



If you have a question for Alex Hooper - Hodson email sexpert@dailyrecord.co.uk

Sex Talk with Alex

Q I met my husband 15 years ago - I'm now 44. I expected the marriage to last and hoped we'd grow old together. As the years have passed, my body has changed - but not as much as the way my husband treats me.

Over the past five years he has made no effort to assist in bringing up our two children or to help me out around the house. He is always rude to me and tells me I'm old and ugly. After we've had sex he tells me he wishes I was someone else and has gone as far as to describe exactly what kind of woman he wants - everything I'm not. I'm at my wit's end. What can I do?

A There is no excuse for a man who becomes such a rejecting bully.

Your husband's approach to the ageing process is one that is neither practical nor fair.

His discovery that people get older is hardly front page news. As for the real issues behind his abusive reactions - his own insecurity and depression? - these can't be tackled unless you challenge him head on. Letting him make love to you under these circumstances is having

the reverse effect to the one you want - reinforcing his attempts to break your confidence.

You need to spell out the truth: "I cannot help growing older but I can certainly refuse to be treated like dirt.

"If you don't mend your manners, or join me in marriage counselling, you won't have a marriage to kick - is that what you want?"

For relationship counselling, see www.relate.org and in the meantime, why sleep in the same bed as someone who is so outstandingly unpleasant?

Q I'm embarrassed to say I've been greatly enjoying a sort of affair with what I thought was a man of my own age on a computer website. The really embarrassing part is that although we've never actually met, and only got close by chatting and exchanging ideas, we did start a relationship that included online sex.

Then at Christmas we decided to exchange pictures prior to meeting for real - and I discovered that he's not in his 30s and looking like rugby player, he's actually in his 50s and looks more like my uncle. What do I do now?

A Well, you could reasonably complain about his deception and ask him why he thought he needed to lead you up the garden path.

You could also accept that any one of us can be fooled.

It's probably a poor idea to arrange any sort of a meeting right now - this is the kind of contact best kept online.

But we all need to face up to the new age of the internet. It can and does change the way human beings relate.

Your online intimacies could almost be compared to an old-fashioned, but fruity, pen-friendship.

Your actual lovers will have to be people of flesh and blood who are waiting for you out there in the real world of 2010 - but perhaps you might forgive this chap one day, and just stay electronic friends.

NEWYEAR FAIRIES CAN FIX THOSE PROBLEMS

Resolution help from the experts

As we kick off 2010 many of us will be making New Year resolutions to improve our health.

But whether you're trying to slim, get fit or stub out

smoking, it can be tough to stick to your goal without help.

MARIA CROCE talks to the Resolution Fairies - three experts who've made it their business to help people keep their New Year goals in focus.

KICK IT:
Laser therapy specialist Anne



Resolution Quit Smoking Fairy - Anne Penman

WHEN Anne Penman kicked her 60-fags-a-day habit after 19 years, she also decided she had to help others quit smoking.

Only when her husband Ron suffered his second heart attack and underwent triple bypass surgery in 1991 did Anne realise she'd have to be serious about stopping.

Glasgow-based Anne, 56, said: "I knew if I wanted to support him, I'd have to quit smoking. I tried all the methods available without success and eventually found laser therapy."

She had her first laser therapy session in April 1991 - and hasn't smoked since.

"This led to a complete lifestyle change and I exchanged my passion to smoke for a passion to help others quit," Anne explained.

She trained as a laser therapist and developed her own programme, combining

laser therapy with personalised counselling as well as a 24-hour helpline.

She opened her first laser therapy centre in Scotland in 1992 and now trains others. Her technique is also used in America and Turkey.

A soft laser is used to target specific energy points in the body to reduce cravings and stress and restore balance.

The therapy side helps deal with the emotional, physical and psychological aspects of quitting smoking, through

discussing the role smoking has played in a person's life.

"Anybody can stop smoking - it's making the lifestyle change after you stop and keeping to it that can be difficult," said Anne.

She suggests anyone planning to quit needs to set a date and make sure friends and family know what they're doing as support is important.

"January 1 is not necessarily the best time to quit but you can at least start talking about it," she said.

"First you should decide when is going to be your quit date so you can prepare for it. Think about the reasons for quitting, such as how much money you'll save. Look at how you can break the links that create the habit.

"Save the money you'd have spent on cigarettes and buy yourself a treat."

● Anne Penman Laser Therapy, 158 Queen's Drive, Glasgow, www.annepenman.com, 0141 423 9375.

TOP TIPS

- Pick a date to stop smoking - and stick to it.
- Think about your reasons for quitting - health, finance, family.
- Tell friends and family you're going to quit - so they can support you.
- Find a way to help withdrawal symptoms such as laser therapy.

Look to the stars when you want to lose weight

SCOTS women know exactly what they want from 2010 - to start off the decade with a slimmer and trimmer figure.

When it comes to the perfect body we all look to the celebrities for inspiration, as they flaunt their svelte bodies in magazines and on the red carpet.

And the top tips to a trimmer you come from four of the stars who have shed the pounds in 2009 - and are looking better than ever before.

One example is movie star Jessica Simpson, who boxed her weight away last year. The Dukes Of Hazzard star started off the year as a curvy size 14 and weighed more than nine stone.

But after splitting up with boyfriend Tony Romo in July, the actress and singer threw herself into a new exercise and diet regime.

Now the American goddess is back down to a size eight and weighs just 8st thanks to three-mile hikes six days a week, as well as boxing training.

She has also adopted a gluten-free diet and cut back on the carbs.

Meanwhile, Leona Lewis is ending 2009 two sizes smaller after walking off the pounds in time for her world tour next year.

In May, the curvy X Factor winner was a size 14 and tipped the scales at 10st7lb.

Friends blamed comfort eating as she was feeling homesick in Los Angeles but

after hiring a personal trainer and adopting a healthier lifestyle, which includes horseriding and walking her dog three miles every day, Leona, 24, has shed almost two stone in less than six months and is now a svelte size 10.

Then there's Hannah Waterman, who has lost three stone - while eating six meals a day. The former EastEnders star lost the weight after embarking on a diet and exercise regime for her new fitness DVD, Hannah Waterman's Body Blitz.

Her diet plan was drawn up at Loughborough University by a sports scientist and nutritionist, who works with elite athletes to find the best way to burn fat by exercise.

The plan is based around a healthy balance of protein, carbohydrates and fats.

Friends star Jennifer Aniston has hit the big 4-0 but she could be mistaken for a woman half her age thanks to her diet and fitness regime.

Jennifer is a regular yoga practitioner and relies on her yoga instructor Mandy Ingber to custom-design private lessons for her and come to her house to teach them.

In addition to weekly private yoga sessions, Jen also breaks a sweat during regular cardio routines.

She usually clocks about 20 minutes or more on the treadmill before yoga.

She is also a follower of The Zone Diet, which involves maintaining 40-30-30 ratio of carbs to fat to protein.