

## Forbidden: Leonie

How shall I tell this?

You see, I was having trouble wearing my clothes. Polyester, in any shape or form, was off limits for me, and always had been. Wearing polyester clothes left me feeling spaced out, foggy, and light headed. Cotton clothing was O.K., being the only fabric that could be worn next to my skin.

Some years ago now I had just bought some nice cotton slacks when I discovered that even cotton was becoming uncomfortable to wear - as with polyester, feeling spaced out and foggy!

What if I could wear nothing!!

Someone recommended a nutrition expert on the North Shore. I hastily phoned for an appointment. At the appointment, this expert didn't beat around the bush - he put me on a strict diet. Apparently, one's skin, which is the part of us that is subjected to being at close quarters with our clothing, can affect the liver. It seemed like my liver was coming into disrepair for some reason, and needed help. Hence I was put on a strict diet regime. The situation was dire.

On the forbidden list, not allowed at all, not even one:

- No sugar, candy, chocolate, sweets, lollies, cakes, pastries, pies, puddings, ice cream, custards, jellies, jams etc.
- No carbonated drinks, soft drinks, alcohol, milk (rice, goat or soy milk good alternatives).
- No packaged, processed, canned or microwaved food.

On top of that, only one coffee and one muffin allowed per week!

Of course healthy foods and supplements were allowed.

To cut a long story short, after a few months keeping to a strict diet, eating only healthy foods and excluding the forbidden foods, more of my cotton clothing became wearable and comfortable again.

A huge sigh of relief - nudist colony no longer beckoning!

In this context 'forbidden' turned out to be a catalyst for a very positive outcome.