



# Yes, you can RECOVER

from multiple sclerosis!

—by Diederick Reid

About two years ago (2015), I was diagnosed with MS, and I thought my life would never be the same again, but as it turns out, it's better now that it has ever been.

## Shock and loss

The initial shock is devastating – 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 co-ordination 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

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started looking at what else was available, and this of course lead to alternative methods.

## Helpful book full of hope

The first two books I read were *The Wahls Protocol*, by Dr. Terry Wahls and *Go Natural – Wisdom for Healthy Living*, by Johan Jacobs. 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*. These books also exposed the dangers in your mouth and covered the safe dental revision protocol. These were life savers, as I realised that when the body receives what it needs, it can heal itself.



## New inspiration

Sometime later, I visited Johan in Somerset West, and seeing is believing – I needed to see if he really was everything he professed that he was. Indeed he walks the talk. I was already on a very strict eating plan as per his book, so had already started my journey, but he inspired me anew. On top of this I exercised every day to keep my body active.

## Life changing visit to the dentist

I will never forget my visit to the dentist who Johan recommended. The dentist removed my fillings according to the correct method, he also removed all root canal treatments – the real healing could begin. Two nights after the procedure, I woke and it felt like a light had suddenly come on in my brain. The fog had lifted and I could think straight again.

*Two years later  
I feel fantastic, and  
my energy levels  
are high!*

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 absolutely no fast foods and additives or preservatives at all.

## On the right track

I often came back from my beach walks and 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 with sufficient and correct nutrients (let food be your medicine), and extremely important, if all the obstacles (root causes) are removed.

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## Symptoms disappear

A few months ago I had another MRI scan, and the biggest lesion has more than halved in size; most of the smaller ones have totally disappeared. However, the best news is that the biggest lesion is no longer active (it is almost opaque on the scan). Interestingly enough, I always also had other symptoms like dry skin, dandruff, high cholesterol, and general fatigue – these have always been present and I lived like this for years. All of these problems have totally disappeared.

## Use of my left hand returns

Two years later I feel fantastic, and am almost completely healed, but I have a little way to go still. My energy levels are back, I can use



my left hand again like before, and the best of all – no more brain fog.

the top of the ladder and have been healed 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 doing it and to apply the wisdom it contains. It is practical and it is easy to follow the instruction. ■

## The path to good health

I am extremely grateful for all the information that is out there, but for me the key to healing was dental revision and eating truly healthy food (be informed where your food comes from). This combined with exercise will place you on the road to good health. I now often get remarks from friends that I haven't seen for a long time who comment on how healthy I look; they are amazed when they hear how I achieved it.

## It is a marathon, not a sprint

I look forward to writing another testimony when I have reached

**JOHAN JACOBS** is the founder and author of *GO Natural*. Visit [www.gonatural.co.za](http://www.gonatural.co.za) to order his book, as well as other books such as 'Solving the MS Mystery' by Dr. H. A. Huggins.

