

'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). To find a hypnotherapist, visit 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).
- 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.

- 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.
- Ask your guests to throw biodegradable confetti, such as Ecofetti from 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.'

