

HIEALTHI SPECIAL

Hypnotherapy

PROBLEM: AEROPHOBIA Fear of flying

Ellie House, 24, a project coordinator from Reading, Berkshire, says:

'My fear was triggered by a flight seven years ago. There was an electrical storm and everyone was panicking. I was convinced we were going to die.

'I thought the fear would pass, but for years, just the thought of going on a plane brought on a panic attack. Then, earlier this year, my friends decided to organise a trip to Central America. I was determined to take part, so I went to see a hypnotherapist.

'Throughout the session, I felt very relaxed but fully alert. It was only when I



was told that what felt like 10 minutes had actually been an hour that I realised I'd been hypnotised. I felt so amazing afterwards, I only needed one session.

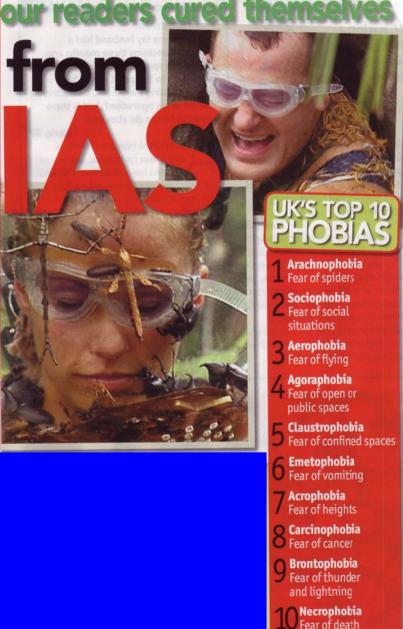
'The hypnotherapist explained she'd replaced my feelings of panic with excitement, and I spent the whole 14-hour flight to Mexico buzzing. I couldn't believe it had worked, but I'm so glad it did – I had the trip of a lifetime.'

For more information about hypnotherapy, visit www.ursulajames.co.uk.

Snakes, spiders, terrifying heights – as the celebs face their deepest fears, we reveal how our readers cured themselve

Free yourself from PHOBLA

errifying rope bridges, filthy rats, venomous snakes – there's no end to the horrors about to be faced by contestants on ITV1's I'm A Celebrity, Get Me Out Of Here!. But what if these frights turn out to be their ultimate phobias? How will our favourite celebrities cope? Desperate to help as always, Reveal asked four readers to share their worst phobias and, more importantly, how they got over them. Celebrities – take note!



and dead things