



*Wisdom* for Healthy Living

## **Stephen and Clarise Hunt**

### **Leaky gut and grain intolerance recovery - 4 March 2019**

Having been on a nutritional journey from a debilitating “dis-ease”, I have often wondered about Go Natural and had every intention of stopping there “one day”. Of course, the typical “one day” just never seemed to arrive. Until...

My wife and I both have our own businesses and have been unwell for much of our forties; and now turning 50 this year with my wife’s clear and apparent “gluten intolerance”, “lactose intolerance” and having to follow a “low FODMAP” diet to stop her stomach from swelling with extreme discomfort, I thought NO! Enough is enough. We both started on Vit B jabs, (Neurobian) and our GP prescribed one a week for six months! That’s how “flat” we were both feeling at the end of last year.

My wife has also been through a post-operative physical condition which lasted four years, with antibiotic after antibiotic which I know has destroyed, not only her immune system but her digestive system as well. While she has improved over the last two years, she recently went on an antibiotic again for an ear infection. Back to square one, well almost.

On my side, I had a condition known as “leaky gut syndrome”, caused by an overgrowth of candida in the gut, due to a prolonged high-refined carbohydrate diet of bread and sugar. This I managed to correct by going for a “colonics treatment”, where you basically “re-start your gut”. Prior to this finding, I was diagnosed with a condition known as “Erythema multiforme” which the doctor’s term as an “auto-immune response” and get this... They don’t have a coting clue what it is, nor what causes it! I was administered massive doses of cortisone for three months as well as other medication. Eish! All I learned was that this condition is the precursor to Stevens-Johnson syndrome which is the precursor to MS (multiple sclerosis), and this is what got my attention.

So, I stopped at Go Natural recently and met Johan, who was written off by the medical world with MS, was nearly in a wheel chair and was given “no hope of recovery”. Today, he is absolutely fine and healthy, he says it is 15 years since he was clinically declared medically unfit for work with advanced primary progressive MS. I learned about natural organic grains and how our ancestors used to live by milling their own flour naturally / fresh and why store-bought flours are not only nutritionally dead and sterile, but also full of at least four different toxins. So “gluten intolerance” is simply toxicity overload! I started on freshly milled, organic, non-GMO



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maize for mielie meal as well as wheat grains to bake my own fresh bread from the simple recipes in Johan's book.

Hmmm. Guess what, within the first 24 hours my body responded, it was like a switch went on, I felt my strength start to come back. I realised how "sick and tired" I actually was! My wife can eat my freshly baked breads from wheat flour (gluten) and her stomach does not bloat and there is no discomfort. We have a journey still ahead of us and look forward to it and our new lease on life. If you don't have your health, you have nothing.

Folks, I will NEVER eat another slice of bread bought from ANY shop ever again where the bread is mass produced because I know what's in it. It doesn't matter what the label says or where it is from, if it is not freshly milled from your own organic grains, you are eating a refined flour bread that has had ALL the nutrients removed to make it last on the shelf, and what's worse is that you are ingesting a minimum of four different toxins in every slice you eat. I have now bought Johan's book, and we are turning our kitchen into our ancestors' kitchen as it should be. Pop in and see Johan, don't delay like I did, take his advice and act. Your body will thank you.

God Bless

Stephen E. Hunt