

# Lend a listening ear

A new system using CDs can help overcome weight problems, depression and smoking, it is claimed. But does it really work or is it just the latest American wheeze? **Lucy Rutherford** investigates

**W**ITH the dawn of a new year many people will have made resolutions to change certain aspects of their behaviour, from eating habits to achieving certain goals in their personal or professional lives.

But after a few months a majority will have abandoned their aspirations, resorting to similar patterns of behaviour and are left feeling deflated. A new company in Marlow is promising to offer a different, permanent solution to change behaviour and improve an overall sense of well-being.

Life & Leisure was launched in September last year and distributes a range of self-help CDs, entitled InnerTalk, which aims to change patterns of behaviour by tapping into the subconscious.

The audio-illusion CDs feature music or nature sounds which are mixed with positive background affirmations such as 'I am successful' and 'I feel good'.

The words cannot be heard by the conscious part of the brain (the left hemisphere) but the messages are delivered to the right hemisphere of the brain which scientists believe is associated with emotional and subconscious learning.

After listening to the CD for an hour every day for 30 days, while working, cooking, reading or driving, InnerTalk claims the listener should automatically start behaving differently.

Stephanie Ozanne founded the company with her husband Mike in September last year after being introduced to the CDs in America. She said: "We have all got issues and things that happened to us in childhood which can make us lack



**LASER SURGERY:** Mike and Stephanie Ozanne say InnerTalk taps into the subconscious. Photos: Nick Parford. Ref:80504/8

confidence in adult life, such as not being allowed to speak and show emotions, and these CDs change that mental attitude.

"We have got products for everything. When people are shy or suffer from a stammer what do they do? Listening to the CDs

requires no effort at all."

The current bestsellers from InnerTalk are the range connected to weight loss including Freedom from Junk Food, Weight Loss Now, Joy of Exercise and Being Fit and Firm Body.

Mrs Ozanne said: "People are always wanting to lose weight and so many people are looking for alternatives."

"The CD helps people to love themselves rather than looking in the mirror and saying 'I look fat'. I have lost nine pounds and my husband has lost 20 pounds. When we go shopping now we automatically fill the trolley up with healthy stuff and I never pick any more between meals."

Success stories have also been heard from parents trying to motivate their children to do well at school. InnerTalk productions manager Michelle Noble has a 13-year-old son whose reports have improved since he started using the programme.

"He plays them at night," she

said. "He needed a little bit of persuasion at first but now he does it of his own accord."

"Now he comes home and does his homework and he has just got into the county rugby team."

Learning titles include School is Fundamental, Excel in Exams, Concentration and Word Power.

Healthy Stuff, a Marlow health food shop, stocks the CDs which most appeal to their customers looking for an alternative way to combat addictions such as smoking, allergies, serenity, healing and well being.

Owner Carol Hill, said: "Some people have tried everything and got to the stage where unfortunately these things are the last resort, but they really work and are quite amazing."

"People are used to CDs, it's something different to taking a pill. Whether herbal or nutritional, people would still rather not swallow a pill."

"I have had a young man who buys a lot of them for various problems and I can see the difference in him; he is much more confident."

As well as positive body image the CDs also address more serious issues such as cancer remission and recovering from sexual abuse which are available free of charge. Some therapists are also starting to stock InnerTalk CDs to help patients in between sessions.

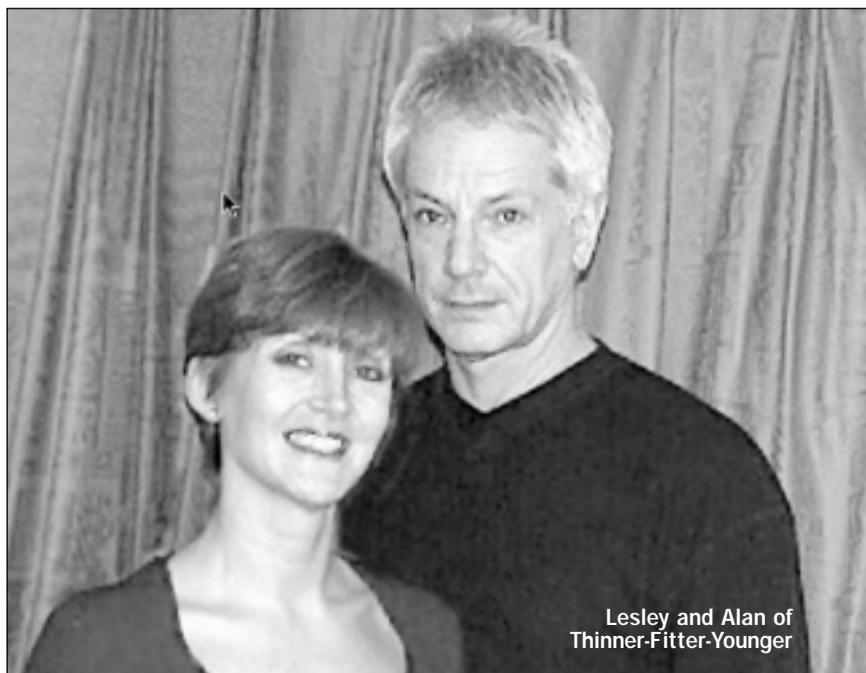
Mike Ozanne said: "When people



'Most counselling in this country is concerned with letting people find their own solutions by putting into words how they feel... getting someone to say I must improve is very much the American way'

## ADVERTISING FEATURE

# Lose weight and feel great



Lesley and Alan of Thinner-Fitter-Younger

PILED on the pounds over Christmas? Feeling sluggish and lacking in vitality? Lesley and Alan of Thinner-Fitter-Younger can help.

"We market a range of products which combine ancient herbal wisdom with the leading edge of nutritional technology," said Lesley.

"It's all about getting the body healthy - if you do that the body will regulate itself and regulate its weight. It's about good nutrition rather than magic pills."

But it's not just about losing weight. Lesley and Alan believe that everybody can benefit from the products.

"These days food is so over-processed that it's hard to get the essentials our bodies need."

"Even so-called fresh foods are stored for so long that their natural nutrients are depleted."

"With the aid of all-natural, doctor-recommended products, we can guide you back to the healthy, energetic and vital person nature intended you to be."

You can contact Lesley and Alan at Thinner-fitter-Younger for a personalised diet or nutrition programme on 01628 529376.