

Gluten Intolerance - My Story - Duncan Haigh

No one seemed to be able to diagnose what my problem was.

For 16 years I suffered a skin complaint which was very unpleasant and uncomfortable. For no reason at all I would start itching and if I rubbed my skin or scratched it, it resembled a lemon peel. The only relief was to get into a bath of cold water, lie there for about half an hour and go back to bed. This would happen both during winter and summer and even a few times a night. Heat seemed to make it worse, hence the cold water.

None of the doctors or dermatologists that I consulted, could help me. They tried lotions and potions and pills galore, to no avail.

I was browsing in a book store one day waiting for my wife who was in a queue at the chemist when I came across a book called "Living Gluten-Free for Dummies" which tells you all about gluten and the various symptoms. That is when I grasped what my problem was.

While living in Pretoria we managed to find a Health Shop. They sold a delicious loaf of bread which was made of Sorghum and did not affect me at all.

We moved to Somerset West where we struggled to find a bread that was edible and one I could tolerate. This is when we discovered "Go Natural". After explaining my problem to Johan Jacobs, he clarified the reasons why processed bread affected me the way it did. He suggested that I buy "wheat kernels" from him which is then ground into flour. Nothing is added or removed from it - it is absolutely pure. I invested in a bread baking machine and purchased the ground wheat flour from "Go Natural".

Since changing to this flour and baking my own bread, my life has changed for the better. NO MORE DISCOMFORT, NO MORE taking COLD BATHS. Today I am a free man! I am no longer intolerant to wheat - that is, if I eat clean, fresh and whole wheat i.e. the real thing.

My advice to all sufferers is: chat to Johan Jacobs and discover for yourself the benefits of unrefined, fresh flour with no additives but with the original nutritional value.

Duncan Haigh
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