

Love it!

Love Your Life • health

Feeling good!

It's personal...

Your questions answered by qualified sex therapist Clare O'Toole

Ask our sexpert Clare

Q I'm worried that my boyfriend is having an affair with one of my mates. They get on really well and are always laughing and joking. I keep thinking I've seen them looking at each other, too, and my boyfriend and I haven't been getting on lately. Am I just being paranoid?

Carly, 24

A Because you and your boyfriend haven't been getting on well recently, you're more likely to worry and even feel suspicious when he talks to other women – especially if he seems to be enjoying their attention, too!

I have a laugh and get on well with many of my mates' boyfriends and there's nothing more to it. There may be

something only way to be up without – explain a bit ins have be worried elsewhere saying r suspic



Q When we have sex, my boyfriend wants to put porn on the TV as he says it helps to turn him on. I didn't mind at first, but now it's making me feel like I'm not enough.

Victoria, 37

A Some couples watch porn together and use it as an aid to arousal,

Q My partner and I decided to try some new things in the bedroom, like using sex toys, but we both feel really awkward. When we tried it I got the giggles and ruined the moment. Do you have any advice?

Jean, 46

A Changes don't happen overnight – they take



Am I normal?

My hair keeps falling out in clumps and I've been losing weight rapidly. I'm 5ft 1in and now weigh just under 8st. What could be causing this? Please help.

Zoe, 19

Your symptoms may be due to a medical condition that needs specific treatment, such as an overactive thyroid gland. Malnutrition can also cause these symptoms, as dieting excessively can mean you're not getting enough vital nutrients. Stress is

PHOTO: GETTY IMAGES/ALAMY

It works!



Get a gorgeous cleavage without going under the knife by using Perfect C. The specially formulated herbal supplement can boost your boobs by encouraging the growth of new breast tissue. It costs £199 for three months' supply. To order, call 0191 291 3385.



Got a pr