



Winter's tails

Follow him on twitter: [@birderman](#) or email stuart.winter@express.co.uk

Give parent birds a hand at feeding time

GARBEN birds will need all the help they can get all the way through the year. May continues thinking it is stormy April. Peeper winds and splashy squalls make the job of finding food for hungry fledglings more difficult at this critical time of the year.

Watching birds try to balance within the storm clouds is a sight you can't miss. The birds are on the underside of leaves whipped by winds and horizontal downpours make fascinating viewing. But not for famished nestlings. All those gupping mouths in a nest-pole produce one of the most phenomenal spectacles in nature: insectivorous birds drive themselves to incredible lengths of endurance to feed their young.

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Tired, aching legs stopping you going for walks?

If you experience poorer circulation due to reduced activity, the symptoms can affect your wellbeing and prevent you from doing the things you love.

Swollen, aching feet or legs can hold you back. If you are looking for a solution to your symptoms, clinically proven Electrical Muscle Stimulation (EMS) could be the answer.

REVITIVE CX is a drug-free (Class IIa) medical device designed to increase circulation in the lower legs and feet and has been scientifically tested.

Designed to:

- Improve swollen legs and feet
- Increase circulation
- Reduce pain and discomfort in legs and feet

Noticeable results may be felt after the first use, it could be a decrease in swelling or sleeping easier knowing you can get back to the things you love. For others to experience the full benefit it may take regular use for longer which is why we offer a 30 day risk free home trial.

REVITIVE CX Circulation Booster can be easily incorporated into your everyday life. Use at your desk or while relaxing in a comfortable chair.



"I believe using REVITIVE, every day, could help me stay active for longer"

Sir Ian Botham
English Cricket Legend & County Mayor

"We have tested and used REVITIVE and have found that it is very effective at stimulating the muscles of the feet and lower legs, causing a very good increase in blood flow."

Professor Mark Whithley Vascular Surgeon & Director of The Whitley Clinic, Guildford & Hilly Street.

Complete the coupon and post to: Active Ltd, (Import CX200), Welton, Cam Road, Haverhill RG12 1HL, United Kingdom

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REVITIVE CX200 **SAVE £50**

ORDER TODAY

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Plus receive 3 FREE Gifts

Worth £59.98 Cooling Feet & Lung Gel
Silver Moisture Glove & Deluxe Storage Bag
PLUS FREE P&P NATIONWIDE**

SAVE £110

Keep active with REVITIVE

SUITABLE FOR USE IN DIABETICS

EMS Technology may help to:

- Increase circulation
- Reduce diabetic neuropathic pain in lower legs & feet

With regular use over time

Reduces swollen feet and ankles

30 DAY HOME TRIAL

NO PAY FREE

If within 30 days, you are not impressed with the results, we'll refund your money in full - no questions asked. Try REVITIVE today!