

QUITTING SAVED USA PACKET

SMOKING DOESN'T JUST AFFECT YOUR HEALTH, IT ALSO DENTS YOUR WEALTH. **MARIA CROCE** TALKS TO THREE WOMEN WHO HAVE QUIT TO FIND OUT HOW MUCH THEY'VE SAVED AND HOW THEY'VE SPENT THEIR 'ASH CASH'

LINDA JONES

ASH CASH - £1820

MASSAGE and beauty therapist Linda Jones used to spend £35 a week on cigarettes, but now she's using the cash for clothes and hopes to join a charity trek.

Since giving up last January, she's saved the equivalent of nearly £2000 in just a year after stubbing out her bad habit.

Linda, 43, lives in Mossblown, Ayrshire, with partner Ross Shearer, 49, a builder. She has two daughters, Kerri, 20 and Stacey, 15. Ross has two sons, Craig and Stuart.

A smoker since she was 16, Linda was puffing up to 20 cigarettes a day. She had tried patches over the years but always went back to smoking.

Then she went to see Anne Penman for laser therapy last January - and hasn't smoked since.

She said: "I noticed my skin was being affected. As a massage therapist, I knew all the dangers if you are a smoker in women of my age group and how ageing it can be.

"But despite the knowledge, and lots of pressure from my daughters to give up, I never quite managed.

"Anne Penman was one of my clients and suddenly I realised the answer was right in front of me.

"I started my course of laser therapy treatments in January 2010 and haven't had a cigarette since then. The reason I love the



laser - as well as it working - was it was also helpful with stress.

As well as dealing with the stopping smoking aspect, it was also very calming.

"Anne also has a 24-hour helpline so I felt the support package and aftercare were tremendous.

"After the first session, I couldn't stand the smell of smoke. Now I feel fitter and don't get out of breath as much."

With some of the ash cash, Linda bought a new outfit to wear to stepson Craig's wedding last July and got her hair and make-up done.

She said: "I started putting the ash cash away at the beginning

but then inevitably I spent some of it.

"Coming up to Christmas, the money also came in handy. I've bought a lot more clothes."

Anne had also planned to use the money to fund a trek to the Canadian Rockies next year to raise money for the Ayrshire Hospice.

After injuring her back, she cancelled the trip but still intends to make the expedition when she is well.

She added: "I still want to do something where I'll be active and help a charity at the same time, and I can use my ash cash towards it."



HABIT: Anne smoked 40-a-day

ANNE McVEY

ASH CASH - £32,850

ANNE gave up smoking 10 years ago and was able to splash out her ash cash on designer handbags and shoes.

The 39-year-old from Cambuslang started smoking at about the age of 13 and used to smoke 40-a-day, costing around £3285 a year.

And after giving up, she has saved a whopping £32,000.

Anne decided to give up smoking in time for her 30th birthday in May 2001 and succeeded with the help of Anne Penman Laser Therapy.

With the extra cash in her pocket, she enjoyed two holidays a year and bought Louis Vuitton handbags, expensive shoes and perfume.

She said: "Giving up meant if I wanted something I could afford to go and buy it. "When I gave up smoking I had more money to spend on other things. When I was a smoker I didn't have extra cash for luxuries.

"Quitting smoking meant I could have holidays with my mum or my friends to places like Lanzarote."

Since having children Martin, three, and Katrine, two, with partner Martin Friel, 39, a construction worker, her ash cash has become a welcome addition towards household expenses.

She has now been able to switch to working part-time in a supermarket.

Son Martin was born 10 weeks early weighing just 3lb 3oz - and Anne was relieved she'd quit smoking long before her tiny tot arrived.

Now she's been smoke-free for 10 years after quitting after her first laser therapy session.

She said: "Anne Penman was so nice and such a great motivator. I felt I couldn't go back to her and say I'd had a cigarette, so I stopped right then. After the second session, I felt so good about myself."

The system uses a cold, soft laser beam applied to specific energy points on the hands, ears, nose and wrists, which can help reduce cravings, stress and restore balance.

She said: "It's a great achievement when you give up smoking.

"And it's nice to use the money you would have spent on cigarettes on something good as a reward for your efforts."

habit was costing around £4300 a year between them.

They've worked out that quitting has meant a saving of £25,000 each.

Margaret Ann revealed: "The only time I didn't smoke was when I was pregnant."

She finally tried Anne Penman Laser Therapy 12 years ago and stopped smoking after the first session.

She was so impressed she trained as a laser therapist

herself, qualifying in May 2002 and now helps others to quit.

"Giving up smoking gave me a new career which I love. I've been there so I know how much of a difference quitting smoking can make to your life

"Now I've worked out how much money you can save to spend on other things."

Before the couple quit, money was often tight.

She said: "I was a stay-at-home mum, it was a struggle.

We'd go on caravan holidays as we couldn't afford to go anywhere else. Now we have a good family holiday abroad every year."

"Since quitting smoking we've visited Disney World, Florida three times and also visited Paris and Atlanta."

"Last year, I bought a new Volvo convertible."

She added: "When I was smoking I was spending the equivalent of the car payments

on cigarettes. I couldn't have afforded a new car and smoked."

●For info on Margaret Ann's sessions go to www.aplt.co.uk contact www.annepenman.com or ring 0141 423 9375.

Laser Therapy quit smoking packages are £150.

'Money used to be tight but since quitting we've been to Florida three times and I bought a new Volvo'