



*Wisdom* for Healthy Living

**Michelle Hoffman – Recovery from Allergies**

3 April 2019

I want to thank you (Johan) for allowing God to use you to spread the message of Go Natural and help people like myself to live a life God has promised us.

In 2017, my husband read about Go Natural and asked me to purchase the book, we then soon started gradually changing our kitchen up to get into the Go Natural lifestyle. We got a stone mill at the store in Somerset West and started baking our own bread and muffins. Immediately after baking our own bread I could feel the difference in my body and my allergies. All my life, I have suffered from nut allergies. We purchased some Macadamia oil for cooking which I used in faith and I enjoyed my Free-range egg sandwich so much and NO REACTION to the oil or eating ANY NUTS at all!! Up until today, I am able to enjoy all types of nuts and I am so so thankful to God for these amazing results that came through GO NATURAL.

May God continue blessing this journey and may it only keep on changing many other lives.

Many Thanks

Michelle Hoffman