£64 for a month's supply, [beautyworkswest.com](http://beautyworkswest.com)

DR DANIEL SISTER has more than a few celebrities paying discreet visits to his West London clinic in a bid to maintain their looks.

The latest weapon in his anti-ageing arsenal is a twice-a-day supplement he modestly calls 'Youth'.

This formula contains Arginine, Lysine and Glutamine — powerful amino acids which can help stimulate the body's hormones.

A marine plant extract called superoxide dismutase — proven to repair cells and reduce the damage done by molecules known as free radicals, a major cause of wrinkles — is also included.

In the past year, Youth has been tested on 20 men and women over the age of 40 in the UK, including jewellery designer Dinny Hall, above, and all of them have reported positive effects on their skin, hair and energy levels after taking it for four weeks.

Some testers go further, insisting that the supplement has not only improved their flexibility and sleep patterns, but also their concentration and libido.

## I tried it and it's better than Botox

DINNY HALL (below), 50, is a London-based Jewellery designer. She has been taking the Youth supplement for two months and claims she can see and feel the benefits.

'Earlier this year, as I was trying to get into my favourite dress, I looked at myself in the mirror and thought: "Shall I give up?"' says Dinny.

Going through the menopause, with a stubborn roll of fat around her middle, she was feeling exhausted and needed shots of Botox to keep her upper eyelids from drooping. Days



later, Dinny bumped into a friend and, on admiring her youthful looks, demanded to know her secret.

When the friend revealed it was simply a twice-a-day supplement, Dinny decided she had nothing to lose so she started taking Youth.

Two months on and Dinny's adamant her health and appearance have improved immeasurably. 'I'm a different person,' she says. 'Despite the stresses of running a business, I am not sluggish any more.'

'My skin looks great. I don't feel as if I need Botox now. My face feels firmer.'

At £64 for a month's supply, Youth doesn't come cheap — in fact, it costs the same as two sessions of Botox a year.

But as Dinny says: 'It feels far more natural. It is an investment in my well-being.'

