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MAGAZINE



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HIT THE COUCH AND KICK THE HABIT

Kissing an ashtray mouth is not seductive, one of many powerful reasons to give up the killer habit. The big question is how to kick the addiction. YOU tester Amy Wilson, a 25-a-day smoker for over ten years, tried out Quitmasters where hypnotherapist Diana Pedersson claims a 95 per cent success rate. Here are notes from Amy's diary:

23 Nov Off to see Diana, bit nervous it won't work. Excited though – no more coughing, smelly hair/clothes. More money, clean teeth!

Session lasted an hour. First, Diana established I really wanted to stop, then assured me I wouldn't gain weight, have cravings or use substitutes. Instead, I would drink more water, exercise and relax. She said the only reason people don't give up smoking is the fear of losing a crutch and thinking they won't be able to enjoy life.

Next, 15 minutes on the couch. Once I was 'under', she told me I didn't need to smoke, I was simply a nonsmoker. I repeated, mentally, about 20 times, 'I am not a smoker and I will not smoke for the rest of my life.' Went



to a concert later and didn't want a cigarette. Yippee!

24 Nov Waking up was a dream: no bunged-up nose or smelly clothes and felt a lot less groggy than usual.

14 Dec Still don't want a cigarette. Skin looks much better and have more energy. I had a couple of puffs with a drink to see what it felt like – stupid! It made me feel sick. No withdrawals but I've put on ten pounds.

20 Dec Spent weekend with family who smoke a lot. It felt good not to. Dad is so impressed he's going to see Diana.

10 Feb Still not smoking. The consultation with Diana was definitely worth the money: six weeks' worth of cigarettes. A one-hour session with Diana Pedersson costs £295.

Tel: 0800 298 5155 (www.quitmastersuk.com). For more information on how to give up smoking, visit the NHS website www.givingupsmoking.co.uk, or call 0800 169 0169.

HEALTH NOTES



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