



## April 2018 Newsletter

Dear Go Natural Friend

Easter weekend has special significance to many people. Whether or not you celebrate Easter, may the message of sacrifice, compassion and grace encourage you to live a meaningful life. This long weekend is also an opportunity to make the transition to cooking with natural ingredients since you will have extra time to put new skills into practice.

Book in time for our 16 May seminar and workshop where you will be equipped to TAKE CONTROL of your own, and your loved ones' health. You will be informed to be able to make wise decisions as well as discover all the deceptive practices in our food chain and health care system. Limited seats are available.

More and more people come from across South Africa to attend our For the Love of Real Food Seminar and Workshop. We appreciate the effort made by so many people who put a Wednesday aside to invest in their well-being.

REMEMBER the Go Natural's philosophy: YOUR FOOD is YOUR FUTURE. Everything you put in your mouth eventually becomes a part of you. GO NATURAL'S antidote is captured in the phrase: **FOR THE LOVE OF REAL FOOD.**

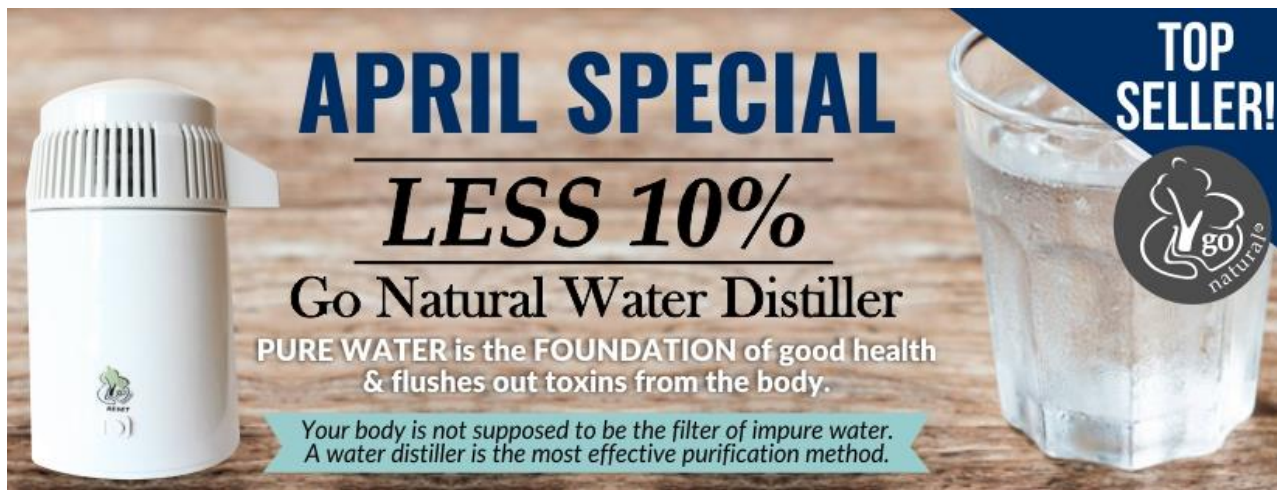
## April Special

### Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED

An advertisement for the Go Natural Water Distiller. On the left is a white, cylindrical distiller with a grey top. On the right is a clear glass filled with ice and water. The background is a light-colored wooden surface. Text is overlaid on the image: 'APRIL SPECIAL' in large blue letters, 'LESS 10%' in large black letters, and 'Go Natural Water Distiller' in black. Below this, it says 'PURE WATER is the FOUNDATION of good health & flushes out toxins from the body.' and a quote: 'Your body is not supposed to be the filter of impure water. A water distiller is the most effective purification method.' A blue banner in the top right corner says 'TOP SELLER!' and a circular logo with a leaf and the text 'go natural' is also present.

**APRIL SPECIAL**

**LESS 10%**

**Go Natural Water Distiller**

PURE WATER is the FOUNDATION of good health  
& flushes out toxins from the body.

*Your body is not supposed to be the filter of impure water.  
A water distiller is the most effective purification method.*

**TOP SELLER!**

go natural

### Monthly Advice

## The OBESITY Pandemic

Recently my father-in-law blessed my family with a fantastic old Afrikaans movie, “Hoor my Lied”, produced in 1967. I consider Gé Korsten, the main actor and singer, as one of the best South African artists ever!

For your entertainment, here is an extract from the movie where Gé sings; “Hear My Song”.

<https://www.youtube.com/watch?v=BPFxa0TtIEU>

Why am I talking about this movie and not about health? I observed something interesting which is very much health related: there were no obese people in the movie. Today the sad reality is that two thirds of the Western world are obese and overweight. If you do your research on these conditions you will see the West is facing a big health catastrophe. The signs and proof are visible whether you look at the people around you or those in most modern movies.

The dividing factor is our new modernized fast food chain. Fifty-one years ago, when this particular movie was made, people still had cooking skills and the majority of food was real. However, I believe that most modern people do not have the faintest idea how far we have wandered from natural eating habits and embraced the new, modern food technologies that load our food chain with empty carbohydrates and have stripped it of its natural nutrients.

World renowned chef, Jamie Oliver, revealed it in his TED talk: the tip of the iceberg of the destruction caused by processed and refined foods. It is really a wake-up call for all of us.

[https://youtu.be/go\\_QOzc79Uc](https://youtu.be/go_QOzc79Uc).

Our [book GO NATURAL](#) exposes the full extent of the hidden iceberg.

## The SOLUTION

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Our book ***Go Natural Wisdom for Healthy Living*** and our GO NATURAL movement is the antidote to this modern food catastrophe and 'dis-ease' conditions. The book will help you to take control amidst all the modern fast, junk and deceptive foods.

Learn the lost skills of cooking with real food and wean yourself off the modern "scissor" diet. Yes, we literally cook with scissors as we cut open and mix one or two boxes together, microwave our food, so that a few seconds later, we can eat.

These modern foods are food-like, but it is not real food. It makes you feel full, but it grossly lacks many naturally occurring nutrients and building blocks as it mostly consists of empty calories filled with chemical preservatives and tasty enhancers to make the stripped processed foods palatable. The result: we are nutrient deficient (starving) and toxic.

My urgent advice: get skilled to cook and prepare food with living and real ingredients.

Learn how to escape the deceptive and destructive killer foods.

My question is, who engineered and allowed these destructive foods to be enjoyed by the man on the street? Why are these foods still available since we know they cause injuries and 'dis-ease'?

Your health is at stake. Decide today to stop supporting processed food and make your own REAL FOOD with living and fresh ingredients.

### For the Love of Real Food 2- in-1 Seminar & Workshop



**Wednesday, 16 May 2018**

We invite you to our next life-saving, life-changing workshop (3 hours), plus an informative seminar session (1 hour).

#### **25% Companion Discount Special**

If you bring your spouse, friend or a partner, you will receive a R100 discount per companion.

#### **Foods to be Demonstrated and Prepared**

1. Pizza from living grain
2. Real Tomato Sauce

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3. Vitamin C Cocktail as Ginger Lemonade
4. Raw Chocolate: Go Natural's 3-in-1 One Anti-Aging Snack

**Included:** Carrot Juice and testers of all the prepared food.

**Cooking with LIVING ingredients delivers the REAL deal namely FRESH NUTRIENTS IN ABUNDANCE.**

To secure your seat, please [book here](#) no later than **10h00 on Tuesday, 14 May**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

**Previous attendee feedback.**

### **Our EVENTS page**

You can now plan and book ahead. Linked is our [Seminar and Workshop Schedule](#) for the rest of 2018.

### **Other recommended Events**

## **Western Cape CANAMERE Presentations The BENEFITS of Cannabis Sativa (Hemp)**

See the [linked invitation with the various locations.](#)

**Topics covered:**

1. Your **Endocannabinoid System (ECS)**
2. Medical Marijuana & Hemp legality
3. How to revive the body's own doctor
4. Avoiding the dangers of cannabis in SA

Presented by **Tiaan Swart**, founder of Canamere.

Information & Booking: [christiaanempowers@gmail.com](mailto:christiaanempowers@gmail.com)

You are welcome to contact us to discuss this revolutionary health product and its plethora of health benefits. Alternatively, if you want to order or become an affiliate marketer visit the Go Natural affiliated website @ [www.canamere.com/gonatural](http://www.canamere.com/gonatural).

### **Articles Filled with More Advice**

We offer much advice in our monthly informative [articles](#) in the Joy!/Juig! magazines. Read the "Healthy Living Made Easy" in the JUIG Magazine entitled, **GESOND EET IS MAKLIK**. Now available in stores.

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### New Edition of the Go Natural Book

**The TRUTH will set you free! Discover how your body can and wants to heal.**

[Read these](#) book endorsements with reader feedback.

**Our expanded and revised** edition will make for the perfect birthday present!

We've sold 5,000 books since it was published at the end of 2014. Almost daily we've seen and heard numerous life changing testimonies of healing and recovery after people adopted and implemented the natural principles and truths in the book. It is testimony to the fact that the body is designed to win and heal. However, we must always first do our part to empower the body to do what it does naturally which is to self-maintain, self-heal and self-protect. Real and balanced food is not negotiable if you want to empower your body to live a quality life of vitality, free of 'dis-ease'.

#### **Benefits of the improved and revised version:**

1. More research, help and information on cancer and other dreaded 'dis-ease' conditions with almost 60 extra pages filled with new information – the new book has 520 pages.
2. It contains 4 extra scrumptious recipes.
3. Improved easy navigation layout.
4. FOREWORD: the book is endorsed by world renowned naturopath Gary Martin in Australia.
5. The new book has an index.
6. Improved quality
  - a. Better bind, with thread sewn sections.
  - b. A more appealing, durable, gloss laminated and thicker cover.

#### **Special!**

- ✓ Only **R250 (VAT included)**.
- ✓ [Bulk order](#) of 6 books or more qualifies you for a healthy **40% discount**.

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For too long this **life-saving information** has been withheld from the public. The truths contained in the book will set you free from “dis-ease” and empower you to **take control** of your health.

To order, please [click here](#).

### Meat to Order

Remember, we supply pasture-reared meat from the Cape district in the Karoo. However, we recently sourced two new suppliers of meat. See the three linked price lists.

We also stock freshly frozen vacuum-packed animal protein products, i.e.; beef, lamb and chicken. For more information and orders please [click here](#).

You are always welcome to contact us for more information or advice regarding healthy living. We are privileged to have helped many people accomplish their goals to live a healthy life. I want to spur you on to never give up, ALWAYS push forward and remember your body is designed to win and heal. Always give your body what it was originally designed for: real food and a clean environment. Remember, “SUCCESS IS NOT AN EVENT, IT IS A HABIT”.

Blessed regards

Johan and the GO NATURAL Team

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