

CRAVE-WORTHY SOUPS TO WARM YOUR WINTER

Good Health

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LIFESTYLES

Jane Seymour
ON **HEALTH,**
HAPPINESS,
AND **AGING**
WELL

REV YOUR
METABOLISM
NATURALLY

9 DIY WAYS
TO **EASE**
CHRONIC
PAIN

DEFEND
AGAINST
DIABETES
CUTTING-EDGE
STRATEGIES

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by Kim Henderson

Her Mother's Legacy

Jane grew up in Wimbledon, England, the daughter of an obstetrician and a mother who served as a Red Cross Nurse in World War II. "My mother had been in a Japanese concentration camp in World War II," says Jane. "Because of that, she was obsessed with eating all the time and as much as she could. The good side of that is that she was a great cook. The bad side was that I didn't know until later in life that you didn't have to put that much salt and butter on everything!"

I sensed Jane's deep reverence for her mother as she began to tell me about the analogy of a wave that she uses to explain life's highs and lows. "Because my mother survived the concentration camp by tending to those who were worse off than she—and then she forgave the perpetrators—I know that the wave, as it crests, lets go of water it no longer needs. As the wave goes down, it never crashes and stays there. It's fluid and kind of skims the bottom and heads right back up. I think it is really important to let go...let go of the past, let go of the hurt, and let go of the pain.

analogy, she recounts a near death experience that equally shaped her perspective on life. At age 36, Jane received a routine shot of antibiotics to treat a severe flu while on location in Europe. The injection hit a vein by mistake, causing her body to go into anaphylactic shock. "At that moment,

"In a culture that worships youth, Jane debunks the myth that women somehow have less value after a certain age."

I realized that nothing mattered except for the love I shared with people and what I gave to the world. And I realized my body was just a vehicle to be looked after," she explains. The experience, however, forever altered her outlook and values. Each moment of life has been appreciated more deeply than ever before.

"But I'm not perfect," she notes. When her schedule throws her diet a curve or she perhaps drinks a little extra caffeine, her way back to center includes lots of water and getting back to healthy, balanced meals as quickly as possible. While she prefers to get nutrients from her diet, Jane takes several supplements regularly—a quality multivitamin, CoQ10, an omega-3 supplement, vitamin D with calcium, and probiotics.

Jane still has a lean, flexible and strong dancer's body. What's her fitness secret? Making her core strength a priority, Jane practices Pilates. She also enjoys Gyrotonics, light weights, riding a recumbent bicycle, and sweating on the elliptical to get her heart rate up.

No Botox, Please!

Jane has a refreshing take on aging that counters the Hollywood norm. "I made a rather bold choice to keep my looks the way they are naturally," she notes. "I look at actresses who have done a lot of plastic surgery and they seem to have lost who they uniquely were," she says. Jane values her wrinkles and fluid facial expressions as they allow her to play characters suited to her age. "I

Jane Seymour

At age 63, Jane Seymour is in full bloom.

An accomplished actress with two Golden Globes and an Emmy to her credit, she is also the mother of four and a grandmother who has branched out in a myriad of creative directions—successful artist, jewelry and furniture designer, author, film producer, and the co-founder of the Open Hearts Foundation charity. Perhaps what's most appealing about Jane is her resilient spirit and strength of character. Jane embraces a vibrant and healthy lifestyle while still acting her age. In so doing, she brings much-needed acceptance and a generous amount of dignity to being a woman over 60 in Hollywood. And that's what brings her to the pages of *Good Health Lifestyles!*

Getting better with time

I think if you open your heart and you remain open, you can collaborate with new people, new experiences, or new opportunities. This is how a new wave is created. My mother, who had to process the horrors of World War II, and then move forward and create a new life, showed this to me through example," she explains.

Near Death Experience

As I am still contemplating Jane's wave

Diet and Fitness

Today, Jane lives on a sprawling Malibu property overlooking the Pacific Ocean. She starts her mornings with fresh-pressed vegetable and fruit juice made from produce grown in her own garden. Jane's diet consists primarily of leafy greens, chicken, and fish, as well as occasional red meat. She limits her caffeine intake to no more than two cups of coffee a day and rarely consumes alcohol.

play roles now that are older. I find that I probably wouldn't have those roles if I were doing something to dramatically change myself physically. And I think that as an actress, you need all the muscles in your face."

But Jane is careful not to judge plastic surgery. "To each their own is my philosophy. For some people, it's a magical, incredible thing. Being authentic is really important to me."



Riding a New Wave

In a culture that worships youth, Jane debunks the myth that women somehow have less value after a certain age. “I enjoy the wealth of my experiences and feel fortunate for having had them,” says Jane. “I definitely feel happier in my own skin and more powerful than I ever did [when I was younger]. A lot of people give up at my age. But I’m thinking out of the box and looking at new opportunities,” she says with a genuine sense of gratitude.

While Jane’s positive outlook helps her through the ups and downs of life, she also relies on meditation. “If I feel really distressed or nervous about something, I will take 20 minutes to meditate,” she explains. Meditation allows her to get into a focused and centered place.

But it wasn’t always that way. She found other places of solace before taking up Transcendental Meditation. A walk on the beach calms her. So does her painting. “I always drew and painted as a child,” she explains. But it wasn’t until she was 40 that she took it up seriously.

In a sense, painting turned out to be the beginning of a new “wave” in Jane’s life during a difficult divorce. One of her early pieces was shown at the Guggenheim museum in New York City and fetched \$25,000 for charity. The open heart image, which serves as the basis of the designs Jane now does for Kay Jewelers, also came from her painting. The image depicts two open hearts showing that love has no boundaries and flows unconditionally. The idea also germinated a series

of Open Heart inspirational books authored by Jane—the most recent aptly titled *The Wave*.

A Healthy Outlook

What makes Jane eternally youthful is her *joie de vivre* and her desire to serve. For Jane, there’s no time to be wasted, so she gets on with the business of living. “Anything can happen in the next 10 minutes. I try to live in the present moment,” she says. Enjoying vibrant health allows her to do the important work of sharing love and helping others—making it easier for others to ride our the waves in their own lives. ■

Kim Henderson is a Los Angeles-based writer who specializes in health and the environment.