

## About Sonja Macura

Sonja Macura qualified in Nutritional Therapy in 1994 and was trained by the eminent biochemist and Naturopath Dr Lawrence Plaskett. She practices naturopathic nutritional therapy treating the whole body. She is a registered member of BANT ([British Association for Applied Nutrition and Nutritional Therapy](#)) and FNTPr ([Federation of Nutritional Therapy Practitioners](#))

## About Julie Curtis

Julie Curtis is a member of BSBM ([British Society for Bioregulatory Medicine](#)) She practices Homeopathic Mesotherapy at the clinic and understands and can advise on how to treat signs of ageing caused by smoking. She is currently training in reflexology which will compliment all other treatments at the clinic.

## Introducing Anne Nicol

Anne Nicol qualified in Hypnotherapy in 2000 at the Atkinson Ball College of Advanced Hypnotherapy in Liverpool. She offers hypnotherapy for smoking cessation, weight loss, phobias, stress & anxiety, confidence & self esteem and sleep problems. She has a **98% success rate**. She is a registered member of UKCHO ([UK Confederation of Hypnotherapy Organisations](#)).

## Opening Hours

**Monday : CLOSED**

**Tuesday : 10am – 7pm**

**Wednesday : 10am – 5pm**

**Thursday : 10am – 7pm**

**Friday : 9am – 6pm**

**Saturday : 9am – 2pm**

## The Macura Clinic

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The Macura Clinic 



**QUIT SMOKING**

Combining  
science  
with  
nature



*The average consumption by current smokers aged 16 and over is 13.1 cigarettes per day.*

## Why Stop & How Can We Help?

The decision to stop smoking is a big step but one you have to feel strongly enough about to conquer your addiction.

Stopping smoking requires professional help utilising the assistance of a qualified hypnotherapist and the help of certain foods, herbs, and nutrients utilised in nutritional therapy.

We offer support through the cravings and other symptoms experienced by the ex-smoker helping to make it easier.

Nutritional therapy can help repair the damage caused by smoking and support symptoms that crop up during the body's change and adaptation to a new smoke free life.

## Our Protocol

We understand all the stages that your body and mind go through when you quit smoking. We use this knowledge to supply you with all the support and help you need to overcome those feelings and thoughts.

### Hypnotherapy

Qualified hypnotherapist Anne Nicol will carry out 4 weekly hypnotherapy sessions to set you on the path to a smoking free life

### Nutritional Therapy

Our healing diet advice, supplements and prescription complex homeopathic remedies can help to overcome the symptoms experienced when trying to stop smoking.

- 2 hours = cravings
- 2 days = dizziness, shortness of breath
- 2 weeks = coughing, fatigue
- 6-8 weeks = vomiting, diarrhoea

Weight gain may follow stopping smoking because foods can be tasted and the hands replace cigarettes with sweets. Levels of leptin (an appetite suppressing protein) are decreased in the ex-smoker and this slows down the metabolic rate. However, the average weight gain is between 5lbs and 8lbs and is lost naturally within the first two years when leptin levels normalise.

## Reflexology

A lot of stress can be experienced when stopping smoking and it is important to deal with those symptoms. Along with prescription complex homeopathic remedies we provide reflexology sessions which can help de-stress and bring about a calmness of mind and body.

## The Benefits

- Increased Taste
- Enhanced Sense of Smell
- Improved Circulation
- Improved Immune System Function
- Less Risk of Lung Cancer
- Fresher Breath
- Healthy Diet
- Lifestyle Changes
- More Money in Your Pocket

LET US HELP YOU QUIT SMOKING

