

Laser treatment is like acupuncture — without the needles!

*Amazing new
therapy can help
smokers to stop*



SEVEN years ago, Ron Penman took what he reckoned was a not-so-subtle hint to quit smoking. He suffered a massive heart attack, had a triple by-pass and spent three months in hospital.

He'd had a smaller scare four years previously but hadn't fallen into a priority category for surgical treatment, partly because of his inability to stop smoking.

His wife Anne gave up just afterwards, but in a very different way and has since helped hundreds more quit in much easier fashion — by laser.

Now Anne aids sickened smokers, desperate dieters and shaky stress sufferers with high-tech treatment sessions.

And the success of her Glasgow-based Anne Penman Laser Therapy Centre has been such, other licenced operators are now setting up throughout the country.

Energy points

"The cold soft laser works in a similar way to acupuncture, but without the needles," explained Anne.

"In fact you don't feel a thing, it's completely pain-free.

"The points worked on are the same as with acupuncture and they vary depending on what is being treated.

"With those who want to stop smoking, the laser is applied to energy points on the hands, ears, nose and wrists.

"This stimulates the release of natural endorphins into the system. These have a calming and relaxing effect which reduce withdrawal

symptoms. The laser also helps get the nicotine out of the body."

The laser treatment — up to four sessions may be required — is backed up by counselling and a helpline.

The one-off fee is £80 for the quit smoking treatment, with the dieting and stress sessions costing from £15 and £25 respectively.

So successful

A number of companies, now operating no smoking in the workplace policies, have booked courses and there has been growing interest in the medical profession.

Several hospitals have initiated programmes for staff and these have been so successful that at least one hospital has started a trial for patients. This has been running for several months and another major medical research project is about to get underway.

"Because I smoked myself for many years I know how hard it can be to quit," said Anne.

"This isn't a miracle cure. People who come along have to want to stop but the results have been amazing.

"I've had so many letters and cards of thanks that I've stopped counting. One client gave me a little gift of a toy frog which she said was lucky.

"Other people saw that and followed suit. Now I have a collection of 350 at the Centre. Behind every one is a story and I'd like to think I can recall them all."