



Mariska Smal's Recovery from severe SLE (Lupus)

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My name is Mariska Smal. I am a 43-year-old wife and mother of one amazing daughter.

At the age of 22 my hair started falling out and I had bad joint pain. The pain was so bad that I could not get up from a chair at times. I could not even comb my own hair. Months later I was diagnosed with SLE (Lupus). For those who don't know it is when your immune system attacks your own body tissue. My kidneys were attacked.

I was put on a lot of medication which also consisted of chemotherapy once a month. I did this for 2 years. They put me on chemo to keep my immune system suppressed because it was overreacting. After 2 years of chemo, they told me that I was indeed infertile and could not have any children. But God had other plans. 2 weeks after this diagnosis I was pregnant with triplets. Unfortunately, I lost 2 of the babies at 12 weeks pregnant and our daughter was born at 26 weeks and weighing 655g. She was born with 3 holes in her heart and blind in her left eye. The holes in her heart healed with medication we got from overseas and her eye was healed by God. Her left eye is her strong eye to this day.

Doctors put me on steroids and a lot of other medication, but I wanted to know the cause. After a lot of research and reading, I discovered an old lady in Pietersburg who introduced me to juicing. She had recipes for juicing different fruits and vegetables for different ailments. She believed that sickness begins in your gut. Things went very well on her juices, but I still had the illness. Now I know the reason, it's because there were more root causes to be removed.

Some more reading led me to a book by Dr MK Strydom. She believes sickness is because of your thought life. There are a lot of things causing disease. In my case it was rejection from my father as well as self-hatred. I dealt with all these issues. On my journey I also discovered what Johan says about those black (mercury) fillings in your teeth. I had them removed by the right dentist.

With all of these things sorted and believing and praying I can now say that the doctors can't find SLE in my blood work anymore. They do 14 blood tests for lupus. Where all 14 tests were high in the past, I now have 1 test that is slightly elevated, but does not point to Lupus. Glory be to God. He led me on the right paths to find healing.

16 years ago, I went into Kidney failure because of the lupus and at the time I did not have the knowledge that I have today. So, I was on dialysis for 7 years. That is when they put you on a machine for 4 hours, 3 times a week to clear your blood and remove extra liquid because your kidneys are unable to do it.

I had (by the grace of God) a kidney transplant 8 years ago. My kidney is doing well and so am I. I would have loved to have knowledge and stopped the disease before it came to this, but God is good, and this is the road He led me on. At this stage I am still praying for another miracle for God to heal my own kidneys completely.

In the meantime, we bought the water distiller machine from Johan. It is the only water I drink, and I believe my kidney function improved because of clean water that I am drinking. We also bought the stone mill machine and eat homemade bread. I believe every step we do has a positive outcome in our bodies.

Blessings

Mariska Smal

NATURAL HEALING is programmed in your genes!

Familiarize yourself with what is possible once you remove all the ROOT CAUSES that cause "dis-ease".

For more natural recovery TESTIMONIES, you are welcome to visit <https://gonatural.co.za>.

