



A Day In The Life Of... Kris Carr

Kris Carr is an award winning author, filmmaker, and inspirational speaker. Her documentary *Crazy Sexy Cancer* premiered on TLC and Discovery Health in 2007 and her book *Crazy Sexy Cancer Tips* has been translated into six languages since its release last autumn. Kris has been featured on *The Today Show*, *Good Morning America*, *The CBS Evening News* and *The Oprah Winfrey Show*. Her new book, *Crazy Sexy Cancer Survivor*, is in stores now.

6:00 am. As soon as my peepers pop open it's a full tilt circus! Brush my chicklets, use my neti pot, and head to our yoga room for a drive-by meditation. I'm a type-A personality with whirlwind tendencies. If I don't wrangle and ride my dragon, I'm cooked. Thank Goddess for kitchen timers! I set mine for 20 minutes. This way I don't go crazy wondering when the *zazen* will end. I lived at a Zen Monastery in New Mexico the summer I was diagnosed. It was there that I began to build a daily practice that starts with stillness. When the kitchen timer "bings," I write.

I'm addicted to writing. I consider myself a word chef. As long as I keep myself balanced, the muse flows easily. First thing in the morning I never use my laptop; day-break is techno detox time. My paper journal is my mind dump. It helps me fine tune my direction and connects me with my inner best friend. She is groovy! We curl up in my tropical-print Lay-Z-boy and chat over a large cup of ionized water with lemon. After we've caught up and the universe has its marching orders, I down a shot of E-3 Live and take my supplements (including high dosages of therapeutic enzymes).

7:00 am. Power walk (running makes me look like a klutzy baby elk) or yoga. The Jivamukti method saturates me with inspiration. I first began practicing with David and Sharon (the founders) in the mid 90's. Their philosophy helped me build my healing plan post-diagnosis. Pray, move, practice non-violence, still the mind, and go back to nature with a vegan lifestyle – it just makes so much sense. Add raw foods and green juices to the mix, and *voilà!* I call it the flood and flush method. Flood your body with light and flush out the darkness. A few years ago I completed the Health Educator program at the Hippocrates Institute in Florida. That's when all the pieces came together. My healing plan is like a cosy chair. The diet is the seat that holds me up. The mind, body, spirit, and the committed daily practice are the legs. If one component is off, I topple.

8:30 am. Tango with my dry brush and then hit the shower. Our home is a chemical-free zone, so I only use organic skin care and cleaning products.

8:45 am. Organic green veggie juice – no fruit. We make enough for the day with our Greenstar. Breakfast is 16-32 ounces of liquid sunshine. Though my diet is simple, it's far from boring. I juice like a madwoman and eat two meals per day, mostly raw: vegetables, nuts, seaweeds, superfoods and sprouted grains, with little or no fruit.

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9 am. Blog! I get an incredible amount of energy from our Crazy Sexy community. It means so much to know that you're not alone living a healthy lifestyle. I keep up with my online friends even when I'm on the road teaching wellness retreats or giving speeches about the importance of complementary medicine.

10:30 am. Off to work! My husband Brian and I own a company, Crazy Sexy Wellness (featuring holistic services, products, support and other goodies, including a non-profit arm). We have two offices, one in New York City, one in Woodstock. In hippieville, our office is close to home, so we bike as much as possible. Good for us, good for sexy mama earth.

11:00. Crazy Sexy staff meeting. Then we check in on our social network, mycrazysexylife.com to make sure that people aren't doing cottage cheese and scotch fasts and that folks are supporting each other in the glow. I love our virtual family!

1 pm. Symphonic salad (lots of colour – like music!) I prefer to make my own food and

thankfully we have a little kitchen in our office.

Afternoon: Write articles (today I'm clacking out one for *Brazilian Vogue*), design, create, dream. I just started the outline for my third book. It's my biggie and I'm wildly excited. It's the diet and lifestyle book I've been designing and following for years. For my third book I have an amazing A-list of women in my posse, ready to share their tips, vision and personal health plans. Teaming up with powerhouse goddesses gives me a natural high (better than cacao). Since becoming a full-time healing junkie on Valentine's Day, 2003 (the day I was diagnosed) I haven't stopped educating myself and aligning with the best researchers in the field. I'm determined to bring revolutionary health information to the mainstream – especially to the factory farm chomping, Hummer types. They need it the most! Once we get on the same page about our global health crisis all else will follow. The peace we seek begins on our plates. I say, "Vote with your fork, heal with your spoon!"

4 pm. Green drink (loaded with sprouts) and a breath of fresh air. Even if it's just for five minutes I truck outside to blow kisses to the sun.

7 pm. Try to leave the office at a reasonable hour. Brian and I love mindful eating during the sacred magic hour. We live deep in the woods surrounded by a cathedral of pine trees. They miss us when we're gone too long. We often hear them whisper a lot when we return. Dinner includes some cooked food, but only really low-residue things like quinoa, millet, sweet potatoes, soups and steamed veggies.

9 pm. Read or surf, but not in the bedroom. It's important to leave work and problems away from the pillow. This means no laptops or late night reading in bed. I really see the difference in my sleep quality. Eight hours of uninterrupted sleep is what I need for health, clarity and creativity.

11 pm. Lights out and snooze time with the angels...

For more information visit crazysexylife.com.