



How Lali Pelissier's Four Sons Recovered and Prosper from ADD Feb 2020

I would like to thank Johan and Alicia from Go Natural for the opportunity to tell the true story of my four sons.

I have been struggling with a short attention span for as far back as I can remember. Subsequently, all four my sons probably inherited from me the trait of being driven to distraction. Being part of the current schooling system in South Africa, the boys were unfortunately very quickly diagnosed with being ADD (Attention Deficit Disorder).

After an unfortunate and bitter divorce, all four the children went to live with their father during 2002. Soon after the divorce, all the boys were taken up in the medical fraternity. Up until the ages of 10 years, twins of eight-years old and our youngest four-years old, I was their primary caregiver. I was very conscious of their overall health which included body, spirit and mind. At the time Dr Lilly, a Homeopath from Pretoria, was my go-to doctor. The reading materials I received from him made me aware that things were not as simple and there were different schools of thought. I endeavoured to not run for antibiotics, vaccinations and all the things we so readily agreed with when growing up. So, when all four my boys were diagnosed by a general practitioner in Stellenbosch and promptly prescribed Ritalin, I was startled and upset. But my hands were tied by a High Court order. I watched my four healthy, very busy boys "disappear". The eldest, Samuel was the first one to refuse this schedule 6 drug as he disliked the 'way' it made him feel. Ritalin is the highest legally scheduled drug available in SA. Such medicine's distribution is rigorously controlled as they are extremely effective and as a result can be easily abused.

The twins were unfortunately placed on Concerta and an antidepressant. I watched them playing naked on the lawn one hot afternoon. They were jumping around as their eldest brother turned the sprinkler on them. I was shocked senseless as I realized their individual characters were literally fading away. I got up and vowed to raise all hell until my children were off all medical drugs and allowed to grow and develop into their full potential as healthy young men, freed of the tremendous effects of drugs.

By the time the boys were appointed in my care during 2008 in a High Court appeal, the long hard journey started to wean them off the physical destruction these drugs had left. Not speaking about the devastating scar that it left on their self-esteem. Till this day, I wonder how my youngest, Jean Pierre, was diagnosed and placed on this numbing drug that changes your child's brain chemistry.

During 2005, I met Johan and Alicia Jacobs in Stellenbosch at the Waldorf market. I bought the KoMo Duett Stone Mill from them and started baking healthy breads as well as rolling fresh oats, making Kefir and researching the nourishing traditions of our ancestors.



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When I was granted back my four sons after six long years during 2008, I embarked on a journey that was tough but every time I felt like faltering, I just had to go back to the pictures I took of the boys playing nakedly in the sun and compared their tremendous growth and vitality that was taking place in leaps and bounds. Allow me to champion you on, if you know in your heart your child or grandchild is suffering, do your research. It is so much easier today as the amounts of proof against Ritalin and similar drugs is fast growing. And to feed your children properly does not at all mean expensive foods. On the contrary, feed them drugs and the money will flow out your pockets.

Samuel and Emile represented their teams more than once at the SA's Honor colours in pole vault athletic events. The twins shot up to two-meter-high giants. Samuel is a bright practicing Architect in Natal and 27-years old today. The twins were always referred to as naughty, impossible, slow-learning and were almost sent to a school for children with special needs. Instead they were given a chance to join their older brother at a mainstream school, Paul Roos Gymnasium. Emile, studied BA Agric Game Management and is currently busy writing his exams for his commercial pilots' licence. Erich studied computer business intelligence but is now busy sailing and working on yachts in Fort Myers. He is also a happy longboard surfer dude, freed from the terrible aggressive bouts that plagued him as a little boy when he was on Ritalin. Jean Pierre is 21-years old and currently in his fourth year BSc Agronomy at University Stellenbosch. He also represented South Africa in Hungary three-years ago in Black Powder shooting.

The powerful lessons we all learned was to make good whole nutritious food your medicine. The boys love a glass of green juice and crave nutritious food. This is a great gift to give your children as healthy habits are nurtured and will eventually blossom and pay off.

If you have not read Johan's book yet, then you are missing out on a huge injection on knowledge and wisdom on how to optimally care for your body. If you apply the Go Natural principles, you can prevent many pains and man-made health challenges.



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