

FAIRLADY

NOVEMBER 2008 RSA R22,95 (R2,82 VAT INCLUDED)
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FAIRLADY
QUIZ
HOW FAST
ARE YOU
AGEING?

new! YOUR
WARDROBE
SORTED!
**30 OUTFITS
FOR 30 DAYS**

can
**HYPNOTHERAPY
HELP YOU**

- lose weight
- stop panicking
- quit smoking
- beat insomnia
- have a pain-free birth?

Gisele Bündchen
SUPER-EVERYTHING

DIET & EXERCISE

**YOUR A-Z
SUMMER
SHAPE-UP
PLAN**

RELATIONSHIPS

**'WHY AM I
STILL SINGLE?'**
lessons learnt from
3 real women

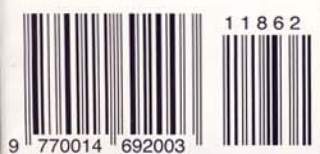
**HOW TO
RAISE AN
ENTREPRENEUR**

YOUR CAREER

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SMARTER,
NOT HARDER
AND SAVE
MORE TIME!**

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WIN THEM ALL!**



Could hypnotherapy cure your 'thing'?

A growing number of converts are saying there is an easier way to triumph over those niggling issues and mental blocks. All we have to do is close our eyes...

Tune in to a discussion on hypnotherapy on SAfm's *Otherwise* on Wednesday 22 October between 1 and 2pm.

'No pain, no gain' has been woefully true of many things in life. Whether we want to lose weight, become a hardened gym-goer or kick a nasty habit, success takes willpower, discipline and motivation. But, as a growing number of converts testify, there is an easier way to achieve all these things.

The answer, they say, lies in hypnosis. All we have to do is lie back and relax.

Hypnosis – which comes from the Greek word *hypnos*, meaning 'to sleep' – is a natural trance-like state in which we have elevated concentration levels and are highly susceptible to the power of suggestion. In addition, access to the subconscious mind is possible, and this enables hypnotherapists to speak directly to the part of the mind that heavily influences how we think and behave.

'Because access to the subconscious mind is possible

in hypnosis, you can unlock the mind's memories, experiences, thought processes and stored emotions,' says Claudia Klein, owner of The South African Institute of Hypnotism (SAIH).

'A person is highly susceptible to the power of suggestion in this state, so the hypnotherapist can, with the client's consent, offer up new possibilities and replace specific programmed behaviours, thought patterns and beliefs with an alternative in the client's own mind,' she adds.

There are still many misconceptions about the natural state of hypnosis, but more and more professionals and people seeking help acknowledge the potential of this practice. 'What the mind can conceive, the mind can create and uncreate,' says Claudia. 'I foresee that soon hypnotherapy will be one of the better-known options to overcome limiting behaviours, conditions, habits and addictions.'

A photograph of a woman with short brown hair, smiling broadly while holding a baby. She is wearing a dark brown sweater with a colorful patterned cuff. The baby is wearing a white long-sleeved shirt and dark blue pants. The background is slightly blurred, showing what appears to be an indoor setting.

Can hypnotherapy help you...

...HAVE A PAIN-FREE DELIVERY?

Renate Berteler (left, with baby Jamie) lives in Cape Town. While pregnant with her second child, she decided she wanted a drug-free delivery. She sought the help of Wendal Koopman to bring her son into the world earlier this year.

'I'd given birth without pain relief before, but the end of my labour was very painful when I had my son two years ago, and I thought hypnotherapy might help make it easier.

'I had about eight hypnotherapy sessions in my third trimester to see if I could be numbed through hypnosis. I can't remember much of what happened in the sessions, but I recall the feeling of my hand becoming numb in my second session. We then tried it on other parts of my body.

'When I went into labour, Wendal put me under and talked me through the numbing of my hand. He then left the delivery room and, just by rubbing my tummy and thinking about the areas that were sore, I was able to transfer the numbness to other parts of my body. I literally felt the pain in my lower abdomen disappear into the bed.

'Although I was hypnotised for the whole birth (I came out of the state naturally after my son's delivery), I was aware of everything around me. It didn't feel like I was in labour as I could only feel the pressure of contractions but no pain. It was a very calm process. After my first birth I was sore for some time afterwards, but the second time I felt fine almost immediately. I was able to eat and have a shower straight away. My midwife was amazed, and I'd recommend this to anyone.'

• **Wendal Koopman,**
The Energy Centre,
(021) 910 4815,
www.energycentre.co.za

...GET TO SLEEP AT NIGHT?

Caron Koumbatis is a counsellor from Cape Town. Suffering from insomnia in 2004, she visited Lesley Wood and found that, for her, the secret to a good night's rest was hypnosis.

'I went through a bit of a stressful period in my life and I found that I would wake up at about 4am and not be able to get back to sleep. I had been through other periods where I wouldn't sleep particularly well but I was more resilient when I was younger. I tried cutting out caffeine, established a routine in which I'd go to bed at the same time every night, and started drinking camomile tea at night – but nothing solved the problem. I am a person who needs eight hours sleep. After about a month I was not functioning well, and knew that I had to get it sorted out quickly. I didn't want sleeping tablets because I was worried about their addictive nature, so I consulted a hypnotherapist.

'During our session I was asked to visualise a special place – real or imagined – where I felt safe and relaxed. It was a wonderful

experience, almost like a massage for the brain, and afterwards I felt very calm, which probably helped ease my stress levels and helped me sleep that evening. As I wanted to restore this sleep pattern for good, I had a follow-up session – and I have slept soundly ever since. Having visited my special place under hypnosis, I was told that if ever I felt stressed or unable to sleep again, all I'd have to do is imagine this place and I'd be able to feel as relaxed as I did in the session. It works, and even when I am busy or feel anxious, it doesn't keep me awake at night now.

'I was so impressed that I've since qualified as a clinical hypnotherapist.'

• **Lesley Wood, Weight Masters, (021) 418 2843, www.weight-masters.com.**

...CONQUER YOUR FEARS?

Michelle Rossouw is a customer support manager from Jo'burg. After a car crash in her teens Michelle was petrified of getting into the passenger seat of a car. Unable to relinquish control of the wheel, she visited Marietta Hindy earlier this year.

'When I was 14 years old I was getting a lift home with a friend and we had a head-on collision with another car. I ended up crumpled under the dashboard. Although I recovered from my physical injuries, I have been wary of getting into the passenger seat of a car ever since. Every year it's got worse, and recently I started having panic attacks if I was in a vehicle and someone else was in the driver's seat.

'I travel a lot for my job and often have drivers to take me from A to B, so the problem was becoming quite debilitating. That's when I decided to give hypnotherapy a go. I was asked a lot about the accident and under hypnosis I revisited the scene – although this time as a bystander. Marietta also took me on imaginary drives. At first I was asked to imagine that I was in the driving seat, but then I had to let her take control of the wheel. She told me that we needed to change the message in my subconscious that other people driving was bad, so she reassured me that I was perfectly safe and it was an enjoyable ride.

'In April – two weeks after my hypnotherapy treatments finished – I went on a work trip to Ghana where my colleagues and I were driven around. The driving there is not very controlled – but while my colleagues got quite nervous about it, I just sat in the back of our vehicle feeling relaxed and laughing. I still can't believe it.'

• **Marietta Hindy, 073 365 0095, e-mail mhindy@polka.co.za.**

...LOSE WEIGHT?

Nicola van der Merwe is a stay-at-home mum from Jo'burg. As a late-night snacker, Nicola had gained weight during her second pregnancy and found it difficult to get back into shape after the birth of her baby. Last year she visited Romi Vidmar in an effort to regain her pre-pregnancy figure.

'Crisps and chocolate were my weaknesses and I was in the habit of getting up late at night to eat. I was desperate to lose weight because I felt uncomfortable in my clothes, but despite exercising I couldn't shift those last few kilograms of baby weight.

'I couldn't face being hungry and dieting, [so] I tried hypnotherapy. After I was hypnotised, Romi instilled some healthy eating messages into my subconscious. He suggested that the extra weight I was carrying was bad for my heart and reinforced the fact that because junk food is bad for me, I was to avoid it and eat healthy, good food instead.

'That night I didn't get up to eat at night and haven't so done since. I didn't make a conscious decision to diet but I noticed that I was eating less and craving healthy foods.

'Gradually I noticed that I was losing weight, and got back to my normal weight of 65kg. My weight has now dropped even further and I recently bought a size 12 for the first time in 10 years. The best thing is that it happened without me having to try too hard. And I haven't become a diet bore!

I haven't told many people how I lost the weight as it's a bit unconventional – but I'm proof that it works.'

• **Romi Vidmar, Northcliff Hypnotherapy Center, 083 297 7916, www.hypnocenter.org.**

• **Alan Marriott, acm Academy of Hypnosis, (021) 785 4638, 076 687 2132; acmacademyof-hypnosis@hotmail.com.**



...QUIT SMOKING?

Helene Camissar is a housewife from Cape Town. A heavy smoker for over 30 years, her previous attempt to quit had been unsuccessful. In 2007 she sought the assistance of Claudia Klein to stop for good.

'I became a social smoker when I was about 20 – and the habit stuck. I wasn't a heavy inhaler but I would always have a cigarette in my hand and I'd smoke up to 60 a day. I had wanted to stop for a long time and did for a few months about three years ago. But after hitting a stressful period in my life, I'd taken it up again.

'Because I have fought off anaesthetic before, I never thought any hypnotherapist would get me under. But I went with an open mind, and I was surprised when I went down after hearing the numbers "1,2,3". Claudia then spoke to me and gave me various commands.

'I was extremely tired for two days

afterwards but it was the most incredible experience and my life has changed completely. My last cigarette was about half an hour before the session. I've had no yearning to smoke at all and no withdrawal – a complete contrast to the last time I tried to give up.

'It's now just over 18 months later and I am still repulsed by people smoking or flicking ash out of a car. I never sit in smoking sections anymore. My urge to smoke just disappeared and, if it worked on me, it can work on anyone.'

• **Claudia Klein, The South African Institute of Hypnotism, 0861 102 318, www.hypnotherapy.co.za.** ✦