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Lily Allen slims from size 12 to an eight by having her 'brain reprogrammed'

by STEVE MYALL

Last updated at 22:55 06 October 2007

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Lily Allen has gone from size 12 to size eight after several sessions with Susan Hepburn, who she claims has reprogrammed her brain to enjoy healthy organic food and associate trips to the gym with feeling happy.

Allen, 22, is delighted with her new look and said: "After the hypnotism, I want to go to the gym every day, otherwise I feel really bad.

"I just want to get more toned and healthy. I'm really good about everything at the moment - I've never been happier."

The singer, daughter of actor Keith Allen, is not the first celebrity to turn to hypnotism to lose weight - model Sophie Dahl, singer Geri Halliwell and the Duchess of York have all done so.

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Mind the junk: Lily Allen tucking into fast food in April (left) and, right, showing off her slimmer look last week

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- What's Lily on? Party girl Allen's wild night out

Hypnotist Ms Hepburn runs a Harley Street clinic specialising in self-improvement techniques. She charges about £300 an hour for weight-loss treatment, including instruction on self-hypnosis.

Those who have undergone the treatment claim that she implants subconscious messages that remind them to stop eating when they feel full.

Ms Hepburn also teaches clients to associate healthy activities, such as working out in the gym, with happiness.

Ms Hepburn said: "Lily was great, a really nice girl. I'm glad I could help."

But an attempt to cure Allen of her addiction to cigarettes has been less successful. The singer was spotted smoking on a night out in London last week.

Allen, whose biggest hit Smile reached No1 last year, turned to Ms Hepburn after she posted a video of herself talking about her body-image fears on the website MySpace.

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High spirits: Lily out on the tiles

In it she said: "I used to pride myself on being strong-minded and not being some stupid girl obsessed with the way I look. I felt like it didn't matter if I was a bit chubby.

"I'm afraid I have fallen victim to the evil machine. I have spent the past hour researching gastric bypass surgery and laser liposuction."

Allen's new look has helped her win the affections of a new boyfriend ? Ed Simons, one half of the electronic music duo The Chemical Brothers.

In the past Allen has spoken passionately about the 'size-zero' debate, criticising fashion editors for using thin models.

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