

# MY BODY & SOUL GOLDIE

DJ and artist, 43

- 1 Are you healthy?** Pretty good, I look after myself. I don't tend to get bugs and colds, I'm too seasoned for that.
- 2 Ever spent a night in hospital?** About 18 months ago I broke my leg waterski jumping. I launched off some ramp and the way I landed on the water I caught my top ski and held my leg down, which caused a spiral fracture in the femur. I was out for three months. It was agonisingly painful being in hospital – mentally painful as well. I wanted to work.
- 3 Do you worry about your weight?** I fast twice a year. You survive on maple syrup, lemon, hot water and cayenne pepper for 12 days. It keeps your weight down and it detoxes you so your body feels fantastic after.
- 4 What exercise do you take?** I swim, and I think sweating in nightclubs every week DJing helps me lose some weight. I used to hate swimming but I've discovered waterproof headphones so I can swim and listen to all this classical music. It's a godsend.
- 5 How much sleep do you need?** Probably four hours. Being an artist doesn't allow for any more, I'm working all the time. Too much sleep does my head in.
- 6 How much do you drink?** The odd bottle of vodka now and then. I like vodka, it's a good vice for me. It's the only thing I drink, and I drink it straight. No ice, no water.
- 7 Attitude to smoking?** I only smoke at night. It became a DJing ritual, smoking and DJing, and I'll smoke when I'm observing a painting – it's like a tea break.
- 8 Attitude to drugs?** I've been there, seen it, got the T-shirt, been through the psychosis and back again. It doesn't really affect me any more, I'm not bothered. As the song says, "The drugs don't work." People sometimes take them for the wrong reasons – I took them for psychological experimentation.
- 9 Have you ever had therapy?** I've done the Hoffman Process. I found that very eye-opening spiritually. Most gifted people are very complicated and they need some kind of anaesthetic and the Hoffman provided that.
- 10 How do you feel about cosmetic surgery?** It's quite egotistical. If you've got three fingers and you want to put a fourth one on fine, but I don't think loading your face full of chemicals is really the best thing to do. ★

Goldie's solo art show runs from 10-26 April at the Maverik Showroom, 68-72 Redchurch Street, Shoreditch, London E2; [www.eddieclock.co.uk](http://www.eddieclock.co.uk)