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**MARIEL
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VOLUME 2, ISSUE 0415

COMPLIMENTS OF

Marisol Hemingway

Finding the Fun in Health

Good Health LIFESTYLES

by Kim Henderson

Academy Award-nominated actress and granddaughter of literary great Ernest Hemingway, Marisol Hemingway is also a tireless advocate for mental health and a powerful voice in the natural health movement. She has written several books on health and wellness, and most recently a personal memoir titled *Out Came the Sun*, which chronicles her triumph over the legacy of mental illness and suicide in the Hemingway family. I caught up with Marisol on a rare rainy day in Southern California. Fittingly, nature-loving Marisol chose to share her health insights seated outside on her covered porch in order to enjoy the mild drizzle and freshened chaparral surrounding her rustic Malibu mountain home.

GHL: You've written and spoken a lot about health. What's the overwhelming take-home message that you want people to get?

MH: I want people to know that health is not about following a particular diet or health fad. It's about looking at what is right for your individual physical, mental, and emotional make-up to create the best healthy lifestyle for you.

GHL: You're very open about your personal struggles with food in your early life. How has your relationship with food become healthier and more balanced?

MH: I really believe a healthy lifestyle is the answer, along with trying to find things that balance your brain. While my healthy lifestyle has helped me to get through my compulsiveness and depression, it didn't really smooth the edges. Something called brainwave optimization, which balances the hemispheres of the brain through sound, has helped me free myself from any kind of worry about food or over exercising—or any of it. I just don't obsess anymore. Oh, except Bobby (Bobby Williams is Marisol's partner) would like me to obsess less about a clean house—I say, that's a good obsession!

GHL: What can you share with others who may struggle with body image, weight, compulsive exercising, and over or under eating that helped you?

MH: I think you have to ask, "Am I really eating in a way that serves my body well?" I found that once I began eating real, wholesome food, things

turned around. I figured out what foods make my body feel most vibrant and healthy, but it is not really a system or a specific diet. I just eat real food. Oddly, so many people today don't know what real food is! The secret is being mindful and conscious about where our food comes from—and refraining from eating processed food.

GHL: Do you ever "fall off the wagon" while eating healthfully? And if so, how do you bring yourself back?

MH: That's the funny thing about me. I love order and routine so much that actually I rarely do [fall off the wagon]! I eat gluten or sweets once in a while just to mess it up a bit [she laughs]. I can get too regimented. It's important to remind myself that there's a place for sweet in my life and there is. The more I allow myself a balance in that, the less "holding-on-crazy" I am.

GHL: What's in your refrigerator right now?

MH: Buffalo! Bobby is a big eater and goes for everything as long as it is organic, local, and seasonal.

GHL: What does a healthy diet mean for you?

MH: I don't eat gluten and I eat very little grain because it makes me "cloudy-brained." I do eat seasonally. In spring and summer, I eat cleaner, lighter foods—lots of raw food and salads. I do eat meat—usually buffalo or bison. And I only eat chicken from local farms where I know they treat their chickens well. We eat our own eggs from our

own chickens. And we try to mix it up. I don't eat a lot of dairy whereas Bobby can get away with more of it. He loves to drink raw goat milk. I never eat sugar. If I do eat anything sweet, it's sweetened with maple syrup, stevia, or raw honey in a raw, uncooked dessert. It's amazing, when you have a treat only once in a while, you really enjoy it!

GHL: What supplements do you take daily?

MH: I test regularly with a doctor to see what nutrients I need and change it up frequently. I always take minerals because people in general are deficient due to soil depletion. I have a teaspoon of Real Salt (that's the brand) mixed in water every morning, and sometimes at night if I am having an issue with my back. I take magnesium periodically and find that it is unbelievable for aches and pains and all kinds of things. I'll do a tablespoon of coconut oil everyday because it's a really good cleanser. And I take a really good all-around multivitamin. I also take vitamin D, especially in the winter when there's less [sun] light. We need vitamin D and it helps to balance mood. I take an omega-3, too.

GHL: You look fantastic. How do you stay so fit?

MH: I work out five to six days a week—but I wouldn't even call it working out. I play! I do a routine three days a week that's kind of like CrossFit with four seven-minute segments of high-powered, intense strengthening exercises. But before I start, I warm up on the rowing machine, the trampoline, or the stationary bike. Or sometimes I

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hike in the mountains first. It's great for building muscles and I'm getting stronger. The days in between I do yoga. I also will get on the bike a couple times a week and ride up a steep hill that goes to the top of the canyon. I love exercise. I love the way it makes me feel. But you've got to change it up. Exercising with Bobby is always a lot of fun. We often go in the backyard, jump rope, and play games.

GHL: You've got a very full life! When you are really stressed out, what do you do to get back to center?

MM: I meditate. My meditation has provided incredible solace for me. I've meditated for 25 years. Recently, I started doing transcendental meditation (TM). It's a powerful, easy, totally productive way to de-stress and really get rid of anxiety. You get to dip into what's called the unified field where you actually feel yourself at peace. It has been incredible. What I love about TM is that it is very doable for anybody.

GHL: What do you believe our culture's biggest misconception about mental illness is?

MM: The biggest misconception is that there's something that the person who suffers from mental illness has done wrong. There's both mistaken blame and shame involved. But there's no blame to be had. And also the misconception is that you don't know somebody who is suffering, because



okay to get help and talk about it. And we can be completely functional and completely successful too, regardless of the mental health issue.

GHL: What made you decide to share your personal story about mental illness and the history of addiction in your family?

MM: I come from a family that people might pay attention to. Somebody might read my memoir *Out Came the Sun* or see the documentary about my family *Running from Crazy*, and think, if Mariel Hemingway can talk about it, why can't I? That's the beauty of it. I make myself real because I am. I come from this family of mental illness and suicide. But my story is really not that unique. People come up to me and tell me they relate, and I hear about their stories and I wonder how they survived! But it's the similar feelings that we have in common. And I just want them to know

that healing is possible.

GHL: What's next for Mariel?

MM: After having focused on growing my healthy lifestyle brand and releasing three new books, I'm grateful to have the time to devote to finding the right film or television series this year. ■

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

In *Out Came the Sun*, Mariel masterfully shares the story of her troubled childhood in a famous family haunted by depression, alcoholism, mental illness, and suicide—and her ultimate triumph in finding a way to overcome the family demons and come to a place of love and compassion.



Available April 7, 2015

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