



All the latest news and tips to keep your body and mind in top shape plus your health questions answered with *Shilpa Ganatra@thestar.ie*

# Get in a state of mind for giving up your bad habits

**A**fter our detox, dry and diet-filled January ends, we normally return to our old ways around this time.

But it's the busiest time of year for habit hypnotherapist Fiona Brennan, who specialises in treatments like smoking cessation and weight loss.

She explains: "Around 40 per cent of the people I see come to me to stop smoking, and most of the people have tried conventional ways, like nicotine patches."

Fiona, who's been practising in Dublin city centre for two years, explains that hypnotherapy targets the reasons to smoke rather than smoking itself.

She says this gives her a 95 per cent success rate.

"It's difficult to stop someone wanting to smoke just by putting them off smoking. Nicotine only lasts in the system for three days, so after that it's the work of the mind," she explains. "Hypnotherapy works by tapping in to the deeper reason why a person is smoking, and then changing its perception accordingly."

Fiona's method is a careful process in which a number of preliminary exercises and regular contact over a period of time puts the client in the right frame of mind.

It spans the reason they began to



**UNDER THE INFLUENCE:** Hypnotherapy can help people give up smoking, says Fiona (left)



smoke, to identifying their 'must-have' cigarettes of the day.

Fiona explains: "The most important thing about giving up smoking is that the person has to be ready."

"So there is time to prepare, both to embrace the idea of being non-smoking, and for finding out the deeper reasons as to why they're smoking."

"When they come for the session itself, hypnosis involves getting the person to a state of deep relaxation where they're more alert than normal, and more open to suggestion."

"It allows your subconscious to open up to the changes that you consciously want."

"It works like a switch," she continues. "Afterwards you just don't understand why you did it. The first three days can be difficult because of the nicotine cravings, but after that the desire is gone from the mind."

Fiona adds: "Everyone is given a different schedule that's specific to their situation. It's a tailor-made approach depending on what will work best for each person."

Such a service isn't cheap — it totals €175 for most treatments and €250 for smokers — but cigarette addicts will save that easily by giving up.

To find out more call Fiona on (087) 9152422.

## CELEBRITY DIETER OF THE WEEK

### MADLINE MULQUEEN

Horse Outside babe

Madeline Mulqueen credits her slim figure to Pilates and boxing. She explains:

"Twice a week I like to do Pilates. I feel my muscles getting a great workout and I can feel the proof the next day!

"Once a week I'll go boxing and this is where I love getting a serious cardio workout."

Madeline (23) — who is dating Hollywood star Jack Reynor — added: "I don't follow any diets or plans as such. I tend to listen to my head and not my tummy — most of the time."



## FOODIE FACT

Irish **rapeseed oil** is a homegrown alternative to olive oil — it contains all the goodness of **olive oil**, including **Omegas 3, 6 and 9** and **vitamin E**, but it isn't flown in, and aids the domestic economy.

