



April 2019

Below you will receive quality advice on how to boost your immune system for the upcoming winter season plus three profound testimonies.

GO NATURAL'S VISION

Is for every individual to be able to TAKE FULL CONTROL OF THEIR HEALTH.

The masses are being deceived, enslaved and controlled by destructive propaganda, but Go Natural has a solution for your health.

Thank you for helping us spread the good news of the solution to live 'dis-ease' free. As a result of deceptive practices in the food and health care systems we face a global catastrophe of many unnecessarily 'dis-eased' people, help us to spread the good news and to help make our world a better place with less suffering.

Our seminar / workshop is a four-hour event and is the catalyst to release you from the grips of 'dis-ease' and symptomatic medicine, while many times the root causes of 'dis-ease' are never removed.

[GO NATURAL'S seminars and TRUE food workshops](#)

If you haven't attended one yet, then you are missing out on a huge injection of knowledge, wisdom and know-how required for your health and vitality. You are welcome to join us for our next seminar and workshop on 10 April. The lifesaving information presented in the first session, the one-hour seminar is already worth the cost of the whole event. As a bonus, for the next three hours we will demonstrate and prepare TRUE FOODs, made with living ingredients:

1. Traditional Sour Dough bread,
2. Traditional Burcher Brenner Muesli,
3. Kefir - fermented dairy, and our famous cherry on the cake,
4. Go Natural's Raw Chocolate 3-in-1 Anti-Aging Snack.

All of these will be enjoyed by attendees during the event.

Remember Go Natural's philosophy: **YOUR FOOD is YOUR FUTURE**. Everything you put in your mouth eventually becomes a part of you. Make sure you are geared for a good future where you replace old cells (daily approx. 20 million cells get replaced with new ones) with equal or better building material, by ingesting true nutrients.

Workshop Invitation

Go Natural TESTIMONY

1. Ockert Smit - recovered from Depression and Anxiety

Since having my root canal tooth and silver fillings removed the change has been remarkable. I am emotionally very stable, sleep like a baby and the flulike symptoms are gone. I am 46 now and I'm truly thankful since it's been many years of searching for answers and finally finding it. [Click here](#) for the full testimony.

2. Michelle Hoffman - Recovery from Allergies

We got a stone mill at the store in Somerset West and started baking our own bread and muffins. Immediately after baking our own bread I could feel the difference in my body and my allergies. [Click here](#) for the full testimony.

3. Johan Jacobs - 15th Year of recovery from Primary Progressive MS

I praise the CREATOR GOD for helping me, this month, this year is my 15th year CELEBRATION of recovery from advanced Primary Progressive Multiple Sclerosis after I had been clinically declared unfit for work 15 years ago. No new MS symptoms, 15 years ago I was plagued with weekly and lasting new MS symptoms. No new MS symptoms for the last 15 years, only recovery symptoms.

Something is seriously wrong with the health systems, the ROOT CAUSES never get addressed and / or removed. My book <https://gonatural.co.za/content/20-english-book> will help you to remove the bulk of the root causes of faulty nutrition and toxicology, by doing that it will empower your inner doctor to heal and also to take control of your health. My full testimony and advice is documented in my book GO NATURAL Wisdom for Healthy Living.

Monthly Advice

As we enter the winter season, we all know we need to boost our immune systems.

Why?

In winter it is cold, there are less viruses and bacteria in our environment, we actually should be doing better. You see, we don't see the sun, therefore our bodies do not produce vitamin D as it should. This vitamin is paramount for a healthy immune system.

Immune Boosting Suggestions:

If you look at our [testimonies](#), you will see that the balanced and proven GO NATURAL diet and lifestyle will help you to live without limits and 'dis-ease'. On top of that, if you are still in transit to the GO NATURAL diet, then below find some quality suggestions.

1. Take a good quality vitamin D3 supplement daily

I Take 4000 IU's per day, for children 2000 IU's every second day. If they have an infection take 2000 IU's every day.

2. I make a Vit C cocktail every day, for me I add approx. 5000 mg Vit C as sodium ascorbate in it, our children get just less than half my dose. This cocktail has lemon juice, grated lemon peel and grated fresh ginger root in it. The recipe is in my book and we also demonstrate it at our TRUE FOOD workshops how you can quickly produce it in your kitchen, at a fraction of the cost. If you have a cold or flu for a speedy recovery, take the cocktail three times per day.

3. Daily freshly squeezed vegetable juice is also a sure method to bolster the immune system. GO NATURAL stocks some of the very best juicers available. [Click here.](#)

4. Colostrum is always a good way to naturally boost the immune system.

5. Last but not the least, a good chelated (bio available) Zinc supplement also boosts immunity.

Look and learn from Dr Tomas Levy, an authority in the health circles, regarding the importance of vitamin C.

Vitamin C Antidote to all known toxins Thomas Levy, MD - even SNAKEBITE! VIRAL VIRUS BACTERIAL



A PROFOUND ROOT CAUSE OF DISEASE:

CAUTION! THIS COMMON DENTAL PROCEDURE IS EXTREMELY TOXIC



YOU'LL NEVER HAVE A ROOT CANAL AFTER WATCHING THIS



There are specific ways to remove these dental pathologies, contact me at johan@gonatural.co.za should you want to receive the full and correct removal protocol and also a list of qualified biological dentists for a complete dental revision exercise. Our book Go Natural explains the pit falls in the conventional procedures, dental hygiene recommendations and how to prepare the body for speedy and full recovery after the operation when root canals are removed.

Be Informed

Make time and watch these documentaries till the end, they are lifesaving.

5 G - GOOD OR BAD

1. THE "IMMEDIATE THREAT" OF FIVEG



2. 9/11 & FALSE FLAGS, BAD MEDICINE, CENSORSHIP, WAR ON WHISTLEBLOWERS, JOURNALISTS, CHEMTRAILS, COLLAPSE, CRIME, GEOPOLITICS, SYNTHETIC TERROR & INTERVENTIONALIST BS, JFK



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



go natural
FOR THE LOVE OF TRUE FOOD
Two in one seminar & workshop
4 HOURS
Hosted by Johan and Alicia Jacobs
SECURE YOUR SEAT - WWW.GONATURAL.CO.ZA

Invitation & Programme



Wednesday 10 April 2019

We invite you to our next life-saving and changing two-in-one seminar (1 hour) and workshop (3 hours).

Click on our video invitation below to see what you can expect from our “For the Love of TRUE Food” event.

20% 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. Traditional Sour dough bread
2. Traditional Burcher Brenner Muesli
3. Kefir - fermented dairy
4. Raw chocolate: Go Natural's 3-in-1 Anti-Aging Snack

Included: Carrot juice and testers of all the prepared foods. You will also receive your own fresh sour dough starter.

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, 9th April, allowing us enough time to prepare for the correct number of people. Limited seats are available.

[Read how](#) previous attendees benefited from the workshops.



Book Online Now!

Our EVENTS Page

You can now plan and book ahead. Linked is our [Seminar and Workshop Schedule](#) for the rest of 2019.

JOY & JUIG Articles Filled with More Advice and/or Testimonies

We offer much advice in our monthly informative [articles](#) and/or [testimonies](#) in the JOY! and JUIG! magazines. In the April issue of *JOY! Magazine*, read about: 'TRICK OR CHEAT' - How to prevent obesity and diabetes.



New Edition of the Go Natural Book

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 more than 6000 books since it was published at the beginning of 2015. Almost daily we've seen and heard numerous life changing testimonies of healing and recovery after people adopted and implemented the natural principles and facts in the book. It just shows one 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. Improved quality
 1. Better bind, with thread sewn sections.
 2. 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**.

For too long this **life-saving information** has been withheld from the public. The information 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 linked price list.

We also stock freshly frozen, vacuum-packed meat 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