

GLAM NEW LOOK! ONLY £2.99 NOVEMBER 2012

**1001 TIPS,
TRICKS,
& CLEVER
IDEAS**

www.allaboutyou.com

prima

Winter style
SPECIAL

The best
NEW
**COATS
& BOOTS**
+
A-Z of the
**LATEST
TRENDS**

**3 EASY
STEPS TO
gorgeous hair**

**STRESSED
& ANXIOUS?**
The 10-minute trick
to keep you calm

Easy!
**Lose 10lb
fast**
WITH THESE
SIMPLE FOOD
SWAPS!



**'I SAVED
£1100 IN A
MONTH!'**

We show you
how to haggle

**GET SWITCHED
ON TO THE
LATEST IN
LIGHTING**

35 inspiring ideas

BE INSPIRED THIS MONTH...

MAKE IT



BAKE IT



STIR IT UP!



**DINNER IN
A FLASH!**

Healthy and
delicious
stir-fries



...and breathe

Harnessing the power of your breath can have incredible healing qualities – and it might even change your life

From the moment we take our first breath we take it for granted. In out, in out, day in, day out for the rest of our lives.

With all that practice you'd think we'd be rather good at it but the surprising fact is that, if we had to take an exam in breathing, most of us would fail miserably. On average we use a mere 25 per cent of our respiratory system, which means that we are starving our bodies of the oxygen that nourishes every cell and is the fuel for our physical and emotional health.

'Imagine owning the most high-definition TV in existence, keeping it on standby and then living with it for years without ever turning it on? Sadly, most of us live in "standby mode" most of the time,' says breath coach Alan Dolan, who is on a mission to get us all breathing properly.

Alan knows all about stress, having been an executive in the aerospace industry before he came across the practice called

Transformational Breathing. It certainly transformed his life – he packed in his job and went to the US to train as a teacher with the woman who devised it, Judith Kravitz. Now he wants to introduce us all to what he describes as 'the most powerful healing mechanism that is literally right under our noses'.

“The way we breathe determines how we live our lives”

And here are some of the benefits of good breathing...

- **More energy** – a whopping 80 per cent of our energy comes from our breath.
- **Less stress** – deep breathing relaxes us and keeps our brains from going into overdrive.
- **Better sleep** – not only does

it help you to get to sleep, the quality of your slumber is better and, if you wake in the middle of the night, a few deep breaths should get you off to sleep again.

- **Detoxification** – some 70 per cent of toxins are released through our breath.
- **Peace and happiness** – negative experiences and feelings can become bottled up inside, causing depression, anger and anxiety. Breathing helps unblock this horrible baggage and leaves you free to live your life more lightly.

They sound like big claims but Alan is adamant. 'It continues to amaze me and my clients that something as simple as this can have such profound effects. Breath is quite literally life! The way we breathe determines how we live our lives. I saw one young woman who had been raped as a child and still felt toxic. After three breathing sessions she wrote to say that she finally felt able to move on with her life.'