



Viv Woollon - Testimony of Recovery from Fibromyalgia

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Ever since I can remember I've suffered from insomnia, anxiety, mild depression and brain fog. Added to that was the pain which was mostly in my arms, hands, neck, back, and hips. At night, while sleeping, I suffered from pain and numbness in my arms and hands.

About 13 years ago, I was diagnosed with fibromyalgia by a Rheumatologist. My mother and sister were also being treated for fibromyalgia. I have since learned that when some doctors do not know the cause of certain chronic inflammation, they categorise it as fibromyalgia. I was prescribed scheduled medications for sleeplessness, pain, inflammation, and depression. I chose to only take the one medication to help with sleep and at times I took the anti-inflammatory. I knew I didn't want to rely on medications for the rest of my life.

Being an A-type personality, I continued to stress my body and push myself physically, mentally and emotionally beyond what I should have. This, together with poor eating habits caused my immune system to struggle even more.

I was too run-down and struggling with pain to even stop and think clearly - let alone pray for myself. My wonderful husband stood in the gap and kept praying for me. In 2014, God answered his prayers by means of a friend who told me about Johan's book, *Go Natural*, as well as the relevance of dangerous dental procedures by Dr Huggins.

I decided to have my metal fillings and root canals removed by a biological dentist. Before having that done, my natural doctor sent me for blood tests to check for heavy metals. My lead levels were extremely high followed by high levels of mercury and aluminium. This dental work was done over a couple of months and each time I went straight from the dentist to my natural doctor for a Vit C drip to boost my immune system. I still have two implants in my mouth, but my health has improved so drastically that I don't need to address that now. Once all the dental work was completed; I then went on a chelation programme for two years, monitored by my doctor. I initially had one chelation drip but that was too strong for my system, so I continued with oral capsules to chelate. About a year into the chelation process I had another blood test which showed a drastic reduction in the lead and other metals. All the time, I was feeling better and better. My second blood test, a further year on, showed minimal traces of the metals.

At the same time that I started the dental process; I also started eating correctly according to Johan's book. This went a long way to aiding my recovery and reducing the symptoms too.



Wisdom for Healthy Living

For the past five years, I have been living a healthy and pain-free life. I am sleeping well for the first time in my life; and as long as I monitor my stress levels, get enough sleep and eat correctly, I have energy and a clear mind.

Today, I am grateful to my Heavenly Father for His leading me to learn about His God-given way of healthy living and for Johan's commitment, passion and willingness to pass on this good news to everyone!

With Gratitude

Viv