



Wisdom for Healthy Living

Testimony of Cognitive Excellence and Peak Physique - May 2020

I met Johan Jacobs a few years back during a health consultation. During the past few years, I have had a lot of contact with Johan, read his books and attended quite a few of his seminars and workshops.

From a noticeably young age, we have taught our children what healthy living looks like. They know which foods are healthy and which ones they should rather avoid. We have continuously assured them that this way of living will eventually pay off with good health in the future. They have always been aware of the dangers of sugar, white flour, and preservatives, but sometimes life caught up with us as food preparation time is sometimes limited with our busy lifestyles. Although they knew exactly which foods were good and bad for them, they never applied their knowledge to follow a lifestyle of eating 100% correctly.

About 16 months ago, we realised that our son (now 12) started to ask interesting questions about food and what it consists of. He became interested in reading labels and became aware of which foods he was consuming. He informed us that he was no longer interested in consuming any unhealthy foods and he has stuck to this lifestyle until this present day. It is as if all the time and knowledge we invested in him, suddenly 'kicked in'.

His favourite takeaway used to be pizza, but he decided to kick the habit if he wanted to change the way he looked and felt. Although he only ate pizza on Fridays, when the school sold loose pieces, our family would also occasionally spoil ourselves with a pizza over a weekend.

This meant no more take-away food, breakfast cereals, commercial bread, and unhealthy snacks.

I would not say that it was an easy transition, but he was committed and could start seeing a huge physical improvement as well as an improvement in his energy levels.

Since a young age, our son never had the courage to swim without a shirt on. It was a big moment in his life when he could swim without his shirt. He had lost 6 kg from February '19 until September '19.

He certainly does not starve himself, but has he started to make wiser choices with whole foods like nuts, fruits, wholesome freshly home stone-milled bread, and cooked meals. These became the only food he is interested in.



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I was extremely proud of him and started to support him any way I could. Eating this way also means that you must take responsibility for yourself. It is not always an easy path.

It is sometimes frowned upon when he turns down a piece of cake at someone's birthday party or doesn't drink fizzy drinks and deep-fried foods, but his friends also gradually respected him for it and some of them even admit to envy him for sticking to his guns.

It was only natural that the rest of our family also started to change to whole foods, with high nutritional value, and ditch those unhealthy treats that call out from the store counters.

Eating raw and wholefoods has helped our bodies to stay satisfied for longer periods, whereas white flour and sugar which do not sustain us.

It has been a journey of growth, self-worth, and taking responsibility. He now enjoys preparing his oats, millet or eggs in the morning and has an interest in exploring and trying new recipes.

Our son's school performance has improved tremendously. It appears that he is a completely different person from who he was before.

He is motivated, focussed and disciplined when he comes back from school and attends to his homework and studies without us needing to nag him to do it.

Of all his subjects, Maths has always been the one subject with which he has struggled. As our son's diet improved over the months, so did his Maths score. He normally averaged between 50-60% with his Maths, but his last report card showed a significant improvement where he received above 80%! A few teachers even mentioned that there has been a big improvement in his schoolwork, focus and overall behaviour.

Not only is this due to his change in diet and the added superfoods, but we thoroughly believe this is mostly because of the 'brain food recipe' on page 456 in Johan's book.

If you supply your brain with everything it needs, it will function at an optimal level.

We will always remain grateful for the difference Johan's book has made on our own and our son's lives.

Thank you