

# EX-BARMAID ON LASER TREATMENT EMPIRE



## HOW IT WORKS

LASER therapy to stop smoking works by applying a cold soft laser beam to specific energy points on the hands, ears, nose and wrists.

Stopping smoking causes a sudden drop in endorphin levels leading to withdrawal symptoms of stress and tension.

This procedure helps to promote the release of endorphins, natural chemicals in the body associated with the spontaneous relief of pain and stress.

When using the Anne Penman Laser Therapy method, clients experience a soothing feeling of well-being.

Laser treatment can help reduce cravings, stress, and restore balance.

The laser acts as a calming agent so that when you stop smoking, the withdrawal symptoms often associated with quitting are either greatly reduced or completely eliminated.

Post laser counselling focuses on self-belief and positive thinking to help people deal with the emotional, physical and psychological aspects of quitting smoking.

Find out more at [annepenman.com](http://annepenman.com)



**MONEY TO BURN**  
... Anne has never looked back since she quit cigs 20 years ago and now has 30 clinics around the world

# I gave up smoking & became a millionaire

# Low Fat, Low Price!

## Fresh Milk

- 1% Fat
- 2L
- 4p/100ml

Less Than  
**23p**  
Per Pint!

**2**  
Litres



**79p** Each

Proud to serve Scotland

By YVONNE BOLOURI

## A CHAINSMOKING barmaid's 60-A-DAY habit led to her becoming a multi-millionaire.

Entrepreneur Anne Penman gave up the fags after receiving revolutionary laser therapy 20 years ago.

She was so amazed by its success that she set up her own clinic in a pokey Glasgow tenement.

The business quickly flourished and Anne, 58, now has 30 clinics across the world from Scotland and America to Saudi Arabia.

But she admitted: "Even I'm astounded by the worldwide response I've had to my laser therapy clinics."

The impressive portfolio is not bad for a former bar girl who worked in her mum's pub and loved fags so much she even smoked in the **SHOWER**.

Anne, of Kilwinning, Ayrshire, revealed: "My husband Ron was also in hospitality and we puffed our way through three packets **EACH** every day.

"I loved it and even when Ron had his first heart attack at 37, we carried on regardless.

"Ron's dad died at 38, and his brother at 32, so our philosophy was that he's going to die young so he might as well die happy.

*"When we got scared, we smoked even more."*

Four years later, Ron had another massive heart attack which led to a triple bypass and him stopping smoking.

Anne said: "I am delighted to say he is now 62, alive and kicking and it is because of Ron that my career changed direction."

But down-to-earth Anne didn't quit so easily.

In fact, she admitted to being



delighted when attempts to quit using hypnosis and acupuncture **DIDN'T** work.

She added: "I didn't want to stop. I enjoyed it too much."

Then during a break in Ireland in 1991, she had her first laser therapy session and hasn't smoked since.

She said: "It was amazing. Overnight I'd swapped my passion to smoke to a passion for helping others to quit."

Anne has met some weird and wonderful clients since being trained by Muriel Day, who carried out the treatment on her.

## Support

She said: "A Madam came to quit smoking and was so impressed, she paid for her girls to have laser to stop as well.

"A 60-year-old woman brought her partner in because they were attending a sex clinic and he was told it would help.

"Then she called to share the **AMAZING** results with me. Too much information!"

Another emailed to say her partner had never been hornier than after his treatment, which is another benefit of quitting smoking.

Anne said: "It's my belief that with the right support, you can do anything."

[yvonnebolouri@the-sun.co.uk](mailto:yvonnebolouri@the-sun.co.uk)