



Wisdom for Healthy Living

James Matthews RECOVERY from Type 1 Diabetes

(8 November 2017)

My son James Matthews was diagnosed with Type1 diabetes at the age of 13 years in December 2014. He was booked into ICU with Ketones and we were informed that if he had arrived at hospital an hour later then he would have slipped into a coma. He spent four days in ICU in a critical condition before he was moved into the paediatric ward for another few days. His diagnosis was Type1 diabetes which is a lifetime disease with no cure. He received his insulin injections that he would have to take three times a day for the rest of his life together with a list of food that he should eat. There are many long-term complications with regards to the insulin. There was also the danger of his blood sugar count becoming too low and this would cause him to slip into a coma and possibly die. This cannot be completely prevented as many factors influence the blood sugar count, including hormones. Without medically applied insulin they can NOT slip into a comma, this can only happen if they are on insulin.

NB: Nobody should ever stop to take medical insulin without the permission of their medical doctor since the patient could die. Therefore, always follow this natural protocol with the help of an integrated natural medical doctor.

When my son was diagnosed in December 2013 I started searching for help, although the diabetes specialists and doctors said that it would be a life time illness and there is no cure, nothing could ever change it. I knew deep down that there is always a way. I started searching high and low for the impossible, a miracle. My first stop was JOHAN JACOBS from GO NATURAL. I HAD A MEETING WITH Johan in his office and the main topic of our conversation - and the big question that I had - was, "Is it possible to reverse the damage that has been done to the body to cause this?" "Is there a way that the body can heal itself if we give it what it needs?" Johan's answer was a DEFINITE "YES", and this was all I needed to have the faith to continue searching for answers. I bought Johan's book and took his advice.

I carried on searching that afternoon and found Dr Leslie Emdin in Lansdowne, Cape Town. I went to go and see him, explaining the situation and that I felt there was a way to reverse this. He said that anything was possible, and he would assist me as far as he could. The first week we took James off dairy, wheat and sugar. Within a few days, his blood count was dramatically better. I then took James in straight away for the SCIO and blood tests. The following week he was put on a completely clean and natural diet, including all the vitamins his body needed. We also discovered and identified that James was allergic to certain foods, which was immediately excluded



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from his diet. The same week that we started this protocol, James' insulin dropped by half, the second week we contacted his diabetes specialist with the blood count and were told to take him off the insulin completely as his body was now creating more than enough of its own insulin.

They told us that it was a honey moon phase and would last up to a few months. It's been nearly three years and James' body is still creating its own insulin. 2 During the few years before James was diagnosed he went through a very traumatic time in his life, as he was being bullied at school and had a really tough time at home and was also eating unhealthy. He started to develop signs of high anxiety and OCD because of the stress and trauma that he was experiencing. When doing my research, I found that there could be a strong link between the trauma, heartaches, OCD and diabetes. I do believe that it was this traumatic experience, together with his emotions and bad eating habits, that caused his diagnosis and ill health. Although I changed his diet and put him on all the correct natural supplements that his body needed, I also had to change his environment, help him heal and allow him to have the therapy, patience, kindness and love that he needed. This greatly impacted his recovery.

James was only on Insulin for a total of two weeks straight after being diagnosed. He is still on a 100% natural and clean diet and has all the natural supplements that his body needs as JOHAN at GO NATURAL teaches. We still check his blood regularly and take him to Dr Emdin every two months to make sure that his health and emotions are in a good place.

I believe that anything is possible and good luck to everyone out there who is battling with an incurable illness. It is possible to overcome it against all odds. I pray that this message reaches parents out there that are battling with the same or a similar experience and that they can change their circumstances and the future of their children the same way that God gave me the grace to do. I hope that this will give you the courage and faith that you need to overcome your illness.

In hind sight, it is plain and simple.

God designed everybody's body to win and heal, let me explain, as pointed out by Johan with his GO NATURAL - RECOVERY PROTOCOL of self-healing. The PROTOCOL has two key principles:

1. Removing all root causes of 'DIS-EASE' and,
2. The adequate supply of correct nutrients to the body to support the 'INNER DOCTOR' to do what he does best, which is self-healing.



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It is a simple, practical, affordable and available to everybody. All the best and anyone is welcome to email me Chrystal Matthews chrystalmatthews@rsaweb.co.za