



Kruidjie Roer My (Afrikaans Edition)

Antoinette Pienaar

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Toe Antoinette Pienaar, Afrikaanse sangeres en aktrise, die eerste keer staan voor oom Johannes Willemse, legendariese Griekwa-heler, sê hy: “Hier kom Juffrou nou eers aan!”

Want toe het oom Johannes al byna veertig jaar lank drome gekry van die vrou met die rooi bakkie aan wie hy sy kennis sou oordra. Kennis wat terug tot in die antieke verskiet van oupa na kleinseun aangegee is.

Ná sewe jaar se vakleerlingskap volg hierdie boek oor wat Karoo-kruie vir jou kan doen. Hoe dit jou kan roer – want in oom Johannes se benadering kort nie net jou liggaam heling nie, jou gees word saam gedokter.

In Kruidjie roer my hoor ’n mens die warm stem van Antoinette soos duisende luisteraars na haar gewilde rubriek Vrydagmiddae op RSG dit ken: vol begrip en deernis, altyd met ’n staaltjie en boweal die ruimhartige mededeling van haar kennis en oom Johannes se wysheid.

’n Boek vol mooi name, soos kokkoromoniet, rooivergeetwortels en louhout. En met ’n weelde aan foto’s, stories, raad en indekse is dit ’n familieboek vir blai, lees en naslaan.

“Antoinette Pienaar het gedurende die jare negentig in my lewe in gekruie. Haar Karoo-menswees het my geroer, en ek het gevoel ... die volk moet hierdie vrou hoor! ‘Kruie kraai koning’ het die RSG-luggolwe in 2003 getref, en van daar het ons net van krag tot krag gekraai. Kruidjie roer my is nie ’n mediese gids nie maar ’n harts-gids. Alles kom uit Antoinette se hart uit. Volg dit en jy sal haar heling ervaar.”

– Amore Bekker, aanbieder van Tjailatyd Vrydagmiddae op RSG, waartydens “Kruie kraai koning” uitgesaai word.

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