I've managed to fix the problem. What I did was usin filezilla, I renamed the .htaccess file

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then I renamed the htaccess.txt to .htaccess (which can be found in the file public_html)
In global configuration file in joomla under seo settings I done this:
Search engine friendly urls Yes
Use appache mod_ rewrite Yes
Add suffix to urls No
My website has now gone back to normal