

Chronic Fatigue SYNDROME

—by Johan Jacobs

Is it true that any one, at any age, can develop chronic fatigue syndrome (CFS), or do people with CFS simply pretend they are sick because they are looking for attention and want others to feel sorry for them? The latter was my faulty paradigm 21 years ago. Little did I know that I would also step into that arena with advanced CFS along with advanced primary progressive multiple sclerosis (MS).

The life ebbed out of me

In 2004 I was clinically declared unfit for work due to the above two conditions. I was 34 years old, in the prime of my life, and happily married with a beautiful wife. Our firstborn, Carlin, was 2 years old. I held an executive corporate position, but I felt as if I was a 104-year-old wreck. I was listless and did not take an interest in anything anymore. My fuel tank was below empty. At that stage, every day I would sleep until at least one o'clock in the afternoon. I had an insatiable desire to sleep, my fire was quenched – and to make matters worse, I knew that it would only be a matter of months before I ended up in a wheelchair. When I looked at myself in the mirror, I would start weeping uncontrollably. I knew that I was in serious trouble, my boat was sinking. I did not know what to expect and had almost given up all hope, as life ebbed out of me.

A promise of hope

My wife and I prayed regularly and that was my only hope. One

day she gave me the following Scripture in Isaiah 55:13, *“Instead of the thorn shall come up the cypress tree, And instead of the brier shall come up the myrtle tree; and it shall be to the Lord for a name, For an everlasting sign that shall not be cut off.”*

She said that the disease, the thorn tree, will be replaced with the cypress that symbolises health. She also said, “One day you will help other people in need, to recover.” This scripture and those words were my beacon of hope, and I clung to it for dear life. At that stage I could not have imagined that I would recover, and had no idea that one day many people would benefit from my journey. All I can say is that God is good, and that our Father will always make a plan in HIS time; intervene and let it work out for good to HIS glory.

More energy than 20 years ago

It is now 17 years later and most of the above symptoms have all disappeared. I have more energy than I did 20 years ago.

Typical symptoms of CFS:

- Sleeping problems
- Fatigue that is not relieved by adequate sleep and rest
- Muscle or joint pain
- Headaches
- Depression
- Cognitive: confusion, forgetfulness, or lack of concentration
- Mood: anxiety or apprehension
- Flu-like symptoms, with occasional mild fever
 - Feeling dizzy or sick
 - Fast or irregular heartbeat (heart palpitations)
 - Inability to exercise

How did I recover from CFS and MS if both these diseases are incurable?

My own experience, as well as those of many others, is that this is a man made toxic condition where the body's immune system is overloaded, and that this condition is indeed reversible, once all the root causes are removed. This is well explained in my book, *GO NATURAL: Wisdom for Healthy Living*. Here is a brief summary:

1. Start to eat only clean, fresh, and nutrient-rich whole and true foods. Only eat the original food that our Father designed for us.
2. Remove all ROOT CAUSES that cause “dis-ease”.

Typical root causes

- Oral pathology (root canal treated teeth, dental jaw cavitation

The secular view on CFS

It is a disease characterised by profound fatigue, sleep abnormalities, pain, and other symptoms that are made worse by exertion. The cause of this condition is unknown but may include environmental or genetic factors. The main symptom is fatigue for longer than six months. The fatigue often worsens with activity, but does not improve with rest. There is no cure or approved treatment for this condition. However, some symptoms can be treated or managed to provide relief.

infections)

- Mercury amalgam fillings
- Fluoride containing products (toothpaste)
- Unnatural preservatives and chemicals
- A state of chemical and nutrient imbalance due to a diet of processed, preserved, and toxic modern nutrient-deficient food

What can you do?

1. Remove all preservatives and chemicals out of your life
2. It is absolutely critical to remove the dental solutions that cause oral pathology and mercury amalgam safely and correctly, according to the methods of the International Academy of Oral medicine and Toxicology (IAOMT).
3. Detox your brain with one of the recipes in my book
4. Do not trust in man, trust in God, our Father

Your body reaps what you sow

It is the sowing and reaping principle. Years ago I almost died because of a lack of knowledge. If you read and understand my book, you will realise how far we, as a society, miss the mark in terms of caring for our fearfully and wonderfully made bodies. I unknowingly polluted my body, the temple of the Holy Spirit. Read this verse and let it sink in, *“Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.”* – 1 Corinthians 3:16-17

Reap the sweet fruit of health and vitality

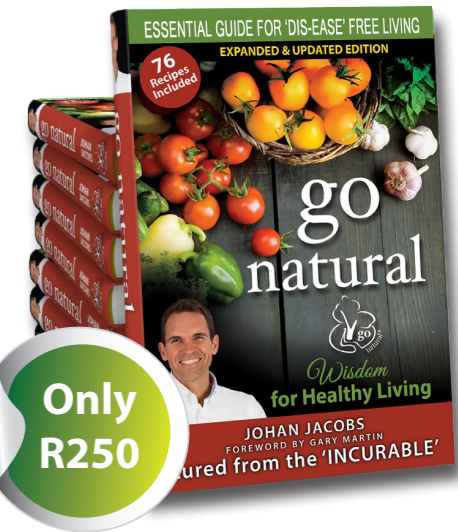
We all have a responsibility to care optimally for our bodies. The enemy has a well worked out plan to strip us of our vitality and health. I pray that you will discern to make the right decisions and that you will live in wisdom and reap the sweat fruits of health and vitality.

I conclude with this last scripture, *“Instead of your shame you shall have double honour, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs.”* – Isaiah 61:7. Bless yourself and read the whole chapter of Isaiah 61 and make it your own. ■

JOHAN JACOBS is available as a guest speaker or for consultations. Email him on johan@gonatural.co.za or visit gonatural.co.za



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My wife and I regularly prayed and it was my only hope.