

BRITAIN'S NO.1 GLOSSY... EVERY WEEK >>

# GRAZIA

£1.90

GRAZIA  
BODY  
ISSUE

www.graziainmagazine.co.uk 7 January 2008

Victoria's  
worrying  
new diet

# A-List Body Wars!



Jen's  
21-day  
'Pepper  
detox'



Geri's  
'Flat abs'  
bootcamp

**Plus:**  
DO THE  
2008  
'ANIMAL  
DIET'!



IN BIG  
WHAT'S  
WHAT'S

200

LE VERNIS  
NAIL COLOUR  
458  
WHITE SABLE  
CHANEL

IN WHI

SURREAL H

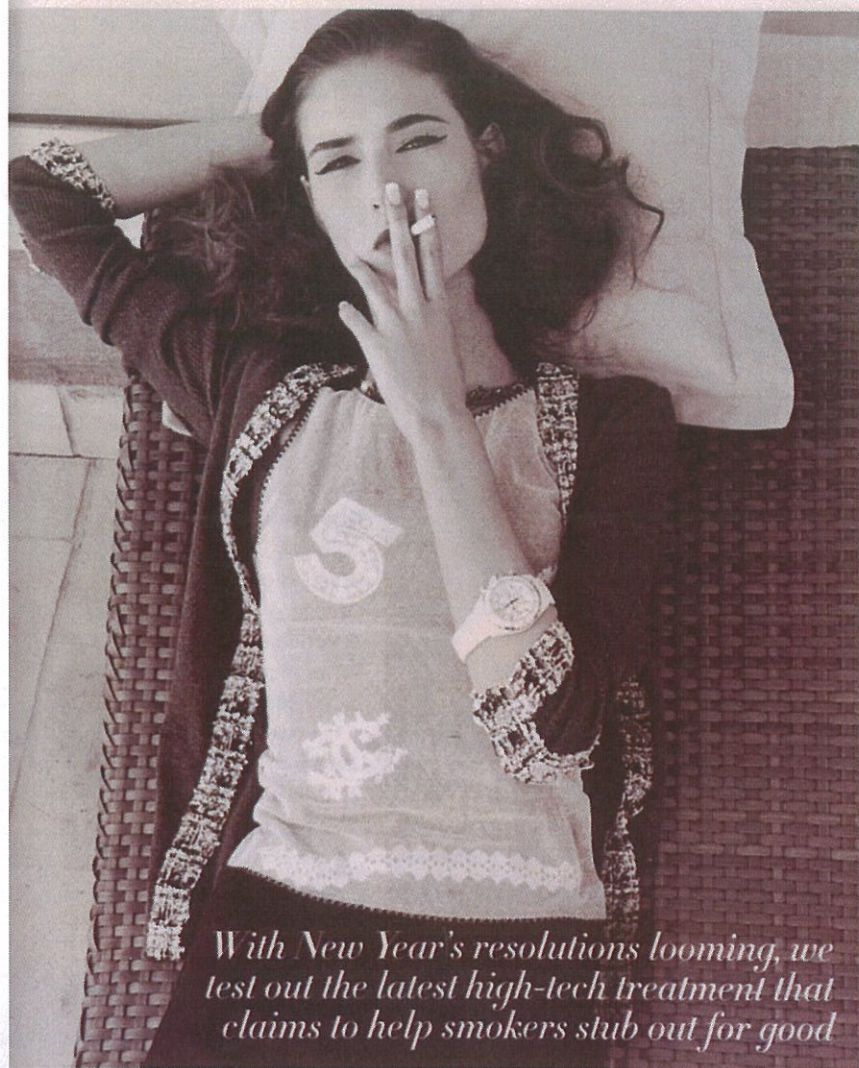
OUT  
STUDS A

REAL  
'MY SI  
HAS I

HOS  
FO  
Y



ISSUE 148



*With New Year's resolutions looming, we test out the latest high-tech treatment that claims to help smokers stub out for good*

TRIED &amp; TESTED

# CAN A NEW LASER REALLY HELP YOU QUIT?

TRIED PATCHES, GUM, PUFFERS AND PLAIN OLD COLD TURKEY BUT STILL HAVEN'T MANAGED TO SHAKE THE HABIT? The latest treatment, launched in the UK this week, is a 'cold', or low-power, laser machine that works by stimulating the acupuncture points associated with addiction. 'The treatment isn't a miracle that guarantees you'll stop smoking,' says Donna Freeman, clinical manager with Nicolite manufacturer Chromogenex. 'What it does is shorten the period of withdrawal effects, from 10 to 14 days down to two to three days. After that, you've still got the psychological side to deal with. Our studies showed 75-80% of people were still not smoking after three months.' Which all sounded too good to be true, so we decided to do our own (non-scientific) tests,

and sent three smokers to try it out. Here are their verdicts:

## 'Cutting down was pain free'

Lisa Howard, 38, has smoked 15-20 cigarettes a day for nearly 20 years. 'I've been wanting to give up for a while. I was fairly cynical about anything but willpower actually working but, as that hadn't got me very far, I thought I'd give Nicolite a go. In the consultation, the therapist explained giving up would still require some work on my part (damn). For the treatment, she simply pressed the cold laser against specific points – in the ears, around the nose, between the fingers and on the inner wrists and elbows, before finishing between the eyes. It didn't hurt, in fact it was quite relaxing. After two sessions I felt no different, so I don't know how to explain why

from 20 a day I've gone down to an average of two in the evenings. I do still get cravings, but it's fairly easy to distract myself. Fingers crossed...'

## 'I managed to quit'

Hattie Brett, 24, usually smokes up to 12 a day. 'Socialising and stress are my triggers. I've tried to give up a couple of times before, but it was always fleeting. I wasn't really expecting Nicolite to work. The treatments were all over in 20 minutes and I didn't feel any of the symptoms I was warned about (metal-taste in your mouth, drowsiness, nausea). The cravings didn't disappear but I suddenly found myself acutely aware of people smoking and found the smell disgusting. A week later, not only have I not smoked, I haven't really noticed the difference. I hope it lasts.'

## 'I'm still smoking'

Carly Allan, 39, smokes six cigarettes a day, more if she's out socially. 'I really wanted to give up but I can honestly say that I felt no benefit at all from Nicolite, either physically, mentally or physiologically. The therapist told me she'd managed to cut down with Nicolite – yes, just cut down – from ten to four a day, and that didn't give me much hope. I can't, hand on heart, recommend shelling out for the treatment as it didn't make me think twice about lighting up.'

### \* THE NICOLITE 'STOP-SMOKING' LASER

costs £75 per treatment or £225 for three sessions. For your nearest clinic, call 0800 037 8800. For information on clinically proven treatments and stop smoking groups, go to [quit.org.uk](http://quit.org.uk) or call 0800 002200.