



Natural
health expert

**Dr Mark
Atkinson**

answers your questions

alternative

health solutions



I've had trichotillomania since my mother died when I was 10. I've tried magnolia supplements and 5-HTP, but neither has worked. Is there anything else you can recommend?

I've got some good news for you.

Trichotillomania, which is an impulse to pull out your own hair, responds very well to hypnotherapy.

Ursula James, a leading British clinical hypnosis expert, specialises

in the treatment of people with trichotillomania and offers one-to-one consultations or workshops.

For more information, take a look at www.cleargoalconcept.com or call 020-7262 1659.

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