



QUITTER . . . Vida gave up weed using lasers

MARCH 21, 1993

THIS was the day hairdressing salon boss Vida Marsden saved her own life with laser power.

High-flying Vida sacrificed marriage and children for her career — but the only thing she couldn't do without was her beloved cigarettes.

Even when Vida, 52, of Gourock, Renfrewshire, was told she needed a coronary by-pass, she went on puffing. Nothing put her off until she realised exactly what surgery would involve. When she was told surgeons would remove arteries from her legs to replace the damaged ones around her heart, she was horrified.

She said: "Then the doctor told me if I lit up another cigarette, not to go back and waste his time."

Vida left the surgery — and lit up. Then in desperation she booked herself a session of laser therapy.

Natural

She said: "The therapist explained she would use a cold laser to acupuncture spots on my hands, fingers, nose, ears and wrists.

"The laser released natural endorphines which made me relax and feel good. I left her premises after treatment feeling really determined.

"I called all my friends who were smokers and told them I wouldn't be able to see them for a while. And I changed my routine at

I stubbed fatal habit with laser

home. I used to come home from work, have something to eat and a couple of ciggies before I started my paperwork.

"Instead I came home from work and ran a bath, then I'd work and eat. And instead of having a cigarette I'd do my nails or have a face pack.

"I also go to aromatherapy which stimulates my sense of smell to fragrances rather than fags.

"Two weeks after my first session, I had a couple of booster sessions and that was it.

"Five years on I can't imagine putting a cigarette near my mouth.

"I didn't need the op and I'm the most intolerant ex-smoker ever."