

# Can you think yourself thin?

IT'S only been two weeks since New Year but I'm already sick of hearing about fad diets, gym memberships, detoxes and ditching wine in favour of Bloody Marys simply because they come with a celery stick.

But it could soon be over because January 21 is the day most people give in to temptation and abandon their resolutions to lose weight, according to research by Thinkingslimmer.com. Their studies show the average post-Christmas diet lasts just three weeks.

However, it seems all's not lost — because the latest weight loss trends suggest it's all in the mind (and feet!).

Alternative therapies that encourage brain training are becoming increasingly popular as opposed to quick fix diets that are hard to stick to.

We put three to the test to find out how they work — and just how effective they are...

## LASER THERAPY

As I sit in a huge leather chair wearing tinted blue goggles and having a laser beam shot at me, I feel like an extra from Star Wars.

But as laser therapist Anne Penman is the professional and tells me from her own experience this will work, I'm prepared to go with it.

Anne, who turned to laser therapy to kick her 60-a-day smoking habit 20 years ago, says using it for weight loss is the perfect way to kick-start a change in your lifestyle.

The treatment works by using a cold, soft laser beam which is applied to specific energy points on the hands, ears, nose and wrists, arms, legs and feet.



## By Tracey Bryce

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The laser acts as a calming agent, activating acupuncture points to release natural chemical endorphins, which reduce cravings.

"The laser treatment helps suppress appetite, deal with food cravings, and makes people less obsessed with food," says Anne.

"It also helps detox the body and it's a great way to relax."

Anne says clients typically lose 2-3 lbs a week after four-sessions.

But after just one hour-long treatment, I have to admit I can already see it starting to work — 24 hours later, my cravings for junk food have gone, I'm eating smaller portions and I feel good.



## REFLEXOLOGY

I'm struggling to get my head around how a foot massage is going to help me lose weight, but, after far too many sweets and wine over the festive season, I'm willing to try anything to shed a couple of pounds.

Christine Henderson is a holistic therapist who has been a reflexologist for 14 years.

"There are more than 7000 nerve endings in the feet that correspond and connect to every gland, organ, structure and system of the body," she

says. "In reflexology, these reflexes are stimulated to send a reaction to the associated area — a bit like jump starting a car!"

"Reflexology works in weight loss by eliminating the toxins from the body and stimulating and increasing the metabolism."

"Many people don't understand the addictive nature of sugar and chocolate," Christine says. "It's the same as any other addiction... you eat chocolate, that makes you want more and before you know it chocolate has overtaken you."

"There's no quick fix to weight loss reflexology. It takes time and only works in conjunction with a balanced diet and exercise, but it improves weight loss in people doing those things."

After the treatment, I don't feel the need to eat as much and I'm certainly not missing the junk food. Also, I feel more relaxed than I've felt in years!



about their lifestyle and eating habits.

"Most people are motivated to a certain degree to lose weight — hypnotherapy really stretches that inner motivation."

After a few minutes I'm under Angela's spell, being encouraged to ditch crisps in favour of salad leaves.

It's only a few words of gentle encouragement, but hours later I'm enjoying salad and fruit for lunch. And despite having a cupboard full of crisps, I have no inclination to touch them.

## CLINICAL HYPNOTHERAPY

Paul McKenna claims he can make people thin... so I'm wondering if clinical hypnotherapist Angela Trainer can do it too.

"Hypnotherapy has moved on from when people thought it was about swinging a watch," Angela says. "It's now a recognised treatment in medical fields."

"Clinical hypnotherapy covers everything from smoking cessation and weight loss to anxiety, depression, infertility and even workaholics!"

Weight loss hypnotherapy works by taking the client to a deep state of relaxation, then relaying suggestive messages

## Tracey's verdict

DAYS later, I was eating much healthier and feeling fabulous. It was too soon to tell which treatment had the biggest success, but my personal favourite was laser therapy.

It left me feeling relaxed and the results were instant. From the moment I stepped out of the clinic, I had no desire to eat junk. I'd certainly consider going back.

● **LASER therapy at the Anne Penman clinic costs £40 a session. To book call 0141 423 9375.**  
 ● **Reflexology with Christine is £30 per session. For further information call 07731 510 409.**  
 ● **Clinical Hypnotherapy at the Harvest Clinic costs £60 per session. To book call 0141 333 0878. Reductions are available on multiple session bookings with all three.**

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## We'll tell you why you won't like Monday...

**By Stephen Gallacher**  
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TOMORROW is set to be the most depressing day of the year. Scientists have calculated Monday January 16 — nicknamed Blue Monday — as the gloomiest day of the year thanks to dark mornings, poor weather and the fact the next set of holidays is so far away.

But a top TV nutritionist says the winter blues can be cured — with Popeye's favourite food!

Dr Carrie Ruxton says miserable Scots should fill up on spinach to help beat the miserable time of year.

She said: "Eating a diet rich in vitamins, minerals and protein really can affect how you feel."

"Spinach is an excellent mood booster with its high levels of folic acid. It also provides iron, which is proven to support mental function."

Dr Ruxton helped create a special good-mood menu in Glasgow cafe Martha's which she says will help people deal with the January blues.

Dr Ruxton added: "During the winter months, it's easy to reach for high calorie comfort foods, especially when Christmas chocolates are still lying around."

"However, you'll get a longer lasting positive effect by including some healthier mood-boosting foods in your diet."