



**MacAulay and Co** Monday - Friday 0930-1100



On Wednesday 1 March Jim, Mary, Gary, Heather and Edward came into the studios to meet MacAulay & Co, before heading along to the, soon to be defunct, BBC smoking room to be put through their paces with Fitness Instructor Harry Normand.



Reporter Richard with Harry Normand and Jim

Harry took their blood pressure along with a note of their carbon monoxide reading and then after a few minutes on the exercise bike, checked how their heart rate was looking. All these readings were noted by Harry, who'll be comparing them on the final day of the competition on 31 March when Macaulay & Co will be broadcasting LIVE from Glasgow Airport.



Fitness trainer Harry Normand with Edward

Week 3 - week beginning 13 March

This week we've heard from our various experts on the different ways of giving up smoking.

On Monday, cessation expert Ronnie Troughton spoke about the pros and cons of aversion therapy. One of our contestants, Mary, has decided it's the way forward for her ..... so keep listening to find out whether Mary will kick the habit once and for all.

On Tuesday, Joe Bergen from Allen Carr's [Easyway to Stop Smoking Clinic](#) came on to tell us why he believes the Allen Carr method is so successful. Allen Carr clinics in Scotland can be found in Aberdeen, Edinburgh and Glasgow

Wednesday, Day 3, and it was the turn of laser therapist [Anne Penman](#) or find her via [Thor Laser](#). Once a 60 cigarettes a day lass, laser treatment was the only method that worked for Anne. Her clinic is based in Glasgow.

Kirsty Scott from Smoking Concerns arrived at the BBC studios on Thursday armed with a variety of NRT - from patches to chewing gum to nasal sprays to microtabs. They're all available on prescription through your doctor or from your local pharmacy. Your doctor can also tell you where the nearest smoking cessation clinic is to you. For more information on giving up, call Smokeline on 0800 84 84 84.

On Friday, we had hypnotherapist Angela Trainer from the [Harvest Clinic](#) with us. Also an ex-smoker, she talked about the high success rate of her hypnotherapy sessions. But she warns - don't bother considering it, unless you honestly want to give up!



Coming up in Week 4 (week beg. 20th March) [Ursula James](#) and all our contestants will be back this week to update us on how easy or difficult life is for them with or without their cigarettes.

Week 5 (week beg. 27th March)

It's the build up to the big Day - Friday 31st March all our contestants gather at Glasgow Airport. Who will win the contest? Don't miss MacAulay & Co this week to find out who will fly off on a luxury break for two to New York.

For more help and information on giving up smoking contact the Smokeline on 0800 84 84 84 or contact [ASH SCOTLAND](#).

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