

Healing Through the Fine Arts

She danced her way out of a serious eating disorder

Name: Sheila Shea

Age: 64

Resides: Tucson

Quote: "I take it one day at a time."

Background Sheila Shea comes from a family of three generations of Olympic Sports competitors (including two gold winners for speed skating). "By the time I could walk I was training to skate and ski," She says. Shea has always been active. During high school she founded a tennis team.

Professionally, Shea has 30 years of experience as a licensed Colon Hydrotherapist in Miami, Florida and Tucson, Arizona. She's also certified in Massage Therapy. Shea is a member of the International Association of Colon Hydrotherapy (I-ACT) and the National Board for Colon Hydrotherapy.

The Challenge Shea suffered from overeating and bingeing since age ten. This eating disorder turned into anorexic bulimia, which she suffered from for 21 years. She also abused laxatives for five years. Shea also endured chronic constipation. In addition, Shea has osteoarthritis in her left hip and had a hip replacement.

The Turning Point Two of Shea's brothers suffered from eating disorders, and one of them told Shea a quote that made all the difference: "It's only through the fine arts that you heal." At 40, Shea began studying dance at the University of Arizona.

Dance allowed Shea to heal and embrace her femininity. Shea had a bad relationship with her mom. One day she visited her mother, who suffered from anorexia, came home and threw up,



"and that was it," she recalls. "I didn't want to be like my mother." She hasn't had the urge to binge since. Now, Shea meditates every morning for an hour, does spiritual reading, and eats organic. Her main physical activities include yoga, walking and tennis. She is also a member of the Southern Arizona Hiking club, and enjoys kayaking.

Staying Motivated Feeling good mentally and physically motivates Shea to maintain a quality life.

Goals Shea's goals are to stay in shape, create a healthy body, teach across the country and become more enlightened. Her long term goals are to leave a legacy, professionally, teach around the country and overseas, and distinguish herself competitively in athletics. She also wants to keep participating in landscaping and inspire people to plant more trees.

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