



# HELP! I'M A Chocoholic

We love it. We think we need it. And 11 million of us eat it daily. But when **Jennifer Cawthron** realised she'd steal from a baby to get her fix, she knew it was time to face her addiction



**WOULD YOU HAPPILY SWAP** your breakfast cereal for a giant bar of Toblerone? Do you lie in bed wishing your partner would get up so you can rummage in your knicker drawer for your secret stash of Thorntons? Have you ever fibbed to your kids that Granny came round and finished off every single chocolate biscuit in the house? I'm sorry to say I'm guilty of all those crimes – and I'm paying for them. My teeth are rotting, I suffer migraines and I'm only a couple of pounds away from the elasticated waist aisle in M&S. Yet ever since I can remember,

getting my next fix has consumed my every waking thought. The dull thud of sweet milk chocolate breaking between my teeth (what's left of them) is just impossible to resist. But I can't carry on like this. I'm 36 with two kids and I'm really starting to worry about my health – high levels of sugar consumption are thought to be the leading cause of diabetes (which affects over a million people in the UK), heart disease and even some cancers. But the final straw came last week, when my partner, Paul, found me in the pantry finishing off the kids' selection boxes. 'I was just looking for a tin of beans,' I mumbled, wiping my chin. Right then I knew I had to do something to kick my addiction once and for all and vowed to try every therapy going...

PHOTOGRAPHY: DANIEL SMITH



## THE CRAVINGS SCENTED PATCH

Kick  
the habit  
rating:  
1/10



## THE 'BEYOND CHOCOLATE' WORKSHOP

Kick  
the habit  
rating:  
5/10



## THE CHOCOLATE- BUSTING BIBLE



## THE 'FACE FACTS' DIETICIAN

I ACTUALLY DO  
FEEL SICK AT THE  
THOUGHT OF  
EATING  
SOMEONE'S  
LAST ROLO

Kick  
the habit  
rating:  
6/10

Kick  
the habit  
rating:  
2/10



## THE VOMIT-INDUCING HYPNOTHERAPIST

**I'VE ALWAYS BEEN TERRIFIED** by hypnotherapy, hating the idea that I'm not in control. But hypnotherapist Ursula James ([www.ursulajames.com](http://www.ursulajames.com), 020 7262 1659) puts me at ease immediately, explaining I can 'snap out' of it anytime I want. Once relaxed, Ursula asks me to visualise a bucket of revolting things – in my case mashed potato, vomit and the contents of my daughter's nappy. I'm then told to visualise a bar of chocolate and imagine eating spoonfuls of the bucket until the bar disappears. Despite retching, I keep going until the chocolate vanishes (about eight spoonfuls). Afterwards I'm not allowed to talk about my session for 24 hours until my brain has had time to process it.

**DID IT WORK? Yes! Two weeks on and not so much as a Smartie has passed my lips. I haven't had a migraine since, and my trousers are looser, too. So if all else fails, give hypnotism a go. If it can work on me, it can work on anyone!**

Kick  
the habit  
rating:  
10/10