

BRITAIN'S No 1 WOMEN'S MAGAZINE

# GLAMOUR

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FEBRUARY 2014

**HAVE  
'BEST  
SEX  
EVER'  
SEX**  
Every.  
Single.  
Time.

**Kate**  
"Why should  
I apologise for  
falling in  
love?"

**YOUR  
HAPPY FIX  
is in here**

**466** Genius style buys

**110** Cheery new make-up shades

**623** Mood boosters

So January can just do one!

"Forced to marry an 85 year old"

WARNING: disturbing content

Secrets of  
the YouTube  
millionaires  
And how *you*  
can be one too

**REINVENT  
YOUR HAIR**  
(with the hair  
you already have)

**£10,000** of  
**HEALTH  
ADVICE**  
For **FREE**

LABOR DAY STAR KATE WINSLET PHOTOGRAPHED FOR GLAMOUR BY CHRIS CRAYMER



We persuaded the world's most in-demand health gurus to share their (pricey) secrets with you. By **Hannah Ebelthite**

**H**ere at GLAMOUR, we don't believe in regrets. OK, so the party season has dumped you in January feeling a little jaded (and a lot poorer). But did you have fun? Then it was worth it!

What we *do* believe in is getting back on track for a healthy, happy 2014. Making a list of New Year's resolutions you never stick to is as much of a festive tradition as mistletoe and mulled wine. But this year, you can put away the pen and paper, because the advice on these pages is your golden ticket to wellbeing. We've asked the best in the business – the experts even celebrities are clamouring to see – to reveal the health secrets that will give you your best year ever. You couldn't buy this advice. Well, OK, you *could* – but in case you don't have a spare £10,000, your old pals at GLAMOUR have got it for you, for free.



## HOW TO... LIVE LONGER

### THE EXPERT **DR SOHÈRE ROKED**

is a GP with a specialist interest in integrative medicine. She has clinics on London's

Wimpole Street and in Cardiff and Buckinghamshire.

**Fee: £145** for an hour's consultation (suggested three sessions = **£435**). [holistic-doctor.co.uk](http://holistic-doctor.co.uk)

### HER HEALTH MANTRA

If you do one thing this year to influence your long-term health, stress less. How you manage stress and emotions is absolutely vital: Nobel Prize-winning research has shown stress is as bad as smoking for your health, and actually has the ability to alter your genes and shorten your life.

Slash your stress risk. It sounds almost too simple to be true, but you can slow and rejuvenate stress-related cell damage by making relatively straightforward health and lifestyle changes: going for a walk, writing things down, meditating or doing yoga, seeking therapy – these can all help.

### TWO TOP TIPS FOR EVERYONE

**1** "Deep breathing is a do-anywhere trick for instant calm. Try a pattern of four seconds in, seven seconds out, letting your stomach expand with each in-breath and contract as you exhale. Practise this for five minutes a day, before bed or during relaxation time."

**2** "Laughing is one of the best medicines. As well as decreasing heart rate, breathing rate and blood pressure over time, studies have shown that a good regular giggle has a beneficial effect on stress hormones and, as these have immunosuppressive effects, can also boost immunity."



## HOW TO... RING-FENCE YOUR FERTILITY

### THE EXPERT **EMMA CANNON**

is one of the UK's most in-demand fertility and pregnancy experts, founder of The Fertility Rooms treatment centre and author of *Total Fertility*.

**Fee: £200** for an initial couple's consultation, then average six sessions = **£710**. [emmecannon.co.uk](http://emmecannon.co.uk)

### HER GOLDEN RULES

**DON'T SMOKE** "Smokers are almost 30% less fertile than non-smokers, and three times more likely to take more than a year to get pregnant (it ages you in terms of fertility). Ovarian function can be affected, interfering with the release of an egg, and the womb lining, which depletes over time, may become thinner more quickly if you smoke."

**BEWARE THE STI** "Sexually transmitted infections cause a quarter of all fertility problems and don't always have symptoms. Protect yourself and have a GUM check-up regularly."

### KEEP BODY FAT IN CHECK

"Not too low, not too high. Obese women may have too much oestrogen, which can contribute to fertility problems, while low body fat can cause ovulation to stop." ▶