



# Mind, Body and Soul

SINGAPORE IS HOME TO A NEW HOLISTIC SERVICE WITH UNIQUE PRODUCTS  
SET FOR ISLAND-WIDE DISTRIBUTION NEXT YEAR.

**S**INGAPORE HOMEOPATH AND NATUROPATH, Dana Heather, holds a Masters in Holistic Nutrition, a BMed in Pathology, plus the belief that relaxation is the key to healing.

Her practice is a mirror of her preaching. Walking in to her home-office, off Bukit Timah Road, is like stepping into a lush relaxing oasis.

Heather chose a home practice rather than a clinic as “this is a safe place for people to open up to a consultation. I find this is especially important for men,” she explains.

She has a broad-based approach to healing, with consultations taking into account what she terms “the union of mind, body and soul”. She will not treat symptoms in isolation, but rather looks at the root of the problem.

Methods of curing the mind are many and varied. She explains there is a proven link between mental health and nutrition, pointing to depression as a case in point. The brain needs many basic ingredients, including

magnesium, B vitamins, calcium, amino acids and vitamin C to manufacture serotonin, the ‘happy’ hormone. Substances such as alcohol can drain the body of vitamin B and magnesium, making supplements necessary.

Intensive farming has drained soil of its original nutrients, she says. So she imports supplements direct from the US. One in particular, Vitamineral Green, has become almost a personal crusade for her. It combines a host of super foods, including wheatgrass and seaweed to make a daily ‘safety net’ of nutrients, enzymes, probiotics and raw energy. All ingredients are grown in re-mineralized soil, with no pesticides; and rather than using the traditional radiation to clear bacteria, magnets are used.

Currently only available online, Balanced Living Asia products will be available in stores island-wide next year. —ASTRID WYNNE

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*The relaxing ambiance of Dana Heather's practice (above) and one of the innovative products that will be available in stores island-wide next year.*