



Wisdom for Healthy Living
THE HEALTHY LIVING SPECIALISTS

James Healey – Recovery from Multiple Sclerosis (MS)

(May 2018)

I recovered from an auto-immune illness with predominantly Multiple Sclerosis (MS) symptoms.

I am 73 years old and reside in Stellenbosch. I support the sterling work and service given by Johan and his wife Alicia, the proprietors of Go Natural in Somerset-West.

I met Johan 12 years ago when his health business was starting up. Johan told me about Dr Hal Huggins whose clinic I then visited in the USA on his recommendation. I was suffering from severe symptoms of MS which I believe was caused by the incorrect procedure that was followed when my three amalgam fillings, containing mercury, were removed. I was in a very bad way and battled to walk. Hal was a brilliant man with a lifetime of wisdom and experience, who put me on the road to recovery.

He was a man of faith, a naturopath who regarded having a positive attitude, DIET and removing the root cause of sickness, as three key elements in recovery, very much like Johan.

Johan has been a tower of strength and support during my long recovery. I am always greeted with a friendly smile, a positive attitude, and excellent advice by both him and his lovely wife.

My journey to recovery has taken place over the last 12 years. I have not recovered 100% but I would say that I am at 75% to 80%. I am very grateful to both Dr Huggins and Johan for where I am today since they helped me on the road to leading a quality life.

Twelve years ago I had little to no hope of recovery as I was experiencing new and lasting debilitating MS symptoms monthly. At this stage my balance was terrible, I had no feeling in the toes of my left foot, my left knee was also very weak, and my right leg was not functioning as it should have. All in all, my walking was terrible, I easily fell and used crutches often.

My hands were becoming more like claws and I was shaking to such an extent that I could not write because I could not hold a pen, and I could not pick up a kettle of water. Overall my strength was gone.

In the beginning I suffered from very bad dyslexia, particularly with figures. Dr Huggins removed the periodontal ligaments of my dental jaw cavitations (dental pathology) that



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had been left in my jaw when my wisdom teeth were taken out 35 years previously. Another amazing turn of events occurred: the dyslexia was gone within 24 hours.

Over the last 12 years I have slowly but surely been getting better and am looking forward to a total recovery.

There are not many books that cover a holistic health approach the way Johan's book, *Go Natural – Wisdom for Healthy Living*, does. His book also exposes the critical missing link that causes much harm in our society, namely dental pathology. It guides people to get rid of it safely. His book is practical and full of life-saving information.

Thank you

James