



Wisdom for Healthy Living

PREVENT NUTRITIONAL INJURIES

Plus the possible devastating long-term consequences thereof

By Johan Jacobs - June 2020

This article exposes the first visual symptoms of nutritional injured individuals.

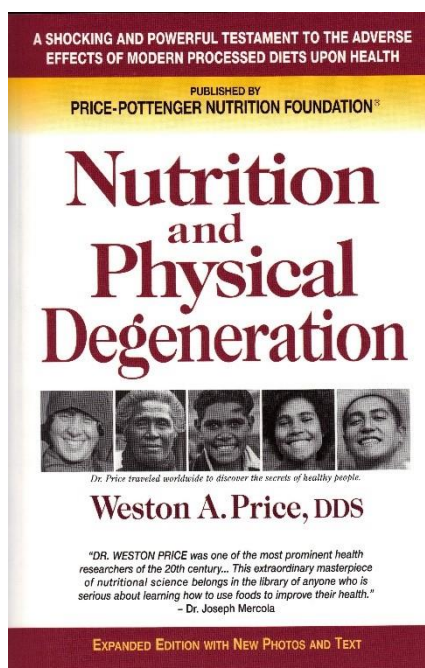
CHILDREN SHOULD DEVELOP TO THEIR FULL GENETIC POTENTIAL, AS THEY USED TO DO 200-plus YEARS AGO.

WE ALL KNOW - TO MEASURE IS TO KNOW

Therefore, how can one measure if you developed to your full genetic potential?

It is simple, hang on, the mirror will tell you, but to fully understand this dimension of 'nutritional injuries' it is critical that we revisit and rekindle the profound research study done by Dr Weston A. Price in 1930-1939. He then published all of his discoveries and photos in his book, **Nutrition and Physical Degeneration, Weston A. Price, DDS**. From a personal perspective, he demonstrated the fundamental basics of nutrition in this monumental book.

The basics of this book are summarised, along with other important research and literature on optimal health, in our book, [GO NATURAL Wisdom for Healthy Living](#).





One key-discovery is that the skull and dental arches of modern man has become narrower, resulting in there not being enough space in the mouth for all 16 top and 16 lower teeth. As a result, most modern children develop crooked teeth that need orthodontic treatment with braces; in parallel, there is a need to extract the wisdom teeth to make space for alignment of the teeth to get that stunning 'magnum' smile.

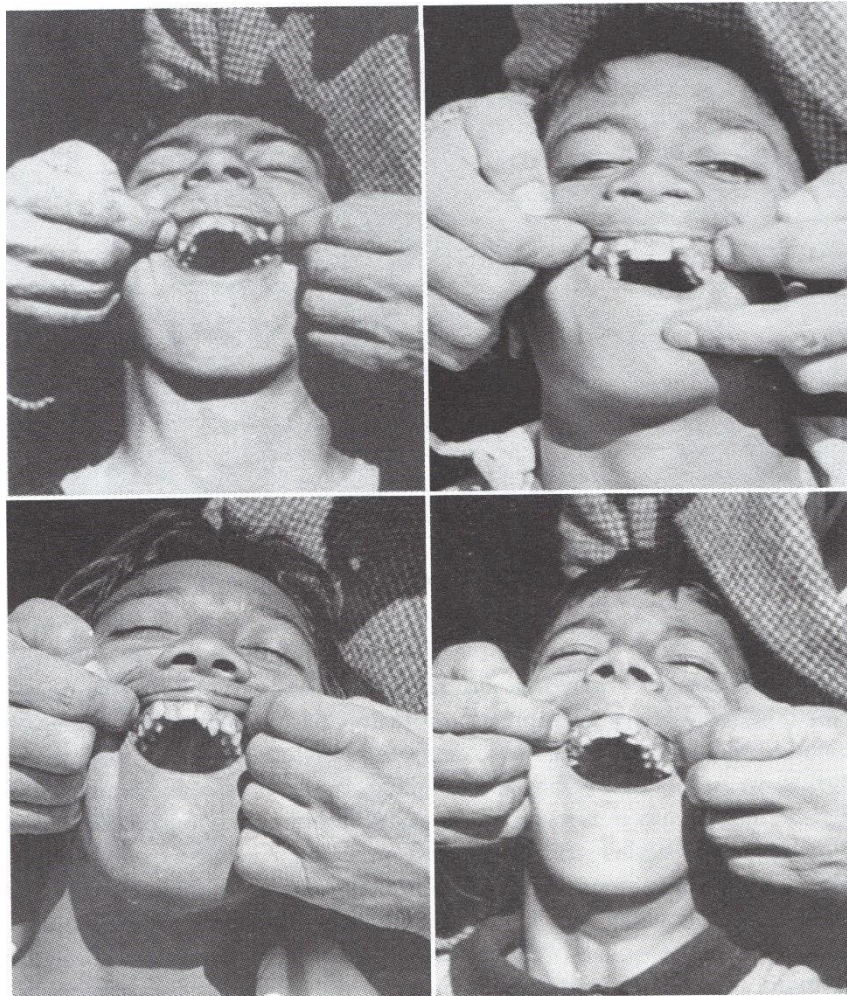
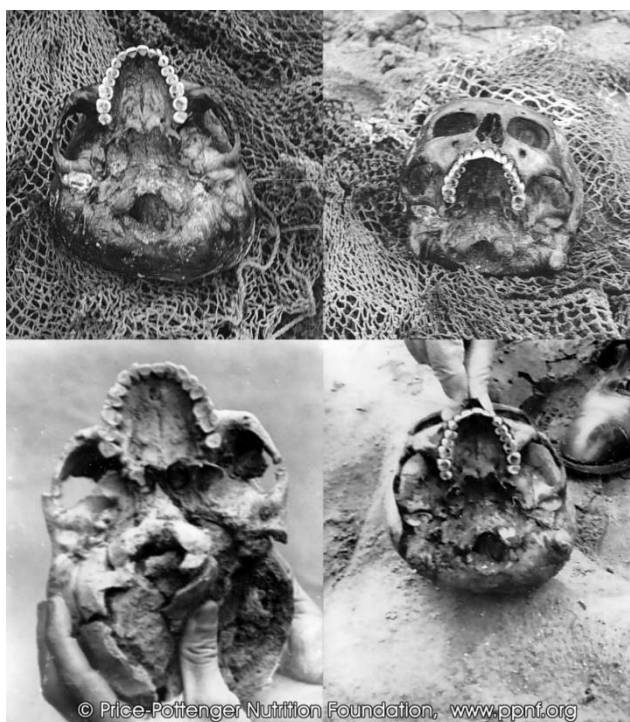


FIG. 72. In striking contrast with the beautiful faces of the primitive Maori, those born since the adoption of deficient modernized foods are grossly deformed. Note the marked underdevelopment of the facial bones, one of the results being narrowing of the dental arches with crowding of the teeth and an underdevelopment of the air passages. We have wrongly assigned these distorted forms to the mixture of racial bloods.



On the contrary, you will see in the photos presented in Dr Price's book, it is clear that all the skulls of people who lived in the pre-industrialization age and on the true hunter-gatherer diet and lifestyles presented fully developed dental arches with no crooked teeth, with all 32 teeth present and perfectly aligned. Another observation is that most people at that day and age passed on with all their teeth, with no to minimal cavities as well. There were no teeth with fillings either.



“Note the splendidly formed dental arches. In an examination of 1276 skulls in succession, I did not find one with the typical deformities of our moderns.” (Fig 78, page 202)

The IMPORTANCE of your TEETH

Think about it a little bit, sadly, we are the only mammal on our planet to extract vitally important teeth. Your set of teeth is made first and foremost to eat and chew your food properly. We can also define your teeth as your milk-making equipment to ensure proper digestion. Your first food was milk, my common sense tells me, one should chew one's food to become a milk-like liquid before swallowing. If your food enters your stomach partially chewed, you can not properly digest and extract the nutrients of the ingested food. In other words, you can ingest the best food available, but if it was not chewed properly you can still be nutrient deficient as you only partially digested the chewed portions. Your teeth are the necessary equipment in the first phase of digestion, turning your food into milk, and if this process is not



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complete you will develop deficiencies and or digestive problems lower down in the digestion process followed with putrification and indigestion.

Fast forward 500 years, modern man is now consuming the quick fix, adulterated, refined, toxic and nutrient sterile food chain that has left us nutritionally injured, and lead us in the day and age of the exponential development in dentistry, 'panel beating', our teeth and jaws. I would say conservatively, 75% of young people and children I have talked to had to remove their wisdom teeth, plus had to align their teeth with orthodontic braces and treatments. Not to mention repairing and placing fillings, etc. Dentistry has become a growing and roaring business and sadly, most modern children don't have the luxury anymore to develop naturally to their full genetic potential.

It is a risky business - The Invisible Jaw Infection - CAVITATION

However, sadly the problem does not necessarily stop when the wisdom tooth has been extracted and with the successful orthodontic treatment – teeth alignment process. When teeth have been wrongly extracted, whereby the periodontal ligament was not removed there is a big risk that that extraction/s could develop in incomplete jaw healing that develop in a jaw-bone infection that is called a dental jaw cavitation.



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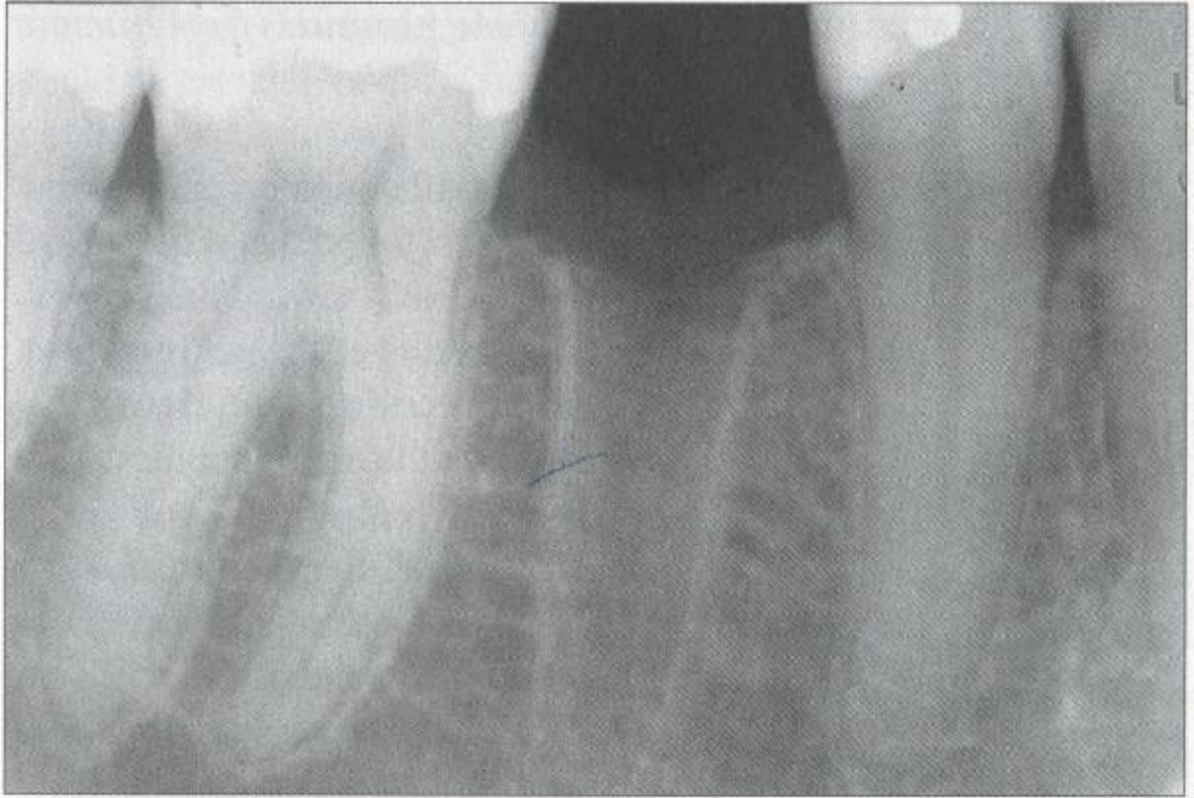


Figure 32

This cavitation site is filled with anaerobic bacteria that is very potent and is suppressing your immune system 24/7. This is also called dental pathology. The prevention and the treatment to clean a jaw cavitation (dental pathology) is well documented in our book.

A view from a scientist Robert H. Dowling on Oral Pathology

“Dowling's Law: “If you don't have oral pathology you won't get cancer or a degenerative disease. Expressed another way, if you have cancer or a degenerative disease, you have oral pathology.””

CANCER cured the coming STORM - Am I dead? or do I just feel like it? by Fred Hughes Researched by Robert H. Dowling, D.Sc.

ROOT CANALS are DEAD BONES

A root-canal-treated tooth, a tooth that is actually killed, is also oral pathology because the blood and nerve supply has been removed and cut off. This makes a root canal a dead porous bone in your body that will lead to an infection as it is an



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ideal incubator (safe haven) and environment, plenty of food for anaerobic bacteria as the dead tooth is now inaccessible to your immune system, that is in your blood. You will see in the below panorama X-Ray the two root-canal-treated (killed) teeth have pin-like inserts into the teeth. The bottom root-canal-treated tooth have an abscess and it is clear there is bone necrosis all around the abscess. This forced infection in my experience and according new research is the biggest health risk that is currently enforced on the human race.

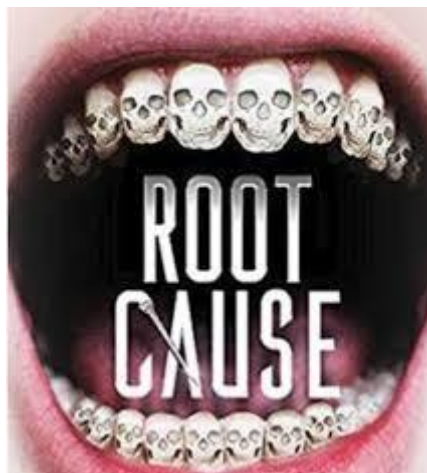


A typical modern Panorama X-Ray of one of our customers exposing multiple nutritional injuries.

ROOT CAUSE – Movie

Recently there was a documentary made that exposes dental pathology:

Linked the ROOT CAUSE MOVIE trailer <https://rootcausemovie.com/>





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The full movie is not available on internet anymore, but it is available on request here at GO NATURAL.

THE **SOLUTION** TO PREVENT THESE NUTRITIONAL INJURIES IS IN THE NEXT SECTION

FOOD is your FUTURE

Remember, we are what we eat!

Good and true foods are the supply of building blocks to your body, to build sturdy bodies plus long-lasting natural immunity.

Literally, your food is your future; it becomes part of you. Food is not only for building and energy; every day you also replace millions of cells with new ones, as cells only have a certain shelf life. Make sure you are geared for a good future where you replace the old cells (tissue, approx. 20 million cells get replaced daily) with equal or better building material, by ingesting whole, clean and true nutrients.

Our book GO NATURAL Wisdom for Healthy Living explains it in detail and presents the proven GO NATURAL hunter-gatherer diet and lifestyle that empower people to develop to their full genetic potential and to live "DIS-EASE" free.

Healthy regards

Johan