



Wisdom for Healthy Living

Antibiotic Wisdom

At times with certain conditions and bacterial infections antibiotics are definitely necessary, it is proven to save lives. However, there are dangerous varieties out there that we all should be aware of. Read this sad but profound testimony of one of our dear customers, Hercus Greyling.

The full story is available on his [Facebook page](#) where he helps and warns people to select wisely.

How to boost your immune system naturally:

1. Enjoy **True Food**, i.e.: GO NATURAL.
2. **Vegetable** and **herbal juices** are a proven remedy to boost immunity.
3. **Colostrum**.
4. A daily **vitamin C cocktail**. The recipe is in our book.
5. **Clean living**: Stop toxic exposure that suppresses the immune system. My book exposes this invisible dimension/dragon.
6. **Stay clear from dental pathology** - our book and the [ROOT CAUSE](#) movie, exposes this vitally important dimension.

Please spread this documentary far and wide, that people can know what they are in for.

Many more suggestions in our book [GO NATURAL - Wisdom for healthy Living](#).

Once people GO NATURAL, I've seen and witnessed it in myself, my family and my customers' lives in the last 15 years that the need for antibiotics lowers dramatically once immunity is up. Then antibiotics are mainly necessary in rare cases of accidents and operations. But, if you need antibiotics, steer away from the ones that are known for their severe side effects.

Antibiotics always disrupt and sometimes destroy your vitally important gut microbiome (good gut flora). It is always advisable to double-up on probiotic rich foods and if necessary, supplement after a dose of antibiotics. Your microbiome is fundamentally important for good health and wellbeing. It is also well explained in my book in the section of my recovery protocol, that shows you signs of a healthy and signs of an unhealthy gut. I would recommend a cup of raw, full-cream milk kefir per day and a tablespoon of sauerkraut per meal until the gut health is restored. For maintenance, perhaps ½ a cup of kefir per day or every second day and one portion of sauerkraut or kimchi per day.