



*Wisdom* for Healthy Living

## Testimony of Recovery from Diverticulitis

17 November 2022

### Afrikaans

Beste Johan

Ek wil graag met jou deel dat ek vir jare nie kon enige winkelbrood eet sonder om probleme te ondervind met my Diverticulitis nie. Ek het toevallig eendag by jou winkel aangekom en gemerk die vars brood wat julle gebak het en dadelik belanggestel om dit te probeer. Dis nou ongeveer 5 jaar later wat ek slegs brood bak met jou vars koring sonder enige kwale.

Ek kan vir mense met oortuiging sê dat vars skoon bestandele wel 'n mediese kwaal onder beheer kan hou, ek is 'n goeie bewys hiervan.

Dankie en groete

### English

Dear Johan

I gladly share with you that for many years I could not enjoy any shop-bread without experiencing problems with my Diverticulosis. One day for some reason I ended up in your shop and noticed the fresh bread that you have offered, and I was immediately interested. It is now 5 years later that I only enjoy bread baked with your freshly milled wheat flour without any problems.

I can with confidence declare that with fresh and clean ingredients indeed a medical condition can be controlled, I am a good example thereof.

Thank you and greetings

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