



**Ockert Smit – recovered from Depression and Anxiety** 3 April 2019

I would like to share how two books have radically changed my life. The first book *God se Plan om Natuurlik Gesond te Leef* by Johan Jacobs and the second *Disease Free* by Neville Mandy. I have read dozens of books on diet and nutrition but none made such an impact on my life.

I read John's book first and a light went on. Could my medical problems really be caused by a root canal tooth and silver fillings? By chance I then read Neville's book and his symptoms before having his root canal teeth and silver fillings removed were almost identical to mine.

Since childhood I have suffered with depression and anxiety, in different degrees but never without it. My other symptoms that would occur bi-monthly were flulike. Muscle and joint pain usually accompanied by an upset belly and insomnia. I used pain pills and anti-inflammatories and the symptoms would go away, only to return a few weeks later.

Since having my root canal tooth and silver fillings removed the change has been remarkable. I am emotionally very stable, sleep like a baby and the flulike symptoms are gone. I am 46 now and I'm truly thankful since it's been many years of searching for answers and finally finding it.

Blessings

Ockert Smit