



Wilna Loubser se getuienis van herstel van Kroniese Moegheid en Klier Infeksie

Mei 2023

NB – The English version is lower down 😊.

Onwetend

Ek was 3 maande swanger en het intense pyn gehad. Die tand wat ek 'n jaar terug laat stop het met 'n klein gaatjie, wou nie ophou met klop nie. Daar was iewers groot fout. Ek is selfs 'n Geregistreerde Kraam suster en wou nie enigsins iets doen wat my babatjie kan benadeel nie. Wat maak ek nou?

Intussen het daar 'n beter tandarts in die dorp kom praktiseer en ek het dringend 'n afspraak gemaak. Na 'n deeglike ondersoek, lig hy my in dat die klein gaatjie nie reg gestop was nie, want waar daar een klein gaatjie was, wat herstel is, is my tand nou ernstig vrot. In so 'n mate dat hy die tand sou moes trek of hy kan 'n wortelkanaal doen. Dit was 'n voortand en ek wou op geen manier soos 'lieuwe heksie' lyk nie. Ek kan mos nie my voortand verloor nie. Na die tandarts aan my die prosedure verduidelik het, het ek ingestem op 'n wortelkanaal. Min wetend wat dit werklik behels, of die moontlike gevolge.

Genadiglik was ek pyn vry na 3 dae van erge pyn. My pragtige dogtertjie is 6 maande later gebore. Sy was pragtig en dit was my maklikste verlossing nog! Binne 3 1\2 ure was Marisa daar. Sy het pragtig gedrink en was werklik 'n baie maklike baba. Maar ek!! Ek kon op geen manier verstaan waarom ek so pap en moeg bly nie. Marisa het nog beter as my eerste twee babatjies geslaap en die ander tweetjies het mekaar besig gehou. Ek het gevoel dat ek werklik meer tyd en rus kry as met my eerste twee kleintjies. Maar hierdie mamma het ongelooflik moeg en pap gebly. Waar ek na die ander twee redelik vinnig op die been was, (voordeel van normaal geboorte gee), het ek kronies uitgeput en gedaan gevoel.

My man kon nie begrip waarom ek so moeg is nie, want my eerste tweetjies was woelig en besig, maar ek het werklik genoeg tyd vir rus gekry. Hulle was 5 en 3 jaar oud en beste maatjies. Wat my ook gevang het, was dat ek gedurig nie lekker gevoel het nie en ook gereelde hoofpyn gehad het. Ek het 'n skouer disfunksie, so ek het gedink die hoofpyne kom slegs daarvan.

Toe ontwikkel ek klierkoors. Of dit het positief getoets met bloedtoetse. Ek is aanmekaar, aan en af, siek en my kliere bly geswel en ek het baie hoofpyn. Daar is huidiglik geen behandeling wat werk nie, maar ek het die natuurlike roete probeer stap en bottels en bottels Olyfblaar sap aangekoop. Ons het ver gery om dit te koop en dit was nogal duur. Ek wens ek kon sê dat dit gehelp het.

Op 'n stadium het ek begin sinus en brongites ontwikkel. Twee weke siekerig en hoes en dan weer twee weke beter. My man en kinders het gedink dat hulle mamma sieklik was en het gewonder of ek nie een of ander chroniese long probleem ontwikkel het nie. Miskien onderliggende TB?

Soos ons wonderlike hemelse Vader werk, gebeur dit toe dat my broer vir 'n vriendin 'n boek leen. Go Natural! Maar die boek gaan via my na haar toe. So begin ek toe uit nuuskierigheid die boek lees. Ek moet bysê dat ons al vir jare 'n meule gehad het en ons eie gesonde brood bak en redelik gesond en suikervry,

geeët het. Dit was nie my dieet wat my siek gemaak het nie. Alles behalwe. Was reeds 'n bietjie van 'n 'health fanatic' gewees. Goeie en ekstra vitamieëne het my ook nie kon help nie.

So begin ek Johan se boek lees. Daarin lees ek die hoofstuk oor wortelkanale. My mond het oopgehang. Ek onthou dit nog so goed. Ek het na buite gehardloop en op my man afgestorm wat besig was om vir my 'raised beds' te bou in ons groentetuin,...ja ek het my eie groentetuin ook gehad,..werklik gesond!! Ek het hom opgewonde vertel dat ek weet wat fout is met my! Ek het hom vertel wat ek gelees het en ingenieur wat hy is, het hy vir 'n hele oomblik gedink en gesê dat dit sin maak. Hy het nog nooit besef dat dit eintlik dooie weefsel in my mond is nie.

Ek het ook van die gevare van Amalgaan gelees en besef dat ek besig is om elke dag 10 sigare kwik te rook. My moeder was as jongmens baie sieklik en het geweldig baie medikasie ingeneem. Al ons kinders het baie swak tande!! En ons het die minste lekkergoed van al ons maats geeët.

Ek het 'n maand later my wortel kanaal laat verwyder by 'n Biologiese tandarts. Ek het ook daarna my amalgaam laat verwyder. Ek sit nou wel met 'n brug in my mond(wat my in 9 jaar nog nooit probleme gegee het nie). Maar, die belangrikste van als, nou het ek weer al my krag, energie en gesondheid terug gekry! Ek kon weer normal funksioneer en met helderheid dink. PRYS DIE HERE!

Ek wil net so dankie sê aan my Hemelse Vader wat in Sy groot genade Johan Jacobs se boek 'GO NATURAL' op die regte tyd in my lewe gestuur het. Ek bid dat ons Vader sy boek en lewe sal gebruik om baie mense te help. Dit is so nodig!

En o ja! My gesondheid was so goed dat ek weer swanger kon raak. En die Here Jesus seën ons toe met ons eerste seuntjie, 'n laatlammetjie!

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Wilna Loubser's testimony of recovery from chronic fatigue and gland infection

May 2023

Unknowingly

I was 3 months pregnant and had intense pain. The tooth I had filled a year back with a small hole did not want to stop throbbing. Something was seriously wrong. I am a registered maternity sister and did not want to do anything that could harm my baby. What shall I do?

Meanwhile, a better dentist came to practice in our town and I urgently made an appointment. After a thorough investigation, he informed me that the little hole was not filled correctly, the previous small hole was poorly repaired and my tooth is now seriously infected. The infection was to such an extent that he would have to pull the tooth, or he can do a root canal. It was a front tooth, and I did not want to look like 'liewe heksie' in any way. I can't afford to lose my front tooth. After the dentist explained to me the procedure, I agreed to a root canal. Knowing nothing about what it really entails, or the possible consequences.

Mercifully, I was pain-free after 3 days of severe pain. My beautiful little girl was born 6 months later. Within three and a half hours, Marisa was there. She was beautiful and it was my easiest delivery yet! She drank beautifully and was truly a very easy baby. But !!! I couldn't understand why I stayed so weak and tired. Marisa slept even better than my first two babies and the other two kids kept each other busy. I felt that I was getting more time to rest than with my first two little ones. But their mum remained incredibly weak and tired. Where after the first two I was up and running quite quickly (benefit of normal birth), but this time, I felt chronically exhausted and run down.

My husband couldn't understand why I was so tired, as my first two kids were hectic and busy, but with this easy delivery and child, I really got enough time for rest. They were five and three years old and best friends. What also caught me, was that I was constantly not feeling well and also had regular headaches. I have a shoulder dysfunction, so I thought the headaches originate from that.

Then I developed glandular fever. Or it tested positive with blood tests. I am constantly sick on and off, and my glands remain swollen and I had a lot of headaches. There is currently no treatment that works, but I tried to walk the natural route and purchase bottles and bottles of olive leaf juice. We drove far to buy it and it was quite expensive. I wish I could say it helped.

At one point I began to develop sinus and bronchitis. Two weeks sick and coughing and then two weeks better. My husband and children thought their mum was sick and wondered if I had not developed a chronic lung problem. Maybe, underlying Tuberculosis?

As our wonderful Heavenly Father works, it happens that my brother borrowed a book for a friend. Go Natural! But the book was in transit to her via me. So, I started reading the book out of curiosity. I have to add that we have had a stone mill for years and bake our own healthy bread and have lived quite healthy

and sugar-free. It wasn't my diet that made me sick. Anything, but. Having been a bit of a 'health fanatic'. Extra vitamin supplements couldn't help me either.

Then, I started to read Johan's book. In it, I discovered the chapter on root canals and dental pathology. My mouth hung open. I still remember it so well. I ran outside and rushed to my husband who was building my 'raised beds' in our vegetable garden... yes I had my own vegetable garden too... really, healthy!! I told him excitedly that I know what was wrong with me! I told him what I read and the engineer that he is, thinking for a while he said, it made sense. He has never realized that the root canal-treated tooth is actually dead tissue in my mouth.

I also read about some of the dangers of amalgam and realized that I was smoking ten cigars of mercury every day. My mother was very sick as a young person and took a lot of medication and antibiotics. All my pears had extremely weak teeth!! And we ate the least candy of all our friends.

A month later, I had my root canal removed by a biological dentist. Soon thereafter, I also removed the amalgam fillings. Now, I possess a bridge (which has never given me trouble in 9 years). But most importantly, today, for the last nine years after dental revision, I can testify, I fully regained my health and vitality, back to my full strength, as in the past! Now, I can function as normal, and I think with clarity. Praise the Lord!

I just want to say thank you to my Heavenly Father who by HIS grace, has sent Johan Jacobs's book 'Go Natural' into my life just in time. I pray that our Father will use his book and life to help many more people. It is so necessary!

And oh yeah! My health was so good that I got pregnant again. And the Lord Jesus blessed us with our first son, a late lamb!

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