

## 'I cured my dental phobia with hypnotherapy'

'I've been terrified of going to the dentist since I was a child, when a nurse held me down while I was having a filling,' says



Tamsin Larcombe, 27. 'As an adult, I avoided going for years and eventually found one who offered intravenous sedation. But being heavily sedated to have a filling seemed ridiculous, so I decided to go for hypnotherapy. In the session, the therapist and I made a list of what I feared about it, starting from the least scary situation and working up to the worst. She then put me in a trance, described each situation to me and asked me to imagine myself feeling calm. When I was able to visualise the scenario without feeling fearful, we moved on to the next. I went to the dentist a week later and it was amazing. I had a filling with no sedation and I was finally able to control the fear.'

Tamsin visited **Quiet Medicine Clinical Hypnotherapy** in London (07983 283234; [www.quiet-medicine.co.uk](http://www.quiet-medicine.co.uk)). To find a hypnotherapist, visit [www.bsch.org.uk](http://www.bsch.org.uk).



## baby talk

Alternative medicine isn't just for grown-ups. Here are a few ideas for using natural remedies to calm and heal your little friends...

- Soothe a grumpy toddler with Stomp! from the Special Little People aromatherapy range. Made from pure essential oils, simply put a few drops on a hanky for them to smell (£18; visit [www.speciallittlepeople.co.uk](http://www.speciallittlepeople.co.uk)).
- Massaging your baby can help reduce crying, relieve colic and encourage better sleep. Plus it's a great thing for new dads to indulge

in – a recent US study showed that it increased the father-baby bond. To find a baby massage course near you, visit [www.iaim.org.uk](http://www.iaim.org.uk).

- Ease teething troubles with Nelsons top-selling children's homeopathic remedy, Teetha. Empty a sachet into your child's mouth every two hours (£4.20 for 24 sachets from Sainsbury's, pharmacies and healthfood shops).



## DO YOUR BIT!

Planning your wedding? Follow the lead of celebs such as Alicia Silverstone (who sent out recycled wedding invitations) and add an ethical slant...

- Opt for local, seasonal flowers, instead of those flown in from abroad. Peonies, sweet peas and cornflowers are just some of the gorgeous flowers in season for June.
- If you don't need another toaster, set up a charity gift list. For ideas, visit [www.thealternativeweddinglist.co.uk](http://www.thealternativeweddinglist.co.uk).
- Ask your guests to throw biodegradable confetti, such as Ecofetti from [www.confetti.co.uk](http://www.confetti.co.uk). You'll make the vicar happy!
- Buy ethical rings – the diamond trade in parts of Africa is linked with human rights abuses. Ask for 'conflict-free' diamonds before you buy.

## psst...

If you've long been a believer in the power of magnet therapy, you'll be pleased to know that the NHS agrees – a magnetic leg strap (containing four magnets that you wrap around your knee) is now available on prescription!

## what's her secret?

How does TV presenter Jayne Middlemiss stay glowing and healthy?

'I take evening primrose oil – essential for me as I get bad PMT. I also take a multivitamin, milk thistle for my kidneys and extra vitamin C.'

