

LIV HILTON

that. As it turned out, and despite however many injections, extractions and implants I had along the way, I never had any problems, never even missed a meal.'

Before the programme began, Dr Nghiem consulted the practice's orthodontist, a specialist in moving and straightening teeth, and a periodontist, an expert on gums. He had taken photographs of Liam's mouth as well as impressions and X-rays of his teeth.

Models of Liam's teeth were made and fitted with wax crowns to give him an idea of how he would look if he went ahead.

'I liked what I saw, although I found it hard to believe it could really happen. The only thing I was adamant about was not ending up with a smile like Simon Cowell's, whose teeth look unnaturally white, in my opinion.'

The orthodontist's primary role

containing a new porcelain tooth. By the time he had finished, Liam had ten new teeth in both his top and lower set, completed in a final session broken into two four-hour stints.

'We moved them first with a fixed brace before we veneered them,' says Dr Nghiem. 'They should feel like his normal teeth and he will have to look after them with regular cleaning, flossing and visits to the hygienist.'

Once Liam had become used to the look and feel of his new mouth, the temporary teeth were replaced by a permanent set.

'I looked in the mirror,' he says, 'and I couldn't quite recognise myself.'

'It's affected the way I talk. It feels as if I'm lisping but I'm sure I'll get used to it.'

He has suffered no sensitivity through the process and nor

# 5 of the best kelp products

When Alex Curran, wife of footballer Steven Gerrard, was spotted last week leaving a restaurant clutching a bottle of kelp tablets, nutritionists jumped to condemn these diet aids as dangerous. So are they right?

The active component of kelp, a kind of seaweed, is iodine – known to help regulate metabolism, assisting weight loss. While prolonged use of large amounts may interfere with natural hormone levels, a safe upper limit is 1,000mcg a day and most supplements contain less than a quarter of this.

Alex's enviable figure is no doubt the result of regular exercise and a healthy diet – but here are five options that may provide a little extra help.



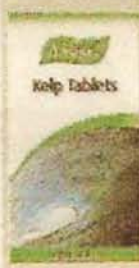
## 1 Seagreens, 60 capsules, £15.95

A unique mix of three species of wild Arctic seaweed providing about 200mcg of iodine per capsule alongside vitamins and minerals that improve absorption of nutrients from the diet and boost metabolism. [www.nutricentre.com](http://www.nutricentre.com)



## 2 A. Vogel Kelp, 240 tablets, £5.96

Naturopath and nutritional therapist Alfred Vogel, who founded this brand – the one favoured by Alex Curran – wrote extensively about the health benefits of kelp. Seaweed is harvested from Pacific Ocean kelp forests. Each tablet provides 50mcg of iodine. [www.avogel.co.uk](http://www.avogel.co.uk)



## 3 Boots Alternative Diet Aid, 60 tablets, £3.79

With dandelion root – which some studies have shown may control blood-sugar levels, helping to regulate the appetite – kelp (providing about 100mcg of iodine) and boldo leaf extract, from the Chilean tree, which aids digestion. [www.boots.com](http://www.boots.com)

## 4 Veganicity Kelp, 120 tablets, £2.55

Each tablet contains 300mcg of kelp, providing around 240mcg of iodine. Other ingredients are calcium, acacia and aniseed oil. Suitable for vegans, it is free of

