

- turn white, black, yellow or green.
- Thickening and distortion of the nail – it may become an unusual shape or texture and be hard to trim.
- Pain or discomfort when using the affected toe (or finger).
- Brittle or crumbly nails which can often come away completely.
- Nearby skin can become infected and be itchy, cracked, red or swollen.

★★★★★
 "I tried everything else including therapy from a dermatologist. It takes a while but ClearTouch works! I'm very happy with this product."
 Luciejoon, Amazon 5-star review

Discover the ClearTouch Advantage

Phototherapy is used around the world by Doctors and professionals to treat and kill nail fungus.

■ **Topicals** Creams and ointments have a very low efficacy. This is largely due to the inability of the drug to penetrate the nail plate and treat the fungus below.

■ **Oral Medications** Not suitable for everyone due to the potentially adverse side-effects, such as liver damage in the older population. They are also associated with high recurrence rates.

■ **Laser Treatment** Only available privately and therefore expensive! You may also have to visit a clinic a few times a week for several weeks. With ClearTouch you have nothing else to buy. No appointments, no downtime, no hassle!

■ **Surgery** In some cases you can choose surgery to remove the nail, but remember: this is NOT effective treatment for nail fungus unless it is backed up with extra therapy.



*Recommended to be used twice daily

In Your Tracks!

Introducing CLEARTOUCH

ClearTouch is a NEW home-use device developed by the medical leaders in LHE phototherapy

- ✓ No Prescription
- ✓ No Side Effects
- ✓ No Lotions
- ✓ No Medication
- ✓ No Surgery
- ✓ No Downtime

ClearTouch ticks all the boxes	ClearTouch	Home Remedies	Topical Treatments	Oral Medication	Laser Therapy	Nail Removal
Painless Treatment	✓	✓	✓	✓	✗	✗
Quick Treatment	✓	✗	✓	✓	✗	✗
No Side Effects	✓	✗	✗	✗	✓	✓
Professional Treatment	✓	✗	✗	✗	✓	✓
Non-Messy	✓	✗	✗	✓	✓	✗

Simply press the button twice a day!

Make your feet flip-flop friendly with ClearTouch

Only ClearTouch ticks all these boxes

- ✓ Compact, convenient and rechargeable home-use device that delivers professional results
- ✓ Can save you money versus expensive professional treatments
- ✓ Painless when used as directed
- ✓ Based on the same technology used by doctors for decades
- ✓ Helps treat the fungus responsible for nail infection in a few treatments
- ✓ No prescription, no medication and no lotions required
- ✓ No painful surgery: you do not need to remove your nail
- ✓ No refills or monthly purchases
- ✓ 60-Day Money Back Guarantee

60-DAY RISK-FREE HOME TRIAL*

Experience the ClearTouch advantage for yourself in the comfort and privacy of your own home RISK-FREE for 60 days. If you are anything less than delighted with the results, just return it for a full product refund.

For details of your 60-DAY Risk-Free Trial Call 020 3001 0391

*Return postage free with single payment option only

many doors in his chosen career. Socially, we were miles apart."

Thankfully, as state schools have introduced more targeted teaching, more discipline and longer school days, the divide is closing. More than half the UK's top 100 secondary schools are now non-fee-paying, according to last year's A-level league tables.

Susan Hamlyn, the director of the *Good Schools Guide* education consultants, said that as this gap continues to narrow, parents should not feel guilty about sending one child to state and another to private. Either could be the best option. "We're still operating on a kind of outdated premise that private schools always offer the best education. But that's a not still the case, particularly in London.

"Because the private schools have priced themselves out of the market, many more middle-class families are inevitably putting their children – and their support – into the state system and the schools are coming up to meet their expectations.

"Unless they are sent to a dreadful state school, a hard-working child is probably going to do well wherever they go. And if you have a positive attitude towards your child's state school, then they won't see it as a lesser option. Children are often only anxious or bothered about it if the parents are.

"I always think parents vastly overestimate the influence of a school on their children. What happens at home is always far more important than what happens in the classroom."

EXPERT VIEW

How to handle potential sibling rivalry

SHARE THE OPPORTUNITIES FAIRLY

"If one sibling has an amazing gym at their private school to use during their day, then be prepared to invest the time outside of school hours to take your other child to a sports club, one that also accommodates their particular enthusiasms," says Linda Blair, a clinical psychologist, whose new book, *Siblings: How to Handle Sibling Rivalry to Create Positive and Loving Bonds*, is published in October. And remember that, in the long run, it's your *time* your children are going to value, not how you spent your money, she adds. "Talk to them about how every school has its individual advantages, each suited to the needs and talents of particular children."

LOOK AT THE WHOLE JOURNEY

It's really important to consider the whole experience of junior and senior school for both children, explains Nathaniel McCullagh, the director of educational consultancy Simply Learning Tuition. Rather than split siblings, which has the potential to build resentment, he advises parents to consider a more parallel path. "If you have limited funds but still want to go down the private route, think about sending both children to state primary and then both to independent secondary. You will probably need to pay for some additional preparation for the entrance exams, but this will be a drop in the ocean compared with years of junior school fees."

Nail fungus affects millions of people

TAKES LESS THAN 1 MINUTE A DAY!



CLEAR TOUCH

amazon ★★★★★

Got ClearTouch after trying ten other products that did not work. It cleared the fungus and is far cheaper than doctors and prescription drugs ... highly recommend!

TZ, Amazon 5-star review

NEW!

see the difference or your money back.

ICTV Brands UK Ltd.

Get ready to expose those toes this summer with ClearTouch ... the simple, effective solution for fungal nail infections. In less than a minute-a-day, ClearTouch will have your feet feeling 'flip-flop friendly'! Act now and

Call now for your 60-Day Risk-Free Trial 020 3001 0391
 Or visit: cleartouchnails.co.uk

FAMILY LIFE

Is it fair to send only one child to private school?

As the cost of independent school fees continues to rise, Tanith Carey considers the short and long-term effects of splitting siblings between sectors

Most parents with two children or more know how quickly they can pick up on the slightest hint their siblings are being treated favourably.

Every hug, plaudit or chocolate biscuit a brother or sister receives is quietly monitored by each child to ensure the distribution is equal. So if you're going to spend every penny you earn on one child's education and nothing on the other, you'd better have a good explanation.

That was the situation I put myself in when I sent my eldest daughter, Lily, then 11, to a state secondary school, while my other child, Clio, eight, was still at her independent primary.

When Lily got a place at an inner-city comprehensive with a reputation for creative teaching and fantastic results, I was thrilled. But despite me

drumming into her all the advantages – a brilliant performing arts department, less pressure on us as a family, having friends from lots of different backgrounds – it didn't take long for the Lily's finely tuned "it's not fair" radar to kick in.

While Clio thrived in classes of 24 – and everyone in her school knew who she was – Lily was upset when, due to sheer logistics of having 30 pupils in each class, several of her teachers didn't know her name after the first term. While Clio strolled to her school, set among mature trees and rolling grassland, Lily had to squeeze herself between grumpy Tube commuters to be at school for 8.30am sharp. (Any later and she'd get a detention, no questions asked.)

So although I was sure I was giving her a good education in life, I wobbled. After a term in which Lily seemed to go into a slow decline – and started talking about not wanting to go to school at all



FAIR PLAY? Tanith Carey with her two daughters. After a term at state secondary, Lily (l) is now back in the private sector along with sister Clio

– I moved her to an independent school as well, despite the huge financial stress it would place on us. For me, it wasn't about class or privilege or wrapping her up in cotton wool, it was about family relationships. I felt my daughters' childhoods were diverging, and I had to put them back on the same path. Even if Lily got the great outcomes her state school was known for, I knew there was always a risk of resentment simmering under the surface. If she had stayed in the state system while Clio continued to a private secondary, there was always the risk that one day she would ask why she hadn't had the same treatment as her sister.

It was the hardest call I've had to make as a parent. Yet it's a dilemma which more and more families are facing. The fall in household incomes, matched with the rising costs of independent school fees, which have now hit an average £15,000, means fewer parents can afford to send one child to a fee-paying school, let alone two or more. But what effect can splitting siblings between sectors have on long-term family relationships?

While Denise Palmer-Davies understood the reasons why her younger brother, William, went to private school from the age of eight – he got a sports scholarship – it threw her own experiences at a local comprehensive into sharp relief.

Denise, 39, from Surrey, who is the director of a communications company, says: "William talks about his school years with such fond memories as if they were the best years of his life and he still does a lot of stuff with his old school association. If anyone asked me to go back to my school, I'd run a mile. My memories of secondary school are awful. The bullying wasn't

'How amazing it would have been if I'd had the same opportunities as my brother'

tackled. If you weren't good at a subject, you got the worst teachers, not the best. I ended up in the wrong crowd and hated every minute.

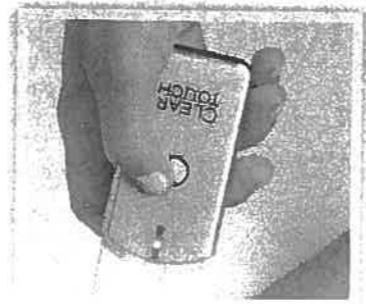
"William and I still get on well. But when I look back I think how amazing

NEW! ClearTouch uses phototherapy technology is used around the world by Doctors to treat nail fungus

IF YOU SUFFER FROM fungal nail infection, you will already know how unpleasant it is to

NEW TO THE UK

Don't Let NAIL FUNGUS



when I look back I think how amazing