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Laser help to quit smoking

STAR Wars-style technology is the latest weapon being used to help county smokers kick the habit.

Forget patches, hypnosis and chewing gum — the future is getting zapped with lasers on pressure points to help ease cravings.

The service is being run by former nurse Alyson Spurr at the Anne Penman Laser Therapy Centre in Harmston.

It comes as Lincolnshire Health Authority launched its own high profile campaign to stamp out smoking.

The drive, starting today, targets young smokers to stop them getting hooked in the first place, as well as people looking to pack in.

The Harmston service is the 14th centre in the country set up by Mrs Penman.

She started her crusade when her husband Ron suffered two heart attacks and faced likely death if her continued.

And she says the laser treatment also cured her own 60-a-day habit.

The therapy uses a special laser light which emits a cold, soft beam to stimulate acupuncture points and help reduce the craving symptoms

Mrs Penman's programme has been adopted by three major health authorities and a string of companies helping smokers among their workforces to quit.

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