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tests. I also requested further testing, which was done privately and included vitamin, mineral, essential fatty acids and hormone profiles, and a *Candida* screen.

While I waited for the results of the various tests, I wanted to address Dana's lifestyle. I suspected that her depression, anxiety and even her *Candida* symptoms were directly related to her daily practices, both physical and psychological. The lack of routine in her eating habits, coupled with her ongoing stress, were a recipe for systemic distress. I explained this to Dana and introduced her to the principles of a macrobiotic diet and the 'three Rs' (food should be real, raw and recognisable). Essentially, a macrobiotic diet, which

is largely vegetarian, consists of whole, natural foods and some fish, with very little animal products. Evidence suggests that following this diet improves overall health and vitality, by for example: regulating blood sugar levels; reducing blood pressure; improving digestion and elimination; and boosting the immune system.⁵⁻⁷

Because *Candida* was also a concern, I provided Dana with an alkaline/acid food chart. *Candida* thrives in an acidic body environment and may become systemic, affecting many different body organs and systems.

Kefir probiotic drink was

recommended as a valuable addition to her diet, providing not only essential nutrients but also helping to treat her *Candida* infection by re-establishing a healthy balance of gut bacteria. I advised Dana that her body

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