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What **sex** feels like...

- * With a **movie star**
 - * In a **threesome**
 - * When he's a **virgin**
- (You know you're curious!)

MILA KUNIS

Gives up the dirt on Justin Timberlake

WIN £15,000
OF DESIGNER HOMEWARE
(Dream house alert, people!)

10 YEARS ON
What happened to the September 11 survivors?

HAVE A GREAT HAIR DAY ~~MONTH!~~
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WIN!
Be a GLAMOUR Fashion Editor in Milan for a day!

773 NEW LOOKS THAT WORK ON EVERYONE

20%
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JAEGER
for every reader

And hey, does anyone here like shoes?!



WHO WANTS LOADS MORE ENERGY?

We thought so – which is why we've asked the best health pros in the business to put together a 24-hour feel-good plan. By Vicki Norton



Want to know why you can't kick that 3pm slump? But feel buzzy at 6pm? It's a little thing called the human circadian rhythm, or body clock. Live in sync with it and you'll cruise through the week.

"When your core body temperature is rising, you're alert," explains Dr Matthew Edlund,

author of *The Power Of Rest: Why Sleep Alone Is Not Enough*, "especially in the late morning and evening. When it's flat, like in the afternoon, you're able to sleep. When it's going down, as at night, you really need sleep." You need rest to regenerate – so, we asked the world's best sleep and energy experts for their tips and tricks. Your perfect day starts here!



7AM-9AM JUMP OUT OF BED

YOUR BODY CLOCK Temperature, blood pressure and cortisol levels are rising to wake you up.

1 "In the morning, blood glucose is low, so your body craves sugar to replenish it," says nutritionist Anita Ellis. "Drink warm water with half a lemon squeezed into it – the natural sugar quells sweet cravings."

2 "It takes a couple of hours to feel alert after waking – your brain is literally cold," says Dr Edlund. "Warm it up by moving, preferably outside." Research shows that mental acuity stays sharp for four to ten hours after exercise.

3 "Exercise outdoors before breakfast," says Tara Wood, founder of wildfitness.com. "Blood glycogen levels are low, so you'll use fat for energy – breakfast will then replenish glycogen in muscles rather than being stored as fat."

4 "Daylight can help make you feel more alert," adds sleep therapist Tej Samani (tssleep.com). If you can't get outside, try a dawn-simulating 'alarm', such as **Bodyclock Elite 300** £149.95 lumie.com. They prepare levels of the hormone cortisol, which regulates stress, keeps your immune system in check and helps your metabolism.

5 "Eat a breakfast of whole grains, such as rye toast, low-fat protein (make an omelette using **Two Chicks Free Range Liquid Egg White** [£2.89 ocado.co.uk]) and fruit," says Joan Borysenko, author of *Fried: Why You Burn Out And How To Revive*. "Shun pastries and white bread – they are metabolic vampires! They lead to low blood sugar and cravings for more processed carbohydrates, which affect your mood."

6 "Don't turn your phone on or check emails until you've taken a shower, had breakfast and are out of the door," says life coach Corinne Blum of evolvewellnesscentre.com. "You'll feel more relaxed and centred."