

future was as hazy as the face that stared back at her in the mirror. "I hated the way I looked and felt like I didn't own my face," she remembers.

Cheryl would endure five reconstructive surgeries over the next two years—surgeries she describes as "much more emotionally and physically challenging" than any stunt work she had ever done: "My face got puffier with each operation and the pain was excruciating."

It was after the last surgery that the migraines began. "I remember saying to my mother while she rubbed my head," says Cheryl, "that 'If I had a gun I'd shoot myself and end the pain once and for all.'"

Despite the fact that Cheryl looked as good as new—her reconstructive surgeries were an amazing success—and that she was taking excellent care of herself, the world-class athlete just wasn't bouncing back.

"I ate well and I made myself go to the gym, but I kept getting sick," says Cheryl.

That's when Lady Luck stepped in. Cheryl was reading an article about Lindsey Duncan, a nutritionist in Santa Monica, California, when one sentence leaped off the page: "You can't put clean water in a dirty bottle." Lindsey, the article reported, believed that a damaged body could be easily repaired by a strict cleansing diet. Cheryl contacted Lindsey, who immediately put her on his diet in addition to nutritional supplements.

"Within weeks, I could feel my body getting lighter," Cheryl says now. The experi-

Four steps to a healthier body

Don't let stress and fatigue stop you from doing all the great things you enjoy

Lindsey Duncan has consulted with more than 10,000 people—from the victims of the Chernobyl nuclear disaster to the rich and famous—and believes that everyone can benefit from internal cleansing. In fact, he thinks it's the most important factor in attaining optimum health. Here's the regimen he and Cheryl devised to stay in tiptop shape:

1 DRINK 8-10 GLASSES OF WATER EACH DAY.

The first thing Cheryl does in the morning is drink two glasses of water with an herbal/fiber product containing acidophilus to tone and strengthen the digestive and eliminative system. Throughout the day she drinks an additional eight glasses with a touch of lemon to stimulate the liver and encourage proper digestion.

2 EAT WELL.

That means no fried foods, refined-white-flour products or sugar. "Sugar suppresses the immune system and makes you feel tired because it causes your blood sugar levels to fluctuate," explains Lindsey. Instead, eat fruit—apples or bananas dipped in raw almond butter—to satisfy a sweet craving. "It's important to eat fresh, 'live' foods that have the

ence was transforming: Today, six years after her last surgery, Cheryl's back in Hollywood filming *Batman IV*, in which she doubles—in stiletto heels, no less—for Uma Thurman. But most of her time is spent working with fiancé Lindsey Duncan—yes, they're engaged. Cheryl, now a certified nutritionist, says, "I can only think that the accident occurred for a reason—so I could take full control of my health for the first time in my life, and most importantly help teach others how to feel better, too."

—BARBRA COHN

enzymes and nutrients our bodies need to function," adds Cheryl.

3 TAKE YOUR VITAMINS. Cheryl takes a multivitamin; an additional vitamin B for stress; a fatty acid supplement like Flax seed oil for proper fat metabolism and healthy hair, skin and nails; and three packs of a superfood supplement. Superfoods such as Hawaiian blue-green algae, wheat grass, barley grass and chlorella have been called perfect foods because they contain digestible protein, chlorophyll, vitamins, minerals and enzymes that may be missing from our diet.

4 EXERCISE. Work up a sweat three to four times a week to stimulate your body's metabolism, maintain healthy cholesterol levels, regulate the eliminative system and build endurance.

A 3-day cure for toxic overload

...for those who want a more intensive liver cleanse to restore the body's natural balance.

When Cheryl came to me," says nutritionist Lindsey Duncan, "she looked older than her age and the whites of her eyes were yellow from liver toxicity."

He suggested a liver cleanse, explaining that in times of stress, the body's natural way of eliminating toxins becomes impaired and may need a

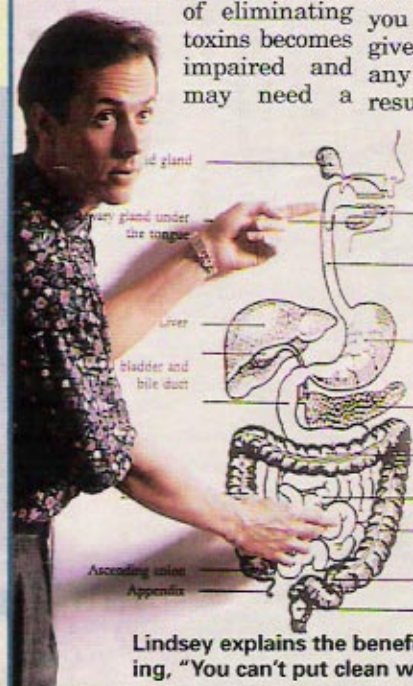
jump-start. "My system was full of poisons from drugs and anesthesia," Cheryl explains, "it's no wonder I felt terrible. The turning point came when Lindsey reversed what was happening with my liver."

Here is Lindsey's three-day liver cleanse, during which you abstain from solid food to give your system a rest. If at any time you feel unwell, resume eating immediately.

Breakfast On waking, take 2 Tbs. of water with lemon juice. Follow with a juice made of carrots, beets, celery and cucumber.

Lunch Same as breakfast.

Dinner Same as breakfast. Unlimited water with lemon juice and herbal tea as desired.



Lindsey explains the benefits of a cleanse, noting, "You can't put clean water in a dirty bottle."

Photos: (lead) Larry Laszlo/CoMedia; Hair & Makeup: Patty Shyne; (all others) Courtesy of Cheryl Walker