



Ten-year-old Sandrina is one of Ann's horses that she trains in Moorpark, Calif. Ann overcame many of the debilitating aspects of multiple sclerosis by riding. "If you ride correctly, you ride with balance," she says. And in life you have to be balanced."

PHOTO BY INSTUDIO BY KENNETH LINGE

Save the leather for that cute new handbag.

readjust and remind ourselves of our focus. You know when you are out of balance, but you have to remind yourself how to get back in balance. It's a learning process. As the needs of the children change, everything changes. You have to make adjustments along the path. We should have the long view in mind and know where we want to go, but we can't just set the dial and think we're going to get to our end destination. Adjust, adjust.

UV: How does routine vs. spontaneity fit into that?

Ann: It's important to have health routines and to eat properly. It's also important to have a spiritual routine where you nourish your soul with scripture or meditation — whatever feeds

your soul. You also need the physical aspect, such as playing tennis, which has been a big part of my life. That is why it was so tough when I got MS because I had to pull back on my activities.

UV: Is there a part of you that is grateful for MS?

Ann: A very, very small part. You learn the most from tough lessons in life, and MS has been my toughest teacher. It has taught me a lot. It has taught me how to appreciate the good days. It's taught me how to pace myself better. Most importantly, it's taught me to recognize that nobody gets through life unscathed. Everyone is dealing with their own MS in one way or another. It has sensitized



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