



Wisdom for Healthy Living

ADHD RECOVERY

About 12 years ago a Neurological Paediatrician diagnosed our son, who was 6 years old at the time, with severe ADD and anxiety. He was placed on Strattera (the nonstimulant equivalent of Ritalin). His diagnosis was of such a nature that the doctor questioned his ability to function and perform in a normal school environment.

On the prescribed medication, his concentration and handwriting improved but he had all the side effects like loss of appetite, nausea and sleeplessness. During this time, he also developed a noticeable physical “tic” for which the doctor wanted to prescribe further medication. It was at this point that his mother decided to investigate natural alternatives to treat and manage his condition, as a replacement for all prescribed medication.

During this research phase our paths crossed with Johan Jacobs of GO NATURAL and his own testimony, experience and deep knowledge further motivated us to stop our son’s medication and radically change the whole family’s diet. All colorants and preservatives were eliminated, sugar was replaced with natural alternatives, we baked fresh bread daily using freshly milled, whole stoneground wheat or spelt, and cow’s milk was replaced with goat’s milk. We started using only natural fats and oils such as butter, olive oil, coconut oil and ate organic fruits and vegetables. We further supplemented his diet with good quality fish oil, trace minerals, mineral salts and vitamins.

The path we chose was not an easy one since it required significant sacrifice and commitment from the whole family, especially his mother. Regular exercise as well as learning how to plan and prioritise techniques, also played an important role.

The results, however, made it worthwhile! We saw our son’s improvement both academically and socially. He discovered his passion for science, developed strong friendships and good inter-personal relationship skills with fellow students as well as teachers.

His Gr 12 results (Cambridge AS level Maths, Science, Computer Science, English 1st language and A level Afrikaans 1st language) were proof of his incredible recovery since he achieved straight A’s with an average of 90% plus.

He currently studies Laser Physics at the University of Stellenbosch, has adjusted well in his residence, and is maintaining a high academic standard. We support his ‘real food’ diet by providing pre-packed homemade meals, pure water and his normal supplements. Exercise remains an important part of his routine which is why he joined the USB cycling club.



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The Go NATURAL protocol has changed our lives for the better!