

**HEALTH:** How a visit to the hypnotherapist turned Anne-Marie's life around

# My 35-year cannabis habit was cured in an instant



NEW START - Anne-Marie Richards - cannabis free after 35 years

Pictures by Joe Bailey

**M**um Anne-Marie Richards has been smoking cannabis for 35 years. For the last 15 of them she lit up a joint every day.

Now the 54-year old is enjoying a new lease of life after finally kicking the habit. She finally stopped after a single session with a clinical hypnotherapist.

Anne-Marie of Beacon Road, in Holbrooks, is urging other to seek help for similar problems.

As a 21-year old, self-confessed 'hippy' she had started smoking cannabis while travelling in Canada.

Anne-Marie said: "I learned to smoke in order to smoke cannabis. It was the 70s and everyone was doing it, same as they do now.

"After 35 years I was fed up of it and wanted to stop. I knew it was wrong but smokers don't want to hear that.

"When you watch those adverts on TV, what does a smoker do? They turn off.

Anne-Marie has two grown up daughters, aged 24 and 27, and neither has ever smoked. She said: "I think I probably put them off."

By Dayle Crutchlow

Anne-Marie read about clinical hypnotherapist Russell Hemmings, based at the Bridge Hypnotherapy Centre, in Earlsdon Street, Earlsdon, telephone 024 7671 1184, in the Coventry Telegraph.

And when her daughter told her about a couple of friends who had stopped smoking with Russell's help, she decided to give him a go.

She said: "I was bored with it and I'd had enough of the health issues - I had a really bad cough.

"It was quite amazing, though. I had one session and literally became a non-smoker. A lot of people who smoke dope are too scared to admit they do and ask for help.

"In some ways I didn't want to stop, and I do believe that cannabis should be made legal.



People who know me never believed I would quit."

Russell uses a mixture of Neural Linguistic Programming (NLP) and cognitive behavioural therapy.

He said: "It's very dependent on what the client presents to me that determines my approach to creating a non-smoker when they walk out.

"There is so much drug use in Coventry and it is ruining people's lives. There is four times more tar in cannabis than in tobacco and I get a lot of clients suffering with paranoia, which is linked to schizophrenia."

Russell has been so successful in stopping people smoking and using drugs that companies including Jaguar and Land Rover now pay for staff to see him.

But he refuses to put a figure on his success rate, saying: "I would query

anyone who give statistics about what they do. They can't validate it.

"If someone quits smoking and then three months later they start again because of a bumpy plane ride, is that success or failure?"

"All I know is that people who come to me refer their friends and families to me."

And all Anne-Maire Richards knows is that the therapy has changed her life - she's even managed to buy a new car with money saved from not buying cannabis or cigarettes.

She said: "It's given me a new lease of life without the dependency that once had such a powerful control on my health and wellbeing."

British Crime Survey figures show that more than 10 per cent of people in Coventry and the West Midlands smoke cannabis.

**'It was amazing. I had one hypnotherapy session and literally became a non-smoker'**

**- Anne-Marie Richards**

thebridge**therapy**  
CENTRE

TAKE IT TO THE BRIDGE

52 Earlsdon Street, Coventry, CV5 6EJ | telephone 024 7671 1184 | www.bridgetherapycentre.co.uk