



Wisdom for Healthy Living

Diederick Reid's – Recovery from MS and more

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My journey

About two years ago, I was diagnosed with MS, and I thought my life would never be the same again but as it turns out its better now that it has ever been.

The initial shock is devastating and besides the physical disabilities the emotional ones are probably even worse. Brain fog, constant fatigue and in my case – loss of the use of my left hand and all fine motor coordination disappeared. My wife is an ex nursing sister, so from the outset we started looking for options and as there is no known cure. We started looking at what else was available and this of course leads to alternative methods.

The first two books I've read was Dr Terry Wahls, The Wahls Protocol, and Johan Jacobs book, Go Natural – Wisdom for Healthy Living. Amongst other things Johan's book exposes the dangers of dental pathology. His book lead me to read the book of Dr Hal Huggins, Solving the MS Mystery, HELP HOPE AND RECOVERY, this book also exposed the dangers in your mouth and the safe dental revision protocol. These were life savers, as I realized the body can, with the right care heal itself.

Sometime later, I visited Johan in Somerset West and seeing is believing – I needed to see if he was everything he said he was. He does, he walks the talk. I was already on a very strict eating plan as per his book so had already started my journey and he was even more inspirational. On top of this I exercised every day to keep my body active. I will never forget my visit to the dentist recommended by Johan, and after my fillings were correctly removed and all root canal treatment removed the real healing began. I woke up two nights after the procedure and it felt like a light had suddenly come on. The fog had lifted and I could think straight again. I still use Johan's book often as a reference but it is really quite simple. Make sure the source of your food is good (preferably organic, fresh and whole), and NO fast foods and additives or preservatives at all.

I often came back from my beach walks and I could literally feel my body healing, almost thanking me. This might sound strange but I can assure you it's true, when this happened I knew I was on the right track. The body is designed to heal itself if you feed it correctly (let food be your medicine).



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I had another MRI scan a few months ago, and the biggest lesion had more than halved in size, and most of the smaller ones have totally disappeared. But the best news was that the biggest lesion was not active anymore (almost opaque on the scan). Interestingly, I had also always had other symptoms like dry red skin, dandruff, high cholesterol, and general fatigue – these were always there, and I had lived like this for years. All of these problems have totally disappeared.

Two years later although I feel fantastic, and am almost healed I have a little way to go. My energy levels are back, I can use my left hand again like before, and the best of all is NO MORE BRAIN FOG.

I am extremely grateful to all the information that is out there, but for me the key was dental revision and healthy food (check where it comes from), this combined with exercise and you are on the road to good health.

I now often get remarks from friends I haven't seen for a long time on how healthy I look and they are amazed at how I did it.

I look forward to writing another post when I have reached the top of the ladder 100%. I don't think that is far off, but I do keep telling myself this is a marathon not a sprint.

If you have not yet read Johan's lifesaving book, it is time that you seriously consider to do it and to apply the wisdom it contains. It is practical and it is easy.

Thank you

Diederick