



Christo Erasmus se herstelreis van meervuldige sklerose (MS)

12 September 2023

NB – The English version is lower down 😊.

Op 17 Desember 2015 wys 'n MRI-skandering 'n gewas in die vierde ventrikel in my brein nadat ek skielik baie naar en duiselig en begin voel het. Niks wat ek geëet of gedrink het, het na iets gesmaak nie.

Die operasie was suksesvol, maar nadat ek toe bloeding op die brein kry, moes ek inderhaas terug teater toe sodat 'n dreineringspyp ingesit kon word. Ná 'n lang tyd in die intensiewesorgeenheid is ek na 'n rehabilitasiesentrum oorgeplaas waar ek weer moes leer loop. Die een kant van my lyf was tydelik verlam en my spiere verswak.

Uiteindelik kon ek huis toe gaan, maar ek moes met 'n loopraam oor die weg kom. Ons is meegedeel dat ek vir ses maande nie my sakebedryf sou kon bestuur nie. Ons dogter het met die boeke gehelp waar sy kon en my goeie vriend, Willie, het 'n ogie gegooi en gereeld ingeloer om seker te maak dat alles vlot verloop. Vriende se ondersteuning was kosbaar in daardie tyd.

Ná ses maande het die arbeidsterapeut en 'n neuroloog bevind dat ek steeds nie mag bestuur nie. Dit was eers ná meer as 'n jaar ek weer op my eie so kon bestuur. Die oftalmoloog het toe bevestig dat die spiere in my oë, wat verswak was, genoegsaam herstel het en toestemming gegee dat ek weer mag bestuur.

Ongelukkig het my korttermyngeheue in die slag gebly en kon ek steeds nie aangaan om self my sakebedryf te bestuur nie. Ek het steeds my balans verloor en soms "dronk" voorgekom en gevoel. Ek kon ook nie meer hardloop nie en my een voet het 'n bietjie gesleep as ek 'n ent stap.

In 2019 word ek een oggend wakker en het dubbelvisie, my kop draai weer en die een kant van my mond hang. Die neuroloog vermoed MS en nog twee neuroloë bevestig die diagnose klinies met 'n MRI-skandering en lumbale punksie tydens my opname in die hospitaal. Ek word baie sterk kortisoon toegedien wat erge migraines veroorsaak. Ek moes myself daarna elke twee weke met Plegridy inspuut en jaarliks 'n MRI-skandering laat doen asook die neuroloog besoek.

Die eerste MRI-skandering het 'n groot, donker kol getoon. Ons het die spesialis daarop gewys dat 'n tandarts tydens 'n wortelkanaal behandeling 'n boorpunt in die kanaal afgebreek het. Ons het gevra of dit moontlik die MS kon veroorsaak en of dit sou verbeter as die boorpunt uitgehaal kon word. Die dokter het ons egter verseker dat dit nie die geval is nie en dat die MS vermoedelik deur die een of ander virus veroorsaak word.

Ons het genadig, Johan Jacobs se boek, **GO NATURAL: Wisdom for Healthy Living**, gelees en besluit om tog 'n tandarts te soek wat die boorpunt kon verwyder. Binne 'n week nadat die dooie tand ('n wortelkanaalbehandelde tand) met die afgebreekte boorpunt verwyder is, het ek met spoed begin herstel en kon ek tot ons groot verligting weer duidelik sien. Ek kon weer bestuur. Die dronkheid het verbeter en later heeltemal verdwyn. Ek het net sterker en beter geword. Ek neem tans ook

vitamien B en 'n hoë dosis vitamien D, glutamien en sterk probiotika om die “*gut brain barrier*” te herstel. Dit het reeds baie gehelp en ek het self besluit om die Plegridy-inspuitings te staak, aangesien dit baie erge hoofpyne en griepsimptome veroorsaak het. Dit was ook duidelik dat ek dit nie meer nodig het nie. Sedert 2019 het die kolle op die brein verminder en gekrimp tot klein kolletjies. Ongelooflik!

Ons was ook gelukkig om op 9 September 2023 Johan se HEALTH REVIVAL-praatjie in Pretoria by te woon. Hy het gepraat oor sy eie pad van genesing van gevorderde MS en al sy bevindinge oor die oorsake van die siektes wat die mensdom beseer en vergiftig. By die seminaar het ons nog heelwat meer geleer, veral rakende biologiese tandheelkunde en toksikologie. Ons kon ook met hom gesels en ek beplan om sy biologiese tandarts te besoek sodat al die ander wortelkanale en kwikamalgaamstoppels op die korrekte manier skoongemaak kan word sodat hopelik my geheue en immuniteit ten volle kan herstel.

Nou besef ek, die wêreld is toe nie so veilig nie. Nou weet ek ons moet terugkeer na die “*basics*” en skoon eet en lewe anders is daar 'n groot kans dat jy “beseer” (voedingstofarm/siek/vergif) gaan word.

Beste wense, leef in wysheid, moenie wag tot die *paw-paw* die *fan* tref nie.

Christo Erasmus

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Christo Erasmus' Recovery Journey from Multiple Sclerosis (MS)

September 12, 2023

On December 17, 2015, an MRI Scan showed a tumour in the fourth ventricle in my brain after I suddenly started to feel very nauseous and dizzy. Nothing I ate or drank, tasted like anything.

The operation was successful, but when I developed bleeding in the brain, I had to be rushed back to the theatre for a drainage tube to be inserted. After a long time in ICU, they transferred me to a rehabilitation centre where I had to learn to walk again. One side of my body was temporarily paralyzed and my muscles weakened.

Finally, I could go home but I had to get by with a walking frame. We were informed that I would not be able to run my business for the next six months. Our daughter helped where she could with the books, and a good friend, Willie, kept an eye on things and dropped in regularly to make sure that everything was running smoothly. During this time, the support of our friends was invaluable.

After six months, the occupational therapist and a neurologist cautioned that I still should not drive a vehicle. It was more than a year later that I was able to drive on my own again. At that time, the Ophthalmologist also confirmed that the muscles in my eyes, that had previously been weakened, had recovered sufficiently for me to be able to drive again.

Unfortunately, my short-term memory was affected, and I was unable to continue with my business. I still lost my balance and sometimes appeared and felt 'drunk'. I also could not run anymore and my one foot started to drag a bit when I walked too far.

In 2019 I one morning woke up with blurred vision, my head was spinning again and the one side of my mouth was drooping. The neurologist suspected MS and two other neurologists confirmed the diagnoses clinically with a MRI scan and lumbar puncture during my admission to the hospital. They put me on a very strong dose of cortisone, which caused me to experience severe migraines. After being discharged, I had to inject myself with Plegridy every two weeks and it was recommended that I visit my neurologist annually for a yearly MRI-scan.

The first MRI showed a large, dark shadow. We pointed out to the specialist that a dentist had broken off a drill bit during a root canal treatment. We asked if this could be causing the MS and if things would improve if the drill bit were removed. He assured us that it would not be the case and that the MS was thought to be caused by some or other virus.

Mercifully, we read ***GO NATURAL Wisdom for Healthy Living*** written by Johan Jacobs and decided to find a dentist who could remove the drill bit. Within a week after the dead tooth (root canal-treated tooth) with the broken-off drill bit was removed, I began to recover rapidly. To our great relief, my vision also corrected itself. I could drive a vehicle again. The dizziness and 'intoxication' symptoms improved and later disappeared. I got stronger and better. I am currently taking vitamin B and a high dosage of vitamin D, glutamine, and a strong probiotic to restore the 'gut-brain barrier'. It already helped a lot. I decided to stop the Plegridy injections as they only caused very bad headaches and

flu symptoms. It was also clear that I no longer needed it. Since 2019, the spots on the brain have shrunk to a few tiny spots. Incredible!

We were also lucky to attend Johan's HEALTH REVIVAL talk in Pretoria, on 9 September 2023 where he spoke about his own journey of healing from advanced MS as well as explaining his plethora of discoveries and findings regarding the causes of diseases that injure and poison humanity. At the seminar, we learned much more, especially regarding biological dentistry and toxicology. We were able to talk to him, as I also want to visit his recommended biological dentist so that all the other root canal-treated teeth and mercury-amalgam fillings can be cleaned in the correct way. I am hopeful that my memory and immune system will be fully restored.

Now I realize the world is not that safe. It has become clear that we have to go 'back to basics' and eat and live clean lives otherwise there is a big chance that we will be injured (nutrient deficient/sick/poisoned).

Best wishes, live in wisdom, and do not wait for the paw-paw to hit the fan.

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