

MATTER



Katie Banks

Losing weight

Sophie Dahl might have started her career as a plus-size model, but hypnotherapy sessions with Paul McKenna soon saw her slim down to the

acupuncture points we could tap to help control our appetites. 'I left the seminar feeling completely empowered and

'It was all about listening to your body'

super-thin supermodel she is today. Katie Banks, 25, Revea's Celebrity Writer, from London, says: 'I've always been a bit of a binger. I can never leave anything on my plate, and as soon as I've opened a packet of biscuits I end up eating them all. 'I went along to one of Paul McKenna's weight-loss seminars feeling pretty sceptical - I've never been one for diets.

'Paul began by explaining his four golden rules for losing weight - eat when you're truly hungry; eat what you want to eat - not what you think you should; enjoy every mouthful; and stop as soon as you're full. Basically, it was all about learning to listen to your body again.

'He gave us lots of practical tips as well, like putting your knife and fork down between mouthfuls, and chewing more slowly so your brain can register when you've had enough. He pointed out

more in control of everything in my life, not just eating. 'I took my flatmate with me and we both noticed changes in our habits straightaway. In fact, I dropped nearly half-a-stone in the next three weeks without consciously dieting, so I'm delighted!'

● A weight-loss seminar with Paul McKenna (www.paulmckenna.com; 0845 230 2062) costs £293.

Sophie Dahl lost weight with help from Paul McKenna



a painless, stress-free labour with their son Croyde, now two. Jo Towell, 28, Revea's Art Editor, from Cambridge, gave birth to baby Theo five months ago. She says: 'I used to be so scared of childbirth I wasn't sure I even wanted kids, so

'I felt completely calm and in control'

when I found out I was pregnant I was as petrified as I was excited. 'My boyfriend Stacy and I had two sessions at home with hypnotherapist Katharine Graves, and then we went for a weekend retreat in Devon at the BirthCreation holistic centre with Olivia Seck.

The sessions put me into a really relaxed state where I could run

through my fears and form a mental image of what the birth would be like. I had to picture the ocean pushing and pulling, for example, to help me understand what my body would be doing during labour.

'I came away feeling really confident and prepared, with relaxation techniques and positive affirmations to repeat at home.

'In the end, the labour lasted 39 hours and Theo was the wrong way round. Despite everything, though, I felt completely calm and in control throughout, which was definitely due to the hypnobirthing techniques.'

● A retreat at BirthCreation (www.birthcreation.com; 0845 458 2767) costs £435. Courses with Katharine Graves (www.thehypnobirthingcentre.co.uk; 0845 337 9149) cost from £250.

Words Rachel Cocker



Health extra Dr Charlotte

GP Charlotte Canniff answers your health queries

Breathing bother
I always find it really difficult to breathe when I'm walking fast or running. My chest gets tight and I become short of breath. I am generally fit and healthy, but have always suffered with this problem. Is there any way of me being able to control my breathing?
Karin, Pontypridd, Wales

It sounds as if you may have asthma, where your airways narrow temporarily, causing you to feel short of breath and giving you a wheeze or a cough. Your GP will probably give you an inhaler, which should relieve your symptoms almost immediately.



If you have a health question, write to: Dr Charlotte/Revea, 33 Broadwick Street, London W1F 0DD, or email DrCharlotte@acp-natmag.co.uk. Dr Charlotte regrets she can only answer letters that appear on this page. If your symptoms are severe, you should always contact your GP.

FIVE WAYS TO...

... soothe irritated eyes

- 1 AVOID FUMES**
Steer clear of smoky places - they will irritate your eyes and make them worse.
- 2 NO AIR CON**
Air conditioning can dry your eyes out, so use a humidifier to add moisture to a room.
- 3 BATHE**
Bathe your eyes with warm water and then apply cool slices of cucumber across the lids.
- 4 MEDICATE**
Try using soothing eye drops from the chemist. Brands like Optrex are recommended.
- 5 CAREFUL WITH CONTACTS**
Don't leave contact lenses in for too long. Change them, and your fluid, regularly.



Words Jennifer Dunkley/Photos: Retna. posed by models

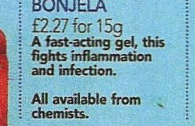
THREE OF THE BEST...

... mouth ulcer treatments

FRADOR
£2.49 for 3.5ml
Gives quick relief from pain and protection from bacteria while healing.



bonjela
£2.27 for 15g
A fast-acting gel, this fights inflammation and infection.



CYMEX
£2.45 for 5g
Provides soothing, effective relief of painful cold sores and dry, cracked lips.



All available from chemists.

FOR MORE HEALTH INFO VISIT WWW.NETDOCTOR.CO.UK

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