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would undergo a period of adjustment as she altered her diet and eliminated toxins, and explained how she may feel throughout this transition.

Dana was not initially impressed with my suggestions; however, she did recognise that she had to make changes. We devised a plan that she could follow with the demands of her daily routine. For example, breakfast would include an assortment of vegetable juices, which she could prepare with minimal fuss. I encouraged her to keep nuts and seeds with her, as these are great sources of energy, protein and essential fats, and are ideal portable snacks. I also asked her to cut out refined sugar, processed produce and foods with yeast while treating her *Candida* infection. She could, however, keep apples and pears with her for those times when she wanted something sweet.

Apples and pears have a low GL (glycaemic load) and would have minimal impact on her blood sugar level and *Candida* growth.

For lunch, Dana decided that wholemeal wraps would be the easiest, as again she could prepare these in advance. Her wrap fillings would vary daily and would include an assortment of raw vegetables, herbs and cooked pulses, hummus and a drizzle of olive oil. For her evening meal, she was happy to prepare salads and have these with either fish or tofu. When she didn't feel like salad, she chose grains like couscous and brown rice and added an assortment of vegetables, with soya sauce. For liquid sustenance, I introduced Dana to an assortment of herbal teas which she could have hot or chilled. She would also now drink more water. I bargained with her about the coffee and we agreed that she could have decaffeinated varieties, but a maximum of one cup per day.

Dana's new diet plan provided her with essential fatty acids derived from both plant (nuts and seeds) and animal sources (oily fish rich in omega-3). Essential

fatty acids assist in the development and function of the brain and nervous system, and they help regulate proper thyroid and adrenal activity,⁸ which were key factors for Dana. They also possess natural anti-inflammatory qualities and boost the immune system. In addition, Dana's new diet would supply a range of vitamins and minerals, in particular vitamin B and folic acid, magnesium, iron and zinc. These nutrients, along with the removal of caffeine from her diet, would help reduce her symptoms of depression and anxiety. Garlic was also added to her diet, not only for flavour but for its wonderful antimicrobial action, which would target the *Candida*.⁹

My next move was to encourage Dana to take some time out. I showed her some guided meditation tracks on my website and walking or swimming was also factored into her day, which would encourage the release of stress-relieving endorphins and keep her feeling more balanced. Visiting family and friends was a need that she now acknowledged and would address.

By the time I saw Dana again, she was a different woman. She was calmer, happier and stated that she felt more balanced. She told me that she no longer felt depressed and if she did have a bad day, it would pass and was not as bad as before. She experienced little anxiety now and found the meditation and exercise very useful in controlling this. Dana no longer craved carbohydrates and felt sustained by her food throughout the day. The dizzy spells were gone and her *Candida* infection had cleared. She had implemented her new diet and confessed that there were a few days where she went off-plan. However, overall she largely stuck with it and enjoyed it.

I had Dana's blood test results by then and these confirmed my suspicions: hypoglycaemia, hormonal imbalance and *Candida*, all of which would now largely be addressed by her diet and lifestyle changes. Her vitamin, mineral and essential fatty acid profile revealed significant deficiencies in magnesium, zinc, B vitamins, vitamin D, folic acid, and certain fatty acids. I prescribed supplements that would address these, albeit only for a short duration. Dana was thrilled with her progress and expressed her gratitude for "getting back [her] life". My contribution was small — she did the work and sustained it! ●

See pages 47-49 for references.

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