



Wisdom for Healthy Living

File includes both Afrikaans and English versions **Janco Moolman: Herstel van Meervoudige Sklerose (MS)**

(August 21, 2018)

Ongeveer 5 jaar gelede terwyl ek middagete geniet het, het 'n klein stukkie van my tand afgebreek. Ek het aanvanklik niks daarvan gedink nie, en nie verder aandag daaraan gegee nie. Een jaar later het daardie tand ondraaglik sensitief begin word ten opsigte van hitte en koue. Na 'n besoek aan die tandarts het hy namens my besluit dat 'n wortel kanaal nodig was. Ek het ingestem sonder om eers navorsing te doen oor die gevolge en komplikasies wat moontlik met hierdie prosedure gepaardgaan, soos wat verduidelik word in die boek, Go Natural Wisdom for Healthy Living.

Twee jaar gelede het ek erge hoofpyn en pyn agter my oë ontwikkel. 'n Week later het ek besef ek verloor visie in my regter oog. Ek het die optometris gaan spreek wat na vele toetse my na 'n oogspesialis gestuur het. Daar is ek met Optiese Neuritis gediagnoseer en is onmiddelik na 'n neuroloog verwys. 'n Hele spektrum toetse is gedoen, onder andere 'n MRI en Lumbale Punksie. Nadat hulle op die breinskandering 'n letsel ontdek het asook witbloedselle in my spinale vloeistof, het die neuroloog vir my laat weet dat dit op 'n baie hoë prognose van MS dui.

Die Here werk op vreemde maniere: nadat ek my ma hiervan vertel het, het sy gesê sy het 'n Juig! tydskrif het waarin Johan Jacobs vertel dat hy van MS genees is. Kort daarna het sy vir my foto's van die artikel van 2010 gestuur asook ander Go Natural artikels wat in die Juig! tydskrifte verskyn het.

Ek het onmiddellik die kopskuif gemaak en my lewensstyl begin verander, want as 'n student het ek net op wegneemetes oorleef en dit was duidelik dat ek begin maai het wat ek gesaai het. Ek en my vrou het heel eerste 'n steenmeul van Go Natural aangeskaf en later het die distileerder bygekome. Nou lyk ons kombuis en badkamer soos 'n Go Natural advertensie! Ons eet en gebruik nou alles wat organies is. My vrou ondersteun my heelhartig. Haar familie en my ma het ook vir hulself 'n distileerder en 'n steenmeule aangeskaf want hulle glo ook nou dat voorkoming beter as genesing is.

Dankie Johan dat jy my op die pad van herstel gesit het. Daar is nou geen teken meer van dofheid in my oog nie en ek het meer as 20 kg verloor. Hierdie lewende, organiese kos en die uitsluit van gifstowwe, het vir my, my lewe teruggegee.



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Janco Moolman: Recovery from Multiple Sclerosis (MS)

(August 21, 2018)

About 5 years ago a small piece of my tooth broke off as I was having lunch. I left it, but a year later the tooth became unbearably sensitive to heat and cold. After a visit to the dentist, he made the decision - on my behalf – that a root canal was needed. I agreed, without doing research, not realizing the complications and results associated with this procedure as explained in the book, *Go Natural – Wisdom for Healthy Living*.

Two years ago, I developed severe headaches and pain behind my eyes. A week later I realized I was starting to lose the vision in my right eye. I spoke to the optometrist who, after many tests, referred me to an eye specialist. I was diagnosed with Optical Neuritis and was immediately referred to a neurologist. I went through a whole spectrum of tests including MRI and Lumbar Puncture. After they discovered a lesion on the brain injury, as well as white blood cells in my spinal fluid, the neurologist informed me that it indicated a very high prognosis of MS.

The Lord works in strange ways: when I told my mother about this, she was convinced she still had a Joy! magazine article about Johan Jacobs who was healed of MS. Shortly thereafter she sent me pictures of the 2010 article as well as other Go Natural articles that appeared in the Joy! magazine. I immediately made a paradigm shift and started to change my lifestyle because, as a student, I survived on take-away foods and I realized that I clearly was starting to reap what I had sown. My wife and I first bought a stone mill and later a water distiller from Go Natural.

Now our kitchen and bathroom look like a Go Natural advertisement! We changed to an organic lifestyle. My wife supports me wholeheartedly. Her family as well as my mother have all acquired water distillers and stone mills because they now also believe prevention is better than cure. Thank you, Johan, for helping me find the road of recovery. My eyesight recovered and I lost more than 20 kg.

This new lifestyle of eating organic food, getting rid of and avoiding toxins, has given me my life back.