



Wisdom for Healthy Living

Hernus Langeveldt conquered Psoriatic Arthritis

(June 20018)

During our June vacation in 2008 I developed a pain in the ball of my left foot. It was really uncomfortable and very painful. Everyone joked that I had gout, although I am not a drinker at all.

Then the pain spread to my toes that started to swell up like sausages. My right foot followed suit, as did my fingers. I was constantly fatigued.

The pain was unbearable ... I could not wear closed shoes or even hold a pen to write. I was very worried because this started to affect my daily activities. Walking became a painful ordeal and every bump was excruciating. It was virtually impossible to work.

I knew about Johan Jacobs [Go Natural] and of his healing. After talking to him several times, I began to understand the effect that sugar, preservatives, chemicals, alcohol, etc. had on the body and I changed my eating habits quite drastically. We started eating healthier, baked our own organic, freshly ground whole grain bread, drank distilled water and cut out all sugar and preservatives. Suddenly there was very little that I could buy at the supermarket ... everything was processed. Our aim was to find food in its most natural and original form.

After two months of eating correctly, my pain stabilised [and I was 11 kg lighter], but the pain did not subside. At least the swelling did not spread any further. In October 2008 I visited a specialist biological dentist, on Johan's recommendation, to remove my amalgam fillings. After the first session my fatigue and aches were markedly less. Before each session I drank activated charcoal to absorb any poison [mercury in the amalgam] that ended up in my system.

During that time I spent a lot of time in prayer and asked the Father for wisdom and understanding about my condition. Gradually my eyes began to open and I realized what damage an unwise lifestyle can do. It was not just food, but a holistic approach that had to be followed to get to the root of the problem. Stress was also a great contributing factor. Worry and fear have a very negative effect on our bodies. When our bodies are under stress the body interprets it as an attack and your immune system responds accordingly.

I also came to the conclusion regarding autoimmune diseases that one must not forget about things such as forgiveness. Being positive and joyful is also essential. However, the pain still persisted and I decided to visit a rheumatologist. Before my



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visit my wife had already 'diagnosed' me with psoriatic arthritis with the help of Google. The rheumatologist confirmed this and prescribed methotrexate. Side effects such as constant fatigue, high blood pressure, an upset stomach and sensitive skin soon followed. After months of this, I decided: No more of this. On the 10th January 2009 I stopped my medication. I fasted for three days to cleanse my system and continued to pray about the way ahead.

During a radio talk I heard about MSM [a natural remedy to combat inflammation] and started taking it immediately. Within weeks I was 50% better.

On the 4th of February I consulted with a naturopath and he found that the heavy metals in my body were not balanced. My iron levels were too low. This all started when I did chelation, thereby removing too much minerals out of my system. By taking in trace elements the balance could be restored over time and this further improved my condition.

On the recommendation of Johan I let Dr. P Boshoff surgically remove all my teeth that had root canal treatment. I only came to this decision after months of considering if I should have this done. Luckily medical aid approval for the surgery made my decision easier. Afterwards the Dr. Boshoff confirmed that there were also dental jaw cavitation in my jaw that have now been removed and cleaned.

Two months later I was about 80% better, but the final 20% still eluded me. Now, eight years later [in 2016] I am closer to 90% and I find that lifestyle [food and stress] still plays a role. With much grace, knowledge and insight, I am healthier than in 2008.

In retrospect I realize that harmful deceitful substances such as mercury amalgams, root canals, chemicals, preservatives, sugar and stress took its toll on my body - which after eight years is only now been restored.

The body is designed to win and to heal, but the right environment with the right nutrition is essential. You also need to remove the root causes of the problem that puts the body under undue stress.

Johan's book, GO NATURAL - Wisdom for Healthy Living, explains all of these dimensions in detail, it is really a must read book, I recommend it, it will change your life for the better. Be pro-active, prevention is far better than to cure

Regards

Hernus Langeveldt