

Hypnotist helps stars give up smoking **WOMAN**

EXTRA!



'I CAN MAKE YOU STOP IN AN HOUR'

IT'S National No Smoking Day today and you could be just **ONE HOUR** away from giving up.

Hypnotherapist Valerie Austin-Hall claims that that's how long it takes her to **STOP** your cravings for the evil weed.

She has a 95 per cent success rate and a client register bulging with top stars, politicians... and even doctors.

Valerie, who has never smoked herself, says: "Most hypnotherapists just make suggestions to the subconscious.

"I go further — I get the subconscious to replace the need to smoke with something like exercise, reading or deep breathing.

Doctors

"The subconscious chooses what it would rather do.

"It doesn't matter how heavy the smoker is.

"Hypnosis is rather like taking an old floppy disc out of the brain and

Mind doc stubs out craving for the weed

By JANE SLADE

replacing it with a new one."

The bad news is that Valerie has a two-week waiting list for treatment, which costs £75.

But even the medical profession reckons it's worth waiting for.

At a conference in London, no fewer than 36 top Harley Street doctors, plastic surgeons, dentists and psychiatrists wanted to learn about her magical powers.

They were so impressed that she was signed up to help the doctors AND their patients.

Valerie says: "I was very

pleased to see so many top medical people.

"For too long hypnotherapy has been ignored by the medical profession.

Problems

"It's time we realised in this country that hypnotherapists can work successfully with doctors."

Valerie now has a thriving clinic just off Harley Street and treats all sorts of troubles.

But as far as she is concerned her methods have passed the ultimate test — they worked on her.

Valerie is no stranger to trauma. She has lost her memory three times — once after witnessing an attempted murder.

She also had a phobia



POWERS OF PERSUASION: Valerie snaps a patient out of a trance

about cars after being in a near-fatal accident.

But she pulled her life back together with the help of hypnotherapy.

"When the medical people get stuck, the hypnotherapist can unlock the door," she says.

You can call Valerie on 01-486 8087.



● **ARFUR** Daley star George Cole is hooked on cigars, but he'll mark No Smoking Day by not "puffing smoke over others".



● **EASTENDERS** star June Brown, who plays Dot Cotton, is a smoker both on and off screen. She says: "Youngsters shouldn't smoke. It's a bad habit, but I'd be as nervous as Dot if I gave up."