



Wisdom for Healthy Living

Hendrik de Bruto - Recovered from Gluten and Wheat Intolerance

October 2018

It works!

I am a very health conscious person and very aware of what I eat. In November I will be 75 and I am still very healthy. I do not use medication of any kind. However, in recent years, I started to develop problems with some foods that are included in my diet. Eventually I found myself to be gluten intolerant. I am naturally a bread eater and bake bread myself – preferably brown whole wheat bread. I finally ended up not being able to eat any food containing gluten – it caused me to be not able to eat any food for days in a row.

Then I heard from Go Natural and got first-hand information from Johan Jacobs that the problem lies in the fact that not only is processed flour "dead", it also contains toxic substances like rancid oxidised oils that became carcinogenic, harmful chemical preservatives and possibly pesticides from the farm. The solution is to use natural, clean flour and to grind it yourself, or to have it grinded and to bake with this freshly prepared flour containing all the natural elements. I am now able to eat this freshly baked whole-wheat bread and no longer have any of the mentioned gluten symptoms.

Hendrik De Bruto - Herstel Van Gluten- en Graanintoleransie

Oktober 2018

Dit werk toe!

Ek is 'n persoon wat baie gesondheidsbewus is en baie bewus is van wat ek eet. Ek is November 75 en baie gesond. Ek gebruik géén medikasie van enige aard nie. Tog het ek die afgelope jare probleme begin ontwikkel met sekere kosse wat ek eet. Uiteindelik het ek vasgestel dat ek glutenintolerant is. Ek is van nature 'n broodeter en het self brood gebak – verkieslik bruin volgraanbrode. Ek kon toe uiteindelik

geen kos eet wat gluten bevat nie – dit het veroorsaak dat ek tot vier dae na mekaar geen voedsel kon inneem nie.

Toe hoor ek van Go Natural en kry die eerstehandse inligting van Johan Jacobs dat die probleem in die eeste plek is dat die gewone geprosesseerde mele "dood" is. Dit



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bevat ook toksiese bestanddele, soos geöksideerde olies wat kankerverwekkend van aard is, skadelike chemiese preserveermiddels en moontlik insekdoders van die plaas. Die oplossing is om skoon graan, heel te ontvang en self te maal of te laat maal; en die brood dan te bak met meel wat vars berei is en al die natuurlike elemente bevat. Ek eet nou hierdie varsgebakte volgraanbrode en het glad nie meer van die genoemde glutensimptome nie.