

# HELLO!

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'My beautiful new wife, Mrs Rochelle Humes... I'll never tire of saying that'

**WORLD EXCLUSIVE**

## THE WEDDING OF MARVIN AND ROCHELLE

**FULL PHOTO ALBUM  
AS JLS AND THE  
SATURDAYS UNITE ON  
A MAGICAL DAY**

- The bride's two designer dresses
- Star friends take to the stage
- Tears, speeches, the crystal cake, dancing and more!



**KATE'S OLYMPIC DIARY  
AS SHE CHEERS ON TEAM GB  
PLUS WILLIAM SHARES HIS  
HIGHLIGHTS OF LONDON 2012  
'Zara's silver gave me goosebumps'**



## WELLBEING

## BREATH EASY

Do you need feel the need to destress, increase your energy levels and improve your overall health? The answer could be right under your nose....



*With a successful film* career spanning three decades, a happy personal life and a famously sunny personality, Goldie Hawn can breathe easily. But she also has a secret weapon. "I use transformational breathing to manage stress," she has revealed.

For years, Goldie has been a fan of the complementary therapy, said to promote optimal health and supply extra energy and vitality. And she is so impressed with the results that she has recommended it to her actress daughter, Kate Hudson.

We breathe subconsciously and automatically, so we take it for granted, but champions of transformational breathing say that most of us only use 25 per cent of our lung capacity, leaving us prey to stress, low energy, constant tiredness and even a weakened immune system. The answer, they say, is to use your lungs fully; the difference will amaze you. "It's like going from black-and-white to full-colour, high-definition TV," says Alan Dolan, the UK's leading practitioner and teacher of the technique.

"We hear so much about people feeling tired all the time, but although we are told what to eat and how to exercise to have more energy, most people do not realise that 75 per cent of our energy comes from the breath."

A former super-stressed, high-powered but, in his own words, unhappy PR director in the aerospace industry, Alan discovered the power of his own breath when he visited Dr Judith Kravitz, a leading US proponent and teacher.

He says the technique can deliver 70-80 per cent more oxygen to the body, improving mental clarity and energy levels, relaxing and calming, enhancing athletic performance and even helping to clear "emotional baggage".

"People hold past sorrows, stresses and



Kate Hudson and Goldie Hawn believe there's something in the air

emotional pain within, and a session of transformational breathing with a practitioner can help to release those emotions," he says. What's more, in his experience, it is often the most stressed and emotionally closed-off people who achieve the best results.

Easy to master with expert help, this is a very deep, cyclical breathing technique that fills the lungs so that the stomach rises and falls, without a pause after either the in-breath or the out-breath. Unlike normal breathing, air is taken in through the mouth so that the maximum amount of oxygen gets into the lungs.

The benefits are said to be two-fold: you feel a real natural high, and the concentration required frees your mind so that you enter an almost meditative state.

You can master the technique in an hour-long, one-to-one session with a teacher, then practise at home whenever you need extra energy or feel stressed. "That's what I truly love about it – its power," says Alan. **■**

• Alan Dolan runs one-to-one transformational breathing lessons at venues in the UK and offers a retreat at his home in Lanzarote. For details and to see a video about the technique, visit [breathguru.com](http://breathguru.com).

## HEALTH NOTES

➔ **The ultimate workout warm-up** Denise Richards has been seen working out in a pair of Zaggora HotPants. The cult fitness leggings are woven using Celu-Lite fabric technology, and wearing them has been proved to increase core temperature during exercise, raising your metabolic rate and making your workout more effective. Viva HotPants, like those worn by Denise, cost £50 from [zaggora.com](http://zaggora.com)



➔ **D lite** According to the British Medical Association, our rotten summer weather could increase our risk of vitamin D deficiency, as sunshine causes our bodies to manufacture this essential nutrient. The best way to guard against a deficiency is to increase your intake of dietary sources of vitamin D, which include oily fish, milk, eggs and enriched cereals and orange juice.

➔ **Moody mornings**

A recent poll of 2,000 adults conducted by shower manufacturer Triton found that six out of 10 Britons regularly wake up in a bad mood. On at least two mornings a week, we find ourselves feeling bad-humoured, resulting in 6,292 mornings being ruined over the course of our lives.

