

Telegraph accessibility links

- [Skip to article](#)
- [Skip to Telegraph main navigation](#)

Telegraph.co.uk

Bride hypnotised to overcome fear of vomiting

A bride-to-be who suffers from an irrational fear of vomiting has postponed her big day until she finds a cure.

By Laura Clout

Last Updated: 11:02AM BST 05 Jun 2008

Emma Pelling is so terrified of being sick on her wedding dress that she has enrolled with a hypnotherapist in the hope of finding the courage to walk down the aisle.

The 19-year-old suffers from "emetophobia", an extreme fear of vomiting, and has put off her wedding to fiancé Gareth Heal while she seeks treatment.

The trainee vet has suffered from the rare condition for five years, having never recovered from the embarrassment of being sick in front of her classmates at school.

"I have this recurring nightmare of being ill as a bride, running out of the church and abandoning my husband at the altar," she said.

Miss Pelling, a trainee vet from Croydon, south London, will visit a therapist on Saturday to try to resolve the problem.

"It's illogical and terribly hard for anyone who doesn't suffer from this phobia to understand what happens to me," she said.

"Most brides would be getting excited and planning everything from their dress to the flowers - but I simply can't bear thinking about it.

"I'm grateful to Gareth for being so understanding. I love him very much but at the moment simply can't marry him.

"I want to make it a special day for both of us. I hope the hypnotherapist can cure me so I can enjoy our special day without the fear of being ill."

The phobia also means Miss Pelling cannot bring herself to revisit places where she has vomited, such as fairgrounds, aquariums and her local cinema.

A spokeswoman for the National Phobics' Society said emetophobia can be hugely debilitating. Nicky Lidbetter, chief executive of the organisation said: "If people are struggling with this condition, they don't have to feel alone.

"There are many therapies available which may help Emma including Cognitive Behavioural Therapy, hypnotherapy and counselling."

Related Content

[Curing a fear of heights \(/travel/activityandadventure/2205373/Curing-a-fear-of-heights.html\)](/travel/activityandadventure/2205373/Curing-a-fear-of-heights.html)

[Back to top](#)

© Copyright of Telegraph Media Group Limited 2008

<http://www.telegraph.co.uk/news/2077278/Bride-hypnotised-to-overcome-fear-of-vomiting.html>