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**Exclusive**

**SHERYL  
CROW**

**HER SECRET  
STRESS-BUSTERS**

Your Seasonal

**Serenity  
Guide**



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# Sheryl Crow, Unplugged

HOW CANCER TAUGHT THE SINGER/SONGWRITER TO SLOW DOWN AND LOVE LIFE. By Nicole Pajer

**S**HERYL CROW'S WORLD CAME TO A SCREECHING HALT THE DAY SHE WAS DIAGNOSED WITH BREAST CANCER. "It was a real game changer," the Grammy-winning singer/songwriter says of her 2006 diagnosis. "I've looked at my life differently from that moment forward."

Since undergoing a lumpectomy and several rounds of radiation, the mom to two boys has revamped her diet, learned to better manage stress and given herself permission to put her own needs first. Now she proudly uses her celebrity as a platform to educate women about early detection. She recently teamed up with Hologic to promote their Genius 3D Mammography, a type of imaging that may detect cancer earlier and result in fewer false positives, according to the *Journal of the American Medical Association*. "Early detection saves lives. It certainly did for me," she says.

We caught up with Crow, 54, in between holiday shopping ("I try to get it all done by Dec. 1—waiting too long makes Christmas no fun!") and preparing to headline a Nashville fundraiser for Olympian Scott Hamilton's CARES Foundation ([scottcares.org](http://scottcares.org)), an organization dedicated to cancer research and patient support. "I'm thrilled to join Scott in celebrating life, providing resources to patients and working together to fight this horrible disease that affects us all," she says.



**Cancer taught me to make myself a priority.** I tend to put my family's needs in front of my own. Part of a healthy life for me now is being mindful of the things that might be causing me stress so I can deal with them and move on. I had to learn how to say no to things I don't want to do and just know that's OK. My sister-in-law sent me this funny text: "Stop trying to make everyone happy. You're not tequila!"



Crow performs at the 2016 Stand Up To Cancer benefit.

**There are so many foods that promote wellness**—spices like cinnamon and turmeric. To boost my immune system, I sprinkle these onto oatmeal in the morning, over a salad for lunch or into a smoothie.

**I'm attracted to recipes with a short ingredient list!** I love to roast vegetables with balsamic vinegar in the oven and serve them with salmon or chicken. I also enjoy a great big kale salad with cranberries or raisins, walnuts and goat cheese. I have a 6-year-old and a 9-year-old. They love junk food, but we let ourselves cheat 10 percent of the time. There is a lot of "If you eat this, you can have that" in my house.

**My motto is to enjoy life and do things in moderation.** What if you do everything perfect, step off the curb and get hit by a car? So I'm that person who has a little bit of every dessert. I love pie—chess pie, pumpkin pie, cherry pie!

**I get frustrated like everyone else.** But there is a great exercise for when you feel like you can't take on one more thing. Stand and feel the bottoms of your feet on the ground. That really helps connect you to the earth. That, and reminding myself to breathe, has always helped me.

**I try not to be looking at my phone all the time.** I once had a relationship where I hardly ever saw the person's face; I basically saw the top of his head. It gets old! I don't want my kids to think of me that way.

**We live in a 24-hour news cycle, so you have to unplug sometimes.** It's too easy to get drawn into the negativity. My kids and I spend a lot of time outside in nature, and they have to "check out" their screens like at a library. The same goes for me! It's too easy for me to sit down and get on eBay, which I love.

**I hate aging, but I wouldn't trade where I am to be in my 30s again.** I hate that with technology, every time we take a picture, we have the capability of erasing our wrinkles and our life signs; it creates a lot of pressure. I just don't look in the mirror much. I look in the mirror for that three minutes in the morning when I brush my teeth and then I go about my business! ●