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'I was staying out late and drinking and partying, like everyone around me'

By: [Jo Abi](#) | 8 Dec 2019

Sarah Davidson was used to living life under pressure. The 30-year-old began ballet at the age of three and joined the Australian Royal Ballet when she was 12, an endeavour that certainly isn't for the fainthearted.

"In ballet there was definitely a lot of pressure to perform and stay slim," she tells 9Honey. "I hadn't reached puberty yet so I didn't have to try to conform to the body shape they needed."

She quit when she was 15 at the urging of her mother who wanted her to concentrate on school.



Sarah Davidson was burning the candle at both ends before suffering a complete physical breakdown. (Instagram @spoonful_of_sarah)

"My mum reminded me that ballet can give you a short shelf-life, particularly if you are injured."

It was a significant change for the then-teenager who was used to living and breathing the ballet life which revolved around dancing and training.

Then, during her university years, she started burning the candle at both ends.

"I was staying out late and drinking and partying, like everyone around me," she says. "I pushed boundaries and survived."

When she began working for a law firm, Davidson says she swapped her unhealthy university life for an equally unhealthy corporate one.

"I got very caught up in the corporate lifestyle, eating at my desk, working long hours and drinking lots of coffee," she says.

“I was staying out late and drinking and partying, like everyone around me.”

It was after returning from a work trip to Rwanda that she says she "crashed".

"I caught a parasite over there, came home and ignored it, went back to working long hours, not eating well, exercising sporadically and I totally crashed," she says.



"I felt very lethargic and couldn't think straight," she continues. "I wasn't eating properly and lost a lot of weight and was just completely knocked out having gone so many years demanding so much of my body."

Davidson says that was also the beginning of her battle with anxiety.

"I started suffering from anxiety and was told to ban coffee because I'd drink it and my heart would beat so fast," she says. "This became a full-blown panic disorder."

Davidson says she had no choice but to quit work and focus on healing herself. Desperate for a healthy energy source, she began using green tea powder which she had discovered during a trip to Hong Kong. But when she returned home to Australia, she couldn't find a product like it.



With husband Nic. (Instagram @spoonful_of_sarah)

So she and now-husband Nic Davidson, 35, began their first business together - [Matcha Maiden](#), and began sourcing and selling their own green tea powder. She is also lending her voice to a new product called [Premedy Probiotics](#), which she says "aligns really well with my lifestyle".

"One of the main things that helped me recover was learning about nutrition and 'eating diversity'," she says. "I had to take antibiotics to heal from the parasite and learned I needed probiotics to balance my gut health afterwards."

“I wasn't eating properly and lost a lot of weight and was just completely knocked out having gone so many years demanding so much of my body.”

She says during her battle with anxiety she realised the incredibly close connection between the mind and the gut.

"We're used to putting them in different buckets but they are actually related," she says.



Davidson now runs a 'wellness' empire including Matcha Maiden, a vegan cafe in St Kilda called [Matcha MylkBar](#) as well as a popular Instagram account [@spoonful_of_sarah](#) and a podcast called [Seize the Yay](#)

She says you don't have to make extreme changes to be healthy.

"You don't have to be vegan all the time, just sometimes," she says. "Do one thing a day that is joyful and make sure you get enough sleep."

She says gone are the days when she spent every waking hour working in a high-pressure career, although she says she still works hard.

Davidson tries to live by her mantra: "Work hard, play hard and do more of the things you love".

She also warns against "falling into the trap of doing more than is necessary".

Find out more by visiting the [Spoonful of Sarah](#) website. You can also follow her on Instagram.

****Please consult your doctor regarding all medical issues including dietary changes.**



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