

LOVE YOUR WHOLE LIFE

February 2013

Prevention

Get back in shape

Walk off 10, 20, 30 lb

No yo-yo dieting,
just great results

30 Days to a healthier heart

Cut your risk of
heart disease by
more than 80%

19 Best new drinks for energy and health

Surprising ways to cure pain naturally

plus

6 Tools that make weight loss easier

Better
than ever
for you



Cancer survivor
Kris Carr's
crazy sexy
life lessons

\$3.99US



A CRAZY SEXY Anniversary

Ten years ago this month, wellness warrior Kris Carr received a devastating diagnosis. She turned around and read cancer the riot act.

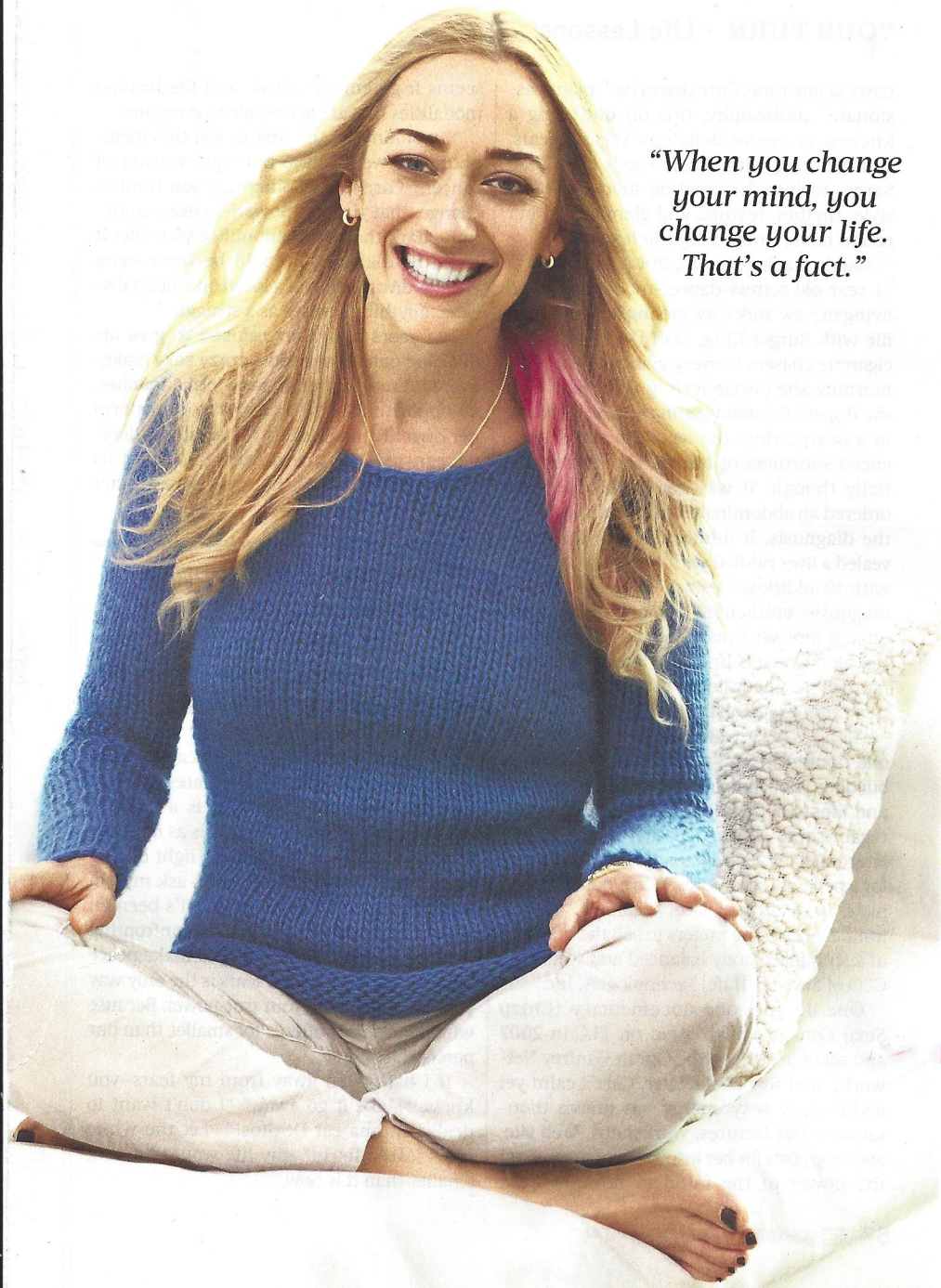
BY Janet Ungless PHOTOGRAPHS BY Melanie Dunea

It's a drizzly, early October afternoon in Woodstock, NY, and Kris Carr—radiant wellness guru, *New York Times* best-selling author, and green-juice queen—hops out of her Hyundai Santa Fe. Carr, 41—dressed in jeans and a leopard-print sweater, the pink scarf draped around her neck shielding her from the damp chill and setting off her trademark hot-pink lock of hair—leads the way to lunch at her favorite local spot, the Garden Café. For the past year, this vegan restaurant has served as her “kitchen away from home” while the farmhouse she and her husband are rebuilding with a “dream kitchen” is under construction.

The kitchen holds a sacred place in Carr's personal healing journey: It's where her beloved grandmother, a chef, would sit her on the counter as a little girl “while preparing deliciously unhealthy food” to soothe the school-girl's hurt feelings or celebrate a milestone. “It was a place of extreme comfort, where I felt very loved,” says Carr. It's also where she taught herself about the nourishing properties of plant-based foods and, through exploration, learned to cook the “delicious medicine” that has sustained her body and spirit during the past 10 years as she's coexisted—*thrived* is her word—with an inoperable, incurable rare cancer that could get



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That’s a fact.”***



I try to apply the same principles of how I've faced living with cancer to the rest of my life. Living is not about waiting for "the right time." It's always now. We often put our lives on hold; we press pause every day in so many ways. Cancer taught me not to do that—to just say, "[To heck with] it, go for it!" Something I ask myself all the time, and I try to really live by, is: *Does this make me happy? This relationship, this job, this lifestyle—is it inspiring me, or is it tiring me?* I don't know how long I have—just like you don't.

When you have a life-threatening disease, it's on your mind more often. So when I ask myself, *Does this make me happy?* it really matters to me. It doesn't mean I can't live in some degree of suffering from time to time—

that's the human experience. But I'm a zealot for happiness. I constantly ask myself, *Am I truly living?*

► **A tie is as good as a win.** This was a new concept for me, inspired by my dear friend [Hollywood producer] Laura Ziskin. She got me thinking about a tie, because she, like me, was living with an incurable disease. Ultimately it took her life. [Ziskin died of breast cancer in June 2011.] This concept is beautiful because it's about acceptance. Acceptance doesn't mean you throw yourself into a vat of Ben & Jerry's or a pack of cigarettes. It's about not always doing battle. Acceptance is a place where you can actually relax, and in that relaxation you're accepting

yourself for the way you are right now. I'm not saying that you should give up. It doesn't mean we can't improve. Acceptance is a balance. And finding true balance is an active pursuit; you have to be willing to change as you grow, because what worked before might not work now.

► **Keep in touch with your passion.** We all get many opportunities, but the problem is, we get so stuck on one thing, we put these blinders on, whether it's "I can only start living when X or Y happens" or "If I don't make it to this level in this particular career, then I'm a failure"—never even asking ourselves if we're actually happy in that career. A lot of folks forget to ask themselves, *What lights me up?* If what lights you up changes, be willing to change. Check in with yourself periodically to take a passion inventory. **When you change your mind, you change your life. That's a fact.** ●



"If what lights you up changes, be willing to change!"

WARDROBE STYLING BY CARLA ENGLER; HAIR AND MAKEUP BY JOSHUA BARRETT FOR GARNIER; FOR ARTISTS BY TIMOTHY PRIANO; OPENING SPREAD; SWEATER BY MARC JACOBS; JEANS BY M.H.; THIS SPREAD; JACKET AND SWEATER BY REBECCA TAYLOR; JEANS BY M.H.; SHOES BY AMICLUBWEAR