



Wisdom for Healthy Living

Christelle Rademeyer – Recovery from Rheumatoid Arthritis 21 January 2020

I was diagnosed with Rheumatoid Arthritis in 2016 at the age of 37. After having a few appointments with the Rheumatologist, discussing a treatment plan and all the side effects of the drugs, we decided to take some time to consider our options and pray about the next steps.

We strongly felt to research other options with more of a holistic view rather than taking tablets to merely getting rid of some of the symptoms. It was always important for us to get to the root of the problem. At that stage, we didn't know much about anything and felt quite overwhelmed with all the available information out there. As time went by my health deteriorated rapidly and with three children to look after it became a challenge. I remember crying out to God in Feb/March 2017, one-and-a-half-years since I was diagnosed, asking him for a way out other than taking drugs, which I considered strongly at that stage being in so much pain.

We had the opportunity to visit our family in Strand in April 2017 and on arrival my sister-in-law had a bit of a scare when she saw me, she told me about her discovery of Johan Jacobs and his incredible testimony and journey, and that she highly recommended making an appointment with him. We managed to schedule an appointment with Johan for that week. It was very informative, and I felt so relieved when I left his office, a lot of what he said resonated with us. Reading his book was an absolute revelation, about dental health and the toxicity of it.

On arrival back home, in the UK, we've prayed for wisdom. I asked the Lord that if it's in his will for me to go down this path, and if so to provide someone who would recommend a biological dentist in the UK and that they too would have positive testimony. In May 2017, I travelled to Denmark and met exactly such a person also from the UK just visiting Denmark. Once again, the Lord was faithful, and it was a confirmation from Him to go down this path.

I went for my consultation at the Biological dentist in Bedfordshire, the UK June 2017. They did a mercury vapour test and during the cavitat scan, they detected five problem areas (four wisdom teeth from 10-years ago and one from November 2016). Whala!! My toxic engine was pinpointed:naerobic bacteria, chronically traumatising my immune system -confirming Johan's original diagnosis. It was a great relief even just knowing that.

At that stage of my journey I was very ill. Most of my joints were swollen to the point where I couldn't lift my arms, walk up the stairs or go from a sitting position to standing without support to take the pressure off of my joints. It was like walking on glass and I had to buy special memory foam shoes to walk with, as I couldn't walk barefoot. Not



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even to mention, that I had severe fatigue. Because of the inflammation, my oxygen levels in my blood were minimal, causing me to sleep 18 hours a day and still with no change in my energy levels.

The treatment date was scheduled for mid-August 2017. I went through the detox plan and took additional supplements beforehand, as recommended by the Biological dentist. During the treatment/surgery they gave me intravenous Vit C to boost my immune system and for two days after the surgery.

The morning after my treatment, I woke up and being sleepy, got out of bed and walked barefoot to the bathroom!!!! Oh, the joy! Even just a few hours after my surgery my body responded.

I've only gone from strength to strength, applying healthy eating habits and drinking lots of water and exercising. I run 3km a few times a week now. We're blessed to be back in South Africa for a season and I thank the Lord for his guidance, every step of the way, during this journey. He is faithful ...and a big thank you to Johan at Go Natural for your guidance and compassion. Blessed to be a blessing!