



*By Vicki McLeod*

## Nourish Yourself

**I**MAGINE you are diagnosed with cancer, how would you react? Would you feel sorry for yourself, would you feel angry, depressed, frightened? You would be completely normal to react in all of those ways. Now imagine you are seeking ways to help yourself through the vicious cancer treatments you have to undergo, you might feel exhausted, shut down, and be losing the ability to see the future positively. What you might not expect to feel in the midst of all this is inspired. Many people who have had cancer find themselves changing their lives, and others, in a radical way, and this is how Violetta Painter came up with the idea for a new resource for Majorca, a website called Nourish The Guide.

When you meet Violetta and her business partner and great friend, Pippa Davidson, the first thing you think is that they are both glowing. It could be all the green juices and healthy stuff

they are eating, or it could be the sleep deprivation and stress that comes with launching something like Nourish The Guide. I sat down with them to ask about their project.

**Vicki McLeod: How long have you been in Majorca, and why are you here?**

**Violetta Painter:** I've lived on the island for thirty years, since I was ten years old when I moved here with my family and I've called it home ever since.

**Pippa Davidson:** I first moved to Majorca in 2008 when I came to live with V and her family to help look after her daughter Leila when she was a baby. I then joined a boat and worked and travelled overseas but I've always come back to the island to visit V and my friends here. I moved back last June to live here again.

**VM: How did you meet?**

**PD:** After university, I took a year out to travel. I was working in a vineyard in New Zealand and Violetta was attending a wedding that I was working at. We got chatting and instantly connected. Contact details were exchanged. At the end of my year travelling, I contacted Violetta and the next day I was booked on a flight to go to meet V and her 1 year old daughter in Italy! I spent the next year with V and her family and looking after Leila in Majorca.

**VM: Tell me about how you got the idea for Nourish The Guide.**

**VP:** In 2012, when I was 36, my world turned completely upside down

when I was diagnosed with breast cancer. Fifteen years earlier, my mother had passed away from the same disease, so the diagnosis felt extremely real. I was scared to death, but I had too much to live for to allow it to take control of my life. My partner of 25 years and my beautiful eight year-old daughter are the loves of my life. Like most people with a family, they mean the world to me and I was determined to fight the disease. At the time, I didn't know a lot about the importance of health, fitness and nutrition. But I realised I had to change my life. I started educating myself about healthy living and discovered it can be a powerful tool to help



**Violetta Painter.** PHOTO: VICKI MCLEOD

manage illness. The word "nourish" was a constant thought in my mind: how do I nourish my body and mind? What does it mean to nourish oneself? How can I add daily nourishment to my life? And, most importantly, can this nourishment contribute to my recovery? I was incredibly inspired by what I found. Nourish has become my life's defining word. The idea for the guide came to me during my treatment in 2013.

**PD:** I arrived last summer to help look after V's daughter, again! (She was then 8 years old) during the summer holidays. We began talking about the project and working through ideas and how the idea could be turned into a reality, and a year later, it is!

**VM: Violetta, it must**

**have been very draining to go through the treatment, what were your low points?**

**VP:** Not knowing whether I was going to spend the rest of my life with my husband and family and see my daughter grow up. I will always, always remember and treasure the enormous amount of love and support I received from my husband, family and friends in Majorca and from all over the world whilst I was going through treatment. The love and support came in all forms. A daily phone call, text, WhatsApp message or voicemail would assure me people were thinking of me. A get-well card, letter or email would lift my spirit and the thoughtful gifts would bring a smile to my face. Then there were the quotes, sayings



**Pippa Davidson.** PHOTO: VICKI MCLEOD

### EXCHANGE RATES

Currency Exchange rates for  
 Saturday, 17 June

UK Pound   Euro	1.1433
UK Pound   US Dollar	1.2762
Euro   UK Pound	0.8746
Euro   US Dollar	1.1162
Euro   South African Rand	14.3560

*Exchange rates shown are interbank mid-market rates*





years to the month of my diagnosis in June 2012.

The project is dedicated to my incredible, loving and kind husband Adam who has encouraged me and Pippa all the way. He's made it all possible.

**VM: What do you hope to achieve through this website?**

PD: During V's healing process she met a wealth of well being professionals that were all fundamental to her recovery. After hours, days and weeks exhaustively searching through the numerous health, fitness and nutrition services in Majorca she found endless ways to nourish her body and mind.

Nourish the Guide will connect people to all of these amazing wellness resources on the island, making them easy to find, as well as inspiring the community with articles focused on living a truly nourished life. We hope to build a wellness community on this wonderful island.

**VM: What can people expect to see on the website?**

PD: We want to fill it with quality information for anyone seeking to live a healthy, happy and balanced lifestyle in Majorca. You will find well-informed articles, contact details for businesses and wellbeing professionals available on the island, a calendar highlighting all

events and workshops related to health and fitness and nutrition and a community of people looking to live their lives to the fullest.

**VM: What's it like working together?**

PD: It's easy! Natural. We're very in tune with each other and have similar views. It's as if we're always on the same page and often know what the other is thinking. We are the same, same...but different!

**VM: What's your daily routine?**

VP: We are both early risers so we go for a long walk every morning. On the walk we talk n o n s t o p , bounce ideas off each other and make our plan for the day. Then we get back to the kitchen we start the day with a lemon and water and then a green juice.

**VM: What do you like about living in Majorca?**

PD: I love everything! Lifestyle, people, quality of life, nature, weather and cli-

mate, beautiful in all seasons, stunning scenery, balance of sea and mountains.

VP: Majorca is an amazing place to live, I am so happy to be able to call it my home. It makes me incredibly happy to be able to share everything I have learnt on this journey to wellness with anyone spending time in Majorca. It seems unbelievably timely that we are launching Nourish The Guide exactly five years to the month of my cancer diagnosis in June 2012.

I sincerely hope that it will be useful to anyone living on or visiting the island who would like to connect to the amazing resources available here. The wellness community is growing in Majorca and we would love you to be a part of it.

You can visit [www.nourishtheguide.com](http://www.nourishtheguide.com) and sign up for their monthly newsletter, any associations or individuals interested to be featured in the guide can also contact them there.



and positive affirmations passed on; the jokes and photo montages that acted as a vital reminder of the richness of life and the value of laughter. Bags of lemons and vegan meals were delivered to the house. Homemade freezer meals for Leila, my daughter, helped give me the rest I so needed. Girl-friends would accompany me to meet specialists and keep me company on dreaded treatment days, holding my hand. The sweethearts who are my friends would look after Leila on outings I was unable to attend, make me laugh, teach me to love yoga, keep me company on walks, and simply pop

in to share a green juice with me. All of these heartfelt acts of love and compassion played an integral part in helping me stay positive, strong and smiling throughout one of the most difficult chapters in my life.

But it also gave me the catalyst to change my lifestyle and way of living for the better. Cancer is not a gift, but it can be a great catalyst in your life if you're open to it. It makes me incredibly happy to be able to share everything I have learnt on this journey to wellness with anyone spending time in Majorca. It seems unbelievably timely that we are launching exactly five

**Cunningham & Associates.**

Legal and Tax Consultants who speak your language and understand your particular needs

- Property Law
- Inheritance Law and Tax
- Business accounting and Tax
- Resident and non-Resident Personal Tax Returns
- Employment Law

Registered with the Law Society of Islas Baleares and with the Law Society of Scotland  
 C/ Miguel de los Santos Oliver, 10, local 3  
 07181 Palma Nova, Calvià  
 Tel. 971 591 118, 660 383 060  
[www.maricunningham.com](http://www.maricunningham.com)

<p><b>Offer Formentera in June</b> Sailings daily</p>	<p><b>Offer Ibiza</b> 2 days/ 1 night in June</p>
<p>Palma-Ibiza 08.00-11.30 Ibiza-Formentera 12.30-13.00                  Formentera-Ibiza 19.00-19.30 Ibiza-Palma 21.45-01.16</p> <p><b>Option of Excursions</b>                  Excursion 1: Savina – Es Pujols – Savina 45 €                  Excursion 2: Savina – Es Pujols – Arenal or es Calo – Savina 50 €                  Excursion 3: Savina – Es Pujols – Arenal – Mirador – Faro – Savina 55 €</p> <p>Price includes: Boat ticket with Balearia Bus Botafoc – Ibiza – Botafoc                  Excursion depending on option</p> <p>Children 40% discount</p>	<p><b>110€* per person</b>                  Palma-Ibiza 08.00-11.30 or 10.00-14.30                  Ibiza-Palma 21.45-01.16 or 03.25-07.25                  Sailings daily</p> <p>Price includes:                  Boat ticket with Balearia                  One night in Hotel El Puerto with breakfast</p> <p>*Price subject to availability</p>
<p><b>VIAJES CANALS</b></p> <p>AGENCIA DE VIAJES · RESEBÜRO · TRAVEL AGENCY · ТУРИСТИЧЕСКОЕ АГЕНТСТВО</p>	
<p>Information and booking:                  Tel. 971 230 777                  Email <a href="mailto:Tatiana@viajescanals.com">Tatiana@viajescanals.com</a>                  Avd. Rey Jaime I, 109, Santa Ponsa</p>	