

Laser therapy helps smokers break habit

By Gayle Ritchie

Sandra Finan's 30-a-day smoking habit was something she never imagined she'd be capable of breaking.

The retired secretary from Downfield, in Dundee, had been a smoker for 45 years, since the age of 21.

But when her health deteriorated and she was left struggling for breath, the 66-year-old knew she had to try to stop.

Incredibly, Sandra kicked the habit in less than an hour — and all it took was a single session of laser therapy.

For years she had tried giving up, using nicotine patches and gum, but nothing worked.

"I was beginning to lose breath and dreaded flights of stairs and going up hills," said Sandra.

She had read about laser therapy and decided to give it a go despite being "sceptical at first".

"It was no effort whatsoever and it didn't take any willpower," she said.

"Honestly, it was like an amazing miracle. People kept asking me how I was doing, but I was absolutely fine."

The method uses a laser pen to tap over areas of the face and body and release endorphins.

Sandra said the hypnotherapist "went



Sandra Finan (above) and Maggie Wood (below) have kicked the habit.



at all. You've no idea how bad you smell and you become so insular and selfish. "I'm over-the-moon to have ditched a revolting habit."

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'I've had no desire to smoke ever again'

over my hands, wrists, ears, face and head with the pen while talking to me.

"It took between 45 minutes and an hour. I came out relaxed and stayed that way and had no desire to smoke ever again.

"I wish I'd tried laser therapy years ago, but hindsight is a wonderful thing."

Since ditching fags, and despite having a husband who smokes, Sandra says she's never been tempted.

Maggie Wood (57), a Scottish Enterprise employee from Blairgowrie, is another laser therapy success story.

A smoker from the age of 15, she quit after just three sessions.

"I felt a hypocrite because I was still smoking while the company I work for advocated a non-smoking policy," she said.

"I also felt a social outcast as none of my friends smoked.

"I'd tried hypnotherapy, but it hadn't worked, so I decided to try laser therapy — and it worked."

Both women admit they now dislike smokers with a passion and Maggie added: "I have no sympathy for smokers

Showcasing Angus heritage

An initiative aimed at showcasing Angus and its history has been launched.

Angus Heritage Week, which will coincide with Doors Open Day from September 7 to 14, is aimed at giving locals and visitors an insight into the cultural, historical and architectural background of the county.

The project brings together some of the area's best historians, offering visitors tours and days out to places like Glamis Castle and other significant sites.

Doors Open Days are when free access is provided to a number of notable buildings across the region.

This year's event will include chances to visit a host of sites, whether they play an important part in daily life, such as Forfar fire station; they are an architectural delight, such as Hospitalfield House; or they are simply well worth a visit, such as the Merchant's House in Brechin.

For events list visit angusheritage.com.

Campaign to target pupils

The consequences of violent behaviour are regularly witnessed by those who work in A&E units across the country.

But a new campaign is about to launch in Dundee schools which aims to highlight the devastating impact these attacks have on the victim and their families.

Medics Against Violence has been a huge success in Glasgow, with more than 10,000 pupils involved in the potentially life-changing lesson in the past four years. It is not run by a local authority or the police but by healthcare workers.

MAV is about to be rolled out into Tayside and will be led by Dr Peter McAllister (31), who plans to meet around 1,000 second year pupils in the coming academic year.

"In my work I deal with facial disfigurements, some of which are caused by acts of violence," said Dr McAllister, who is based at Ninewells Hospital.

"We will show a DVD which includes CCTV footage of violent scenes and there will also be family members who will come into the schools and talk about the impact that violence has had on them."

Taster course

Greener Kirkcaldy is holding a taster course in the town next month.

The introduction to permaculture course will run over September 1 and 2 to provide a taster opportunity to learn about the principles of permaculture in a positive, creative and supportive space.

Participants on the course, which will be held in Ravenscraig Walled Garden from 10am to 5pm each day, will be able to learn about healthy and sustainable ways to provide for their needs — food, energy, shelter and community.

For more information or to book a place, email info@greenerkirkcaldy.org.uk or call into the Greener Kirkcaldy centre.



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