

BOHEMIAN Meets Country Laura Bell BUNDY

*Just because you're dirty
or provocative doesn't
mean you're an adult.*



HL: You are a self-proclaimed “hot mess.” How do you hide that under all that beauty?

Laura Bell Bundy: I don't hide it! Spend 30 minutes with me and you'll see why I'm called a “hot mess.” And by “all that beauty,” do you mean hair extensions?

HL: What circumstances and influences shaped your personality while you were growing up?

Laura Bell Bundy: My parents' divorce was the single most impacting thing in my life...but not necessarily in a negative way. It taught me how to forgive. It taught me true compassion and understanding for others and it kick-started my journey on understanding what true love is. It also made me commitment-phobic!

Additionally, I was shaped by living in New York City from the age of nine to 14 where I regularly saw hookers on the street, did a show with a drag queen and went to school with kids that didn't speak English. When I moved back to Kentucky at the age of 14, my eyes and my mind were open and I couldn't pretend to have not had those experiences. I was open-minded living in a small town and that can be a struggle...but I wouldn't change a thing.

HL: How have your Southern roots influenced you? Do you feel like a country girl still or a sophisticated star in your tastes?

Laura Bell Bundy: In my food tastes...I'm a foodie, but I like good southern food. I like organic ingredients, but I'm also very worldly with my taste, so I'll pretty much try anything. My style is rooted in a little bit of a country girl, but it's “country girl-bohemian.” I've had the good fortune of being exposed to lots of great designers in both fashion and lifestyle, so I'd say my style and my taste are smack down in the middle. It's like urban meets country, but not fru fru and frilly.

HL: You started off at a young age with *The Adventures of Huck Finn*, *Life with Mickey* and *Jumanji*. What advice can you give to young actresses transitioning from a child actor to an adult actress?

Laura Bell Bundy: I think it's important for actors to have real life experience...to travel and to spend time with people who are not in the industry. Younger actors tend to be amazing mimics, rather fearless, highly charismatic and good at taking direction as well as memorization...But they need to know how they feel about things—not their parents, agents, directors...

The need to live life, make mistakes and understand how they felt in all of those situations...They need to become an adult first. Sometimes that requires taking a break from their career for a bit. Then they can be an adult actor and begin making choices about roles they feel connected to. Oh, and just because you're dirty or provocative doesn't mean you're an adult.

HL: *Perez Hilton calls you the Britney Spears of Nashville; how do you feel about that?*

Laura Bell Bundy: HA HA! That's hilarious...Speaking of child actors...she was actually my understudy in an off-Broadway musical I did in New York City when I was 10 called *Ruthless*. She was a very nice little girl...quiet, shy and totally lovely. I guess in the way that I have added the element of dance and edginess in a country music performance or music video, that comparison could be true. I also write and co-produce most of my own material.

HL: *You have been quoted as saying, "The motivation is not to be famous, it's to have fun until I drop dead." What is the most fun about being famous?*

Laura Bell Bundy: I imagine that being famous ISN'T fun. I think you lose your ability to make mistakes without the whole world knowing, to be spontaneous, to have alone time, to be able to relate to others, to know who your friends are...I'd say the only fun thing about it is the red carpet treatment from everyone...getting what you want, when you want it...but that is so fleeting...

What I meant by that statement is that I enjoy being creative because that is where the fun is for me! Doing

plays is "playing." Playing music is "playing." Every child knows "play" is fun!

HL: *You have been outspoken about your struggle with wheat and your gluten-free diet; what recommendations can you give to people with the same struggle?*

Laura Bell Bundy: First of all, get tested for celiac and gluten intolerance so you know how seriously you need to protect yourself. Do not feel ashamed or let others make you feel like you are being difficult because you physically cannot ingest wheat or gluten. You are taking care of yourself and of your body, which is your vehicle. If it doesn't work, you can't go anywhere.

Be careful of dairy as well. Cows eat grain...Be cautious of additives such as "caramel coloring," "natural flavors," "soy sauce," "meat free" and thick sauces and soups...Italian restaurants flour their meat but often don't say so on a menu, so let them know you need it sautéed without flour or breading. Also carry digestive enzymes with you!

HL: *Your health tips to share for HL readers.*

Laura Bell Bundy: Learn your blood type and eat right for it. I feel that proper digestion delivers a healthy body. Allow your body to digest your food before you go to sleep. Eat as much alkaline as you can. Pay attention to your body and what it is telling you. There is always a root to every problem...go there to fix it. Don't just throw a band-aid on it. ■



NeoCell Keratin Volumizer

Tired of losing hair with every little stress life supplies you with so abundantly? Counteract it with a generous supply of collagen to your hair follicles. In a week it stops hair loss from washing, improves strength, brightness and luster. Collagen is a structural component of hair, skin and nails, so let it all shine again.



BioActive Nutrients Super Bio

A multi-vitamin with added phyto-vitamins for brain health (*Ginkgo biloba*), energy (CoQ10) and immunity (lutein), Super Bio is a super-charged supplement I recommend.

Earth Friendly Products Shower Cleaner and Window Cleaner

I like these products. Do they work as effortlessly as Windex or chemical-based shower cleaners? ... no... But they work. You just have to put in a little more effort to induce that shine. I think the small amount of extra effort is totally worth it because you are not spraying nasty chemicals all over your house—especially in your shower—and inhaling nasty fumes! Both cleaners have a very pleasant smell as well. I will continue to use these and investigate which other products Earth Friendly Products has for the kitchen!



Barlean's Organic Virgin Coconut oil

I buy Barlean's products all of the time. They know how to package a pure product. This coconut can be used as a "rinse" to get out toxins in the morning on the body or to cook with. I highly recommend.



Barlean's Olive Leaf Complex

I'm a fan of olive leaf as it is a powerful antioxidant. I use it during the cold and flu season at the first sign of a snuffle or scratchy throat. Due to the fact that it sharpens the immune system's anti-viral wall, it works in a different way than allopathic medicine. It is also known to keep the blood vessels clean and free from cell debris when taken over a long period of time. I believe every household should have it on hand.



Xlear Spry Chewing Gum

Normally I'm averse to sugar alcohols like sorbitol used in sugar-free gums, but I decided to give Spry xylitol chewing gum a chance and found it very pleasant. It was also not upsetting on my stomach like some sugar alcohols. Almost every single gum on the market right now has artificial sweeteners that are far worse than xylitol and do not contribute to dental health. Additionally, xylitol effectively keeps the teeth and gums healthy. So...I will keep chewing Spry.



MHP Power Pak Pudding

This pudding offers convenience for those on an intense workout program aiming to eat more protein on a regular basis without it being a lean meat, fish or a salty savory soy product. It gives something sweet flavored to eat instead.



BioKleen Oxygen Bleach

This product works like a charm. I used it on my whites and they came out stain free and very bright. I will continue to use this product instead of bleach! Plus, it smelled so much better than the way bleach smells and it is not as harsh. Thumbs up!



Beauty Without Cruelty Body Lotion

I enjoy this lotion. I found it to be deeply moisturizing, not oily or greasy. It is good for massage. It has no fragrance but you can add your own essential oils like lavender. I particularly like this because I tend to get headaches from strong smelling perfumes. I can use this with any fragrance I'm in the mood for.



ENU Vanilla/Chocolate Nutritional Shake

Whey protein stimulates the body to lose fat and keep lean muscle. It stimulates immunity and it is vegan friendly. ENU nutritional shakes in vanilla and chocolate provide more than two dozen vitamins and minerals with 25 grams of protein and none of the additives in other liquid meal drinks. I recommend for gaining muscle not fat or losing weight and for anyone undergoing harsh medical treatments and needing additional protein.

EcoNugenics HonoPure

This stuff works! Upon taking two capsules, I felt totally relaxed and about to pass out within 15 minutes! I could barely keep my eyes open. It was almost like taking melatonin. I'm definitely bringing this with me when I travel and have trouble sleeping. I would say that if you are just looking to relax, one or even less than one might do the trick...



Natural-Immunogenics Sovereign Silver

I'm a fan of Sovereign Silver. I have been using bio-active silver hydrosol for years. Silver is effective to build immunity...or several times daily when fighting an acute illness. It is also useful on burns and rashes. It is anti-fungal and anti-microbial. Natural-Immunogenics takes care to deliver the most dynamic silver ions.





"The motivation is not to be famous, it's to have fun until I drop dead."

Photo credit: Jeremy Cowart courtesy of Big Machine Records

Redd Remedies Sinus Support

Cutting out dairy and gluten (or any and all foods that you may be allergic or sensitive to) takes a lot of stress off of the body, making it less reactive to environmental allergens. Redd Remedies Sinus Support is just one of the many formulas from this company that I like. Sinus Support is effective when used consistently. It's indispensable during spring and fall seasons.



ShowerWise Shower Filter

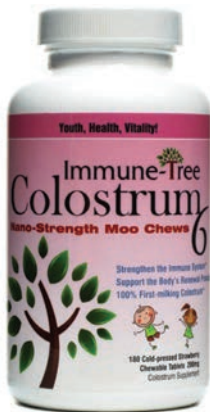
This showerhead is awesome! You can take a shower in filtered water with no harmful chemicals. You also don't lose shower pressure. I highly recommend this product... And I could fill my water bottle in the shower.



Immune-Tree Colostrum6

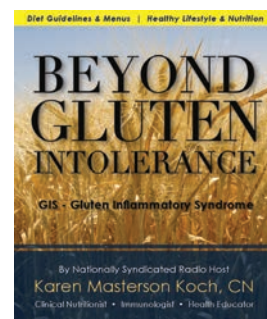
I have been a longtime user and a fan of colostrum for the immune system. This "first food" strengthens the immune system, supports the body's renewal process and keeps the GI tract healthy...or occasionally repairs it. This particular product is made with technology to deliver to you in its whole form. It is also chewable and rather tasty. It is easy to give to a child and

has incredible influence on children's resistance to colds, flu, allergies. I think it is a product one should take if they have digestive issues, food allergies or have taken prescription antibiotics.



Beyond Gluten

This book by Karen Masterson is dear to my heart since it is all about gluten intolerance and I suffer from celiac disease. Masterson points out that many people are needlessly suffering from gluten intolerance and do not even know it. I urge anybody who has food allergies or dietary problems to read.



Blue Lizard Australian Sunscreen

A good sunscreen is hard to find. I prefer a sunscreen like Blue Lizard that does not burn my eyes upon application and doesn't break me out! "Yay" for Blue Lizard! It is very moisturizing without being greasy as well and did a great job protecting my skin from intense summer rays at the beach. It actually contains caffeine in the ingredients and I am curious as to why, but it does work like a charm while being PABA free. I will continue to use it all summer.





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Sunlighten Pure Sweat

This salve works like a charm. Not only did my body feel rather moisturized and smell like coconut, I poured sweat! I actually don't sweat much so a product like this that can boost my circulation and get me perspiring in areas that wouldn't otherwise. Awesome! There are known benefits of sweating. You're getting the toxins out of your body! I'm a firm believer that everyone should try to sweat at least once a day. So if you don't have time for a workout, you could put Pure Sweat on, sit outside in the heat, in a Sunlighten infrared sauna or do a short brisk walk and get your sweat on! I put it on before hiking and I couldn't believe how much more I sweat. It made me feel like I got better results from my workout.



Kyolic KyoDophilus

A probiotic for digestive health and immune strength, KyoDophilus helps to relieve issues caused by bad bacteria. Bad bacteria can rear its ugly head during and after meals in the form of bloating, gas. I decided to take this product either during or following a meal and I had rather quick relief from bloating. I've never felt such relief from any probiotics I have tried—and I've tried a lot. I also took it right before bed and it helped to curb my acid reflux. I highly recommend this product for replenishing your healthy flora and keeping your digestive system running smoothly. I also recommend this product for those that suffer from stomach yeast or other yeast issues. It works fast and effectively. I will continue to use this daily.

