



HOLLYWOOD HELPERS

It takes a posh village to raise a pampered and carefully preened A-list. TEXT: AMBER NASRULLA

Every royal court has its retinue of helpers, from court jesters to blood-letters. Hollywood is our modern version of royalty, and these inner-circle experts feed, care for and (try to) keep celebrities sane, healthy, buff and beautiful.



Clockwise, from left: James Brown and Kate Moss; Laura Day and Demi Moore; Jeanette Jenkins and Queen Latifah; Deepak Chopra; Dr. Oz Garcia; Paul McKenna; Dr. Drew Pinsky and Mackenzie Phillips



the simple awareness of your silent self. This experience is cultured through meditation. It's like wanting to use the wind to fly your kite but not letting go of it on the ground or wanting the flow of the stream to carry your boat downstream but being unwilling to let go of it."

NUTRITIONIST

New York-based Dr. Oz Garcia is the former head of health and nutritional services for Equinox Fitness Clubs and the nutritional consultant for AriZona Beverage Company.

Modus operandi Garcia examines the functional aspects of food. Does your meal give you energy and clarity of mind, improve your metabolism or mood, improve the quality of your skin and hair, improve digestion and cardiovascular function? If not, you are eating the wrong things and might have inflammation on a cellular level. Avoid processed foods, sugar, refined white flour, salt and caffeine. Go for a plant-based diet that includes fruit, fish with essential

fatty acids, nuts or olive oil, fibre and probiotics.

Who Heidi Klum, Hilary Swank, Robert De Niro, Winona Ryder.

Tip "When you eat sugar, it speeds up wrinkling and hair loss and does damage to arterial tissue and capillary tissue," says Garcia. "So getting that out [of your diet] will allow you, in a way, to practise age reversal."

Quote Hilary Swank on vitamins and supplements: "I just took my most important ones: Oz Garcia Longevity Pak. I shoved them in my mouth, which I actually shouldn't do because I choked on my vitamins once before."

FITNESS TRAINER

After graduating from the University of Ottawa's School of Human Kinetics, Jeanette Jenkins moved to Hollywood when she was 23. Some 15 years later, the author of *The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit* has a thriving business and an A-list celebrity clientele.

Modus operandi Jenkins assesses her clients to find the exercises that "are going to make them sing." She works on muscular strength, flexibility and conditioning, but motivation is just as important.

Who Queen Latifah, Kimora Lee Simmons, Serena Williams.

Tip "It can start so simply. Listen to your body. Go for a walk. Grow a few

vegetables in your garden. Sit down and make a meal with your family instead of having processed food."

Quote "When you find that right meal plan and that right exercise that works for your body, it's like Cinderella putting on that shoe. It's like, 'Oh, my God, this works.'"

HYPNOTIST

British millionaire Paul McKenna helps celebrities overcome stage fright and quit smoking and teaches relaxation techniques. Of late, he has been running weight-loss seminars for the general public.

Modus operandi McKenna tries to desensitize clients' fears by getting them to generate a positive state of mind. He gets them to feel very confident while they are thinking of what scares them, and that confidence collapses the fear.

Who Prince Harry, David Bowie, Leona Lewis, David Beckham, George Michael.

Tip When you are hungry, eat. Eat what you want, not what you think you should eat. Eat consciously and enjoy every mouthful. When you are full, stop.

Quote "In one actress' mind, she would never be thin enough, so I worked away on her for 45 minutes until eventually it just popped. Before she left, she said, 'You know, I did used to get more roles when I was a little bit bigger.'"

Left: A. B. H. / G. / J. / K. / L. / M. / N. / O. / P. / Q. / R. / S. / T. / U. / V. / W. / X. / Y. / Z. / AA. / AB. / AC. / AD. / AE. / AF. / AG. / AH. / AI. / AJ. / AK. / AL. / AM. / AN. / AO. / AP. / AQ. / AR. / AS. / AT. / AU. / AV. / AW. / AX. / AY. / AZ. / BA. / BB. / BC. / BD. / BE. / BF. / BG. / BH. / BI. / BJ. / BK. / BL. / BM. / BN. / BO. / BP. / BQ. / BR. / BS. / BT. / BU. / BV. / BW. / BX. / BY. / BZ. / CA. / CB. / CC. / CD. / CE. / CF. / CG. / CH. / CI. / CJ. / CK. / CL. / CM. / CN. / CO. / CP. / CQ. / CR. / CS. / CT. / CU. / CV. / CW. / CX. / CY. / CZ. / DA. / DB. / DC. / DD. / DE. / DF. / DG. / DH. / DI. / DJ. / DK. / DL. / DM. / DN. / DO. / DP. / DQ. / DR. / DS. / DT. / DU. / DV. / DW. / DX. / DY. / DZ. / EA. / EB. / EC. / ED. / EE. / EF. / EG. / EH. / EI. / EJ. / EK. / EL. / EM. / EN. / EO. / EP. / EQ. / ER. / ES. / ET. / EU. / EV. / EW. / EX. / EY. / EZ. / FA. / FB. / FC. / FD. / FE. / FF. / FG. / FH. / FI. / FJ. / FK. / FL. / FM. / FN. / FO. / FP. / FQ. / FR. / FS. / FT. / FU. / FV. / FW. / FX. / FY. / FZ. / GA. / GB. / GC. / GD. / GE. / GF. / GG. / GH. / GI. / GJ. / GK. / GL. / GM. / GN. / GO. / GP. / GQ. / GR. / GS. / GT. / GU. / GV. / GW. / GX. / GY. / GZ. / HA. / HB. / HC. / HD. / HE. / HF. / HG. / HH. / HI. / HJ. / HK. / HL. / HM. / HN. / HO. / HP. / HQ. / HR. / HS. / HT. / HU. / HV. / HW. / HX. / HY. / HZ. / IA. / IB. / IC. / ID. / IE. / IF. / IG. / IH. / II. / IJ. / IK. / IL. / IM. / IN. / IO. / IP. / IQ. / IR. / IS. / IT. / IU. / IV. / IW. / IX. / IY. / IZ. / JA. / JB. / JC. / JD. / JE. / JF. / JG. / JH. / JI. / JJ. / JK. / JL. / JM. / JN. / JO. / JP. / JQ. / JR. / JS. / JT. / JU. / JV. / JW. / JX. / JY. / JZ. / KA. / KB. / KC. / KD. / KE. / KF. / KG. / KH. / KI. / KJ. / KK. / KL. / KM. / KN. / KO. / KP. / KQ. / KR. / KS. / KT. / KU. / KV. / KW. / KX. / KY. / KZ. / LA. / LB. / LC. / LD. / LE. / LF. / LG. / LH. / LI. / LJ. / LK. / LL. / LM. / LN. / LO. / LP. / LQ. / LR. / LS. / LT. / LU. / LV. / LW. / LX. / LY. / LZ. / MA. / MB. / MC. / MD. / ME. / MF. / MG. / MH. / MI. / MJ. / MK. / ML. / MM. / MN. / MO. / MP. / MQ. / MR. / MS. / MT. / MU. / MV. / MW. / MX. / MY. / MZ. / NA. / NB. / NC. / ND. / NE. / NF. / NG. / NH. / NI. / NJ. / NK. / NL. / NM. / NN. / NO. / NP. / NQ. / NR. / NS. / NT. / NU. / NV. / NW. / NX. / NY. / NZ. / OA. / OB. / OC. / OD. / OE. / OF. / OG. / OH. / OI. / OJ. / OK. / OL. / OM. / ON. / OO. / OP. / OQ. / OR. / OS. / OT. / OU. / OV. / OW. / OX. / OY. / OZ. / PA. / PB. / PC. / PD. / PE. / PF. / PG. / PH. / PI. / PJ. / PK. / PL. / PM. / PN. / PO. / PP. / PQ. / PR. / PS. / PT. / PU. / PV. / PW. / PX. / PY. / PZ. / QA. / QB. / QC. / QD. / QE. / QF. / QG. / QH. / QI. / QJ. / QK. / QL. / QM. / QN. / QO. / QP. / QQ. / QR. / QS. / QT. / QU. / QV. / QW. / QX. / QY. / QZ. / RA. / RB. / RC. / RD. / RE. / RF. / RG. / RH. / RI. / RJ. / RK. / RL. / RM. / RN. / RO. / RP. / RQ. / RR. / RS. / RT. / RU. / RV. / RW. / RX. / RY. / RZ. / SA. / SB. / SC. / SD. / SE. / SF. / SG. / SH. / SI. / SJ. / SK. / SL. / SM. / SN. / SO. / SP. / SQ. / SR. / SS. / ST. / SU. / SV. / SW. / SX. / SY. / SZ. / TA. / TB. / TC. / TD. / TE. / TF. / TG. / TH. / TI. / TJ. / TK. / TL. / TM. / TN. / TO. / TP. / TQ. / TR. / TS. / TT. / TU. / TV. / TW. / TX. / TY. / TZ. / UA. / UB. / UC. / UD. / UE. / UF. / UG. / UH. / UI. / UJ. / UK. / UL. / UM. / UN. / UO. / UP. / UQ. / UR. / US. / UT. / UY. / UZ. / VA. / VB. / VC. / VD. / VE. / VF. / VG. / VH. / VI. / VJ. / VK. / VL. / VM. / VN. / VO. / VP. / VQ. / VR. / VS. / VT. / VU. / VV. / VW. / VX. / VY. / VZ. / WA. / WB. / WC. / WD. / WE. / WF. / WG. / WH. / WI. / WJ. / WK. / WL. / WM. / WN. / WO. / WP. / WQ. / WR. / WS. / WT. / WU. / WV. / WW. / WX. / WY. / WZ. / XA. / XB. / XC. / XD. / XE. / XF. / XG. / XH. / XI. / XJ. / XK. / XL. / XM. / XN. / XO. / XP. / XQ. / XR. / XS. / XT. / XU. / XV. / XW. / XX. / XY. / XZ. / YA. / YB. / YC. / YD. / YE. / YF. / YG. / YH. / YI. / YJ. / YK. / YL. / YM. / YN. / YO. / YP. / YQ. / YR. / YS. / YT. / YU. / YV. / YW. / YX. / YZ. / ZA. / ZB. / ZC. / ZD. / ZE. / ZF. / ZG. / ZH. / ZI. / ZJ. / ZK. / ZL. / ZM. / ZN. / ZO. / ZP. / ZQ. / ZR. / ZS. / ZT. / ZU. / ZV. / ZW. / ZX. / ZY. / ZZ.

ELLE

CANADA

**SINGLE
LADIES**
DON'T
PUT A RING
ON IT!

AUGUST 2010
\$3.99

**KATY
PERRY**
"GURL"
POWER

HER NEW HIT,
LIFE WITH RUSSELL
& ROCKIN' L.A.!

**PERFUME
TRAIL**

A FRAGRANCE
THAT MAKES
YOU IRRESISTIBLE?

**FALL
FASHION
TREND
REPORT**

**MOD MINIMALISM, CHIC KNITS,
TAILORED SUITS & GOTH GLAM**

**QUIET
TIME**
**SILENCE IS
THE NEW
LUXURY**

(IT'LL SPICE UP
YOUR LOVE
LIFE TOO)

SPY GIRL
ANGELINA JOLIE'S
SECRET MISSION

**CATWALK
CROONERS**
TWIGGY TO TYRA
MODELS WHO TAKE
CENTRE STAGE

Canadian Publications
Mail Agreement #1004024
Registered for GST



ellecanada.com