



April 2021

Dear Go Natural Client

We sincerely hope you are well.

We are glad to announce that we will be presenting a Go Natural seminar and workshop 12 May 2021, please book via email, see the [linked ad](#).

Please note we expect Angel Juicers again, you can book yours by emailing us your order.

Remember to order your meat before Wednesdays every week, you can contact Alicia, email [alicia@gonatural.co.za](mailto:alicia@gonatural.co.za) or on her mobile 082 297 9700.

Stay focusing on your immune system, we share a couple of good ideas later on to bolster your innate immune system we hope you enjoy our Newsletter.

We will cover many insights re this pandemic, read and study the full newsletter.

## GO NATURAL'S TESTIMONIES

Spoil and motivate yourself by discovering all our [testimonies](#) received over the years since we started this GO NATURAL movement and our natural-healing protocol.

Do you know someone who may be struggling with health-related issues (Cancer, Diabetes, MS, Dementia, Fibromyalgia, ADHD, Rheumatoid arthritis, autoimmune diseases, etc.)? Do yourself a favour, experience the self-healing capability of your marvellous body, once all the ROOT CAUSES are removed by reading these beautiful testimonies.

All these testimonies are proof that our bodies were engineered to win, heal and improve. We just need to do our bit to create the right environment for healing and homeostasis. Today, more than ever, you need to have the wisdom and discernment to decide what you will allow your body to ingest and also what practices and procedures you will allow to have done on/to your body.

**Remember, if you want VITALITY:**

- Optimal nutrition is key for your body's inner doctor to execute all its daily functions of self-maintaining, self-healing, self-protecting, self-cleaning and self-growing. Our book will show you which diet is the most suitable and used diet over millennia. Our Go Natural book also presents a 10-Point Plan on how to get optimally nourished.
- Always eliminate all ROOT CAUSES of "DIS-EASE". If you have not seen the empowering movie ROOT CAUSE, exposing dental pathology and dead root canal treated teeth, send us a clean USB stick, and we will gladly upload the full movie for you. Linked find the ROOT CAUSE movie trailer [here](#).

3. FIRST, DO NO HARM and work with nature.

4. PREVENTION is better than cure. You can prevent a lot of pain and agony; our book GO NATURAL Wisdom for Healthy Living will help you to live "DIS-EASE" free.

These natural and common-sense principles in our book offer you freedom from the shackles of "dis-ease", rather than most conventional treatments with pharmaceutical and chemical medicine, whilst the **root causes** remain unaddressed.

## GO NATURAL'S seminars, workshops, and events



We want to start our two in one Go Natural seminar and workshop again.

Linked find the [invitation](#)

Click on our video invitation (Youtube Icon) below to see what to expect from our "For the Love of TRUE Food" event.

Me and my wife, my co-host of this event has a preliminary date - **Wednesday, 12 May**.

In the past, pre the "pandemic" we easily accommodated more than 20 guests at our home.

This crisis made people so shy to socialize, however life goes on, TRUTH gets revealed and the show must go on. We talked and decided if 10 and more people have booked, we will proceed in hosting this life changing and saving event. Email us at [johan@gonatural.co.za](mailto:johan@gonatural.co.za) to book your seat.

In the past attendees booked online with QUICKET, however for this round, our first event post lockdown we will book via email communication. We also decided that interested attendees can give suggestions on the four different recipes to be prepared out of our book.



## Meat to Order

Remember, we supply pasture-reared clean meat from the KOUP district in the Karoo. We also stock freshly frozen, vacuum-packed ethical meat products; i.e. beef, lamb and chicken.

Linked is our [product list](#).

Contact Alicia at [alicia@gonatural.co.za](mailto:alicia@gonatural.co.za) or 082 297 9700 to order.

## GO NATURAL's New Advice

More than ever in human history, we need to empower our GOD - given immune system with all the necessary nutrients and tools to protect ourselves against all the different onslaughts humanity are facing today.

Below a couple of suggestions:

### A. Enjoy mostly TRUE FOODS

This is well explained in our book [GO NATURAL Wisdom for Healthy living](#). The book contain a 10-point plan on how to enjoy only nutrient dense true foods plus 76 recipes and skills to make scrumptious yet nutrient dense true foods for you and your family just as our ancestors used to enjoy hundreds of years ago.

### B. JUICING of vegetables

Why JUICE?

1. Boost immunity
2. Quick and easy digestion and absorption
3. ± 300% better nutrient utilization
4. Concentrated food - Vegetable juice is your medicine.
5. Nutrients in synergy
6. Drink your raw vegetables and within 15 min mega doses of nutrients is in your blood, ready for action and to do what it does best, which is self-healing and maintaining.

## HOW TO MAKE A GOOD HEALTHY JUICE?

NB - YOU NEED A SLOW SPEED JUICER

START TODAY - Select your slow speed juicer [right here](#).

Fruits need to be consumed whole; with the pips as fruit juice will cause high blood sugar and can lead to weight gain and diabetes.

REMEMBER - Any juicer is better than no juicer, however centrifugal juicers is not recommended for juicing vegetables as it create more pulp and waste than juice, it is a waste of valuable food.

My preferred juicer

1. Angel juicer - [Book yours today](#).
2. Green Star - TWIN GEAR Juicers, any of the three models [here](#).



### C. Supplements to boost your innate immune system for coping with the pandemic

The following three supplements will help you to build up your innate immunity to protect you naturally against viruses and this health crisis.

1. Vit C, a suggestion is the Ginger Lemonade Vit - C cocktail in our book. Twice a day, if sick 3-5 times per day.
2. Vit D - [click here](#)

Listen to Dr Ryan Cole what he recommends re the virus and Vit D.

3. Zink your immune boosting mineral. One tab daily for maintenance, if sick double up until recovery.

**Need HELP? Get ADVICE from Johan Jacobs in a  
CONSULTATION**

**As an MS (So called incurable dis-ease) Survivor and  
known as the DOT CONNECTOR to remove the ROOT  
CAUSE's that cause all these modern illnesses.**

Many of the frustrated and desperate people that we have helped to RECOVER from modern "dis-eases", have already spent thousands of Rands and wasted a lot of time on the

conventional methods, which did not bring them the lasting relief they needed. At a consultation with Johan, he will share invaluable advice with you, as well as put you in contact with the relevant health practitioners and/or alternative and functional medicine specialists. Plus, he will share with you the information that he gained during his recovery journey that will empower you to take control of your “dis-ease” - and to discover the miracle of the body’s built-in capacity to naturally self-heal.

Our methods and protocols are the way that should be adopted first and foremost before the conventional, symptomatic-treatment approach is followed without the removal of the root causes.

If you are interested, click on the Consultations button below.

Look at our profound spread of testimonies (Testimonies button below) of “dis-ease” conditions that were turned around.

Consultations

Testimonies

## Final Words

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.

Here are some of our [testimonies](#)

I encourage you to never give up; ALWAYS push forward, and remember that your body is designed to win and heal. Always give your body what it was originally designed to have: real food and a clean environment. Remember, “SUCCESS IS NOT AN EVENT, IT IS A HABIT.”

**Blessed regards**

**Johan and the GO NATURAL Team**

*"This newsletter does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment because of something you have read in this newsletter or on the Go Natural website. If you think you may have a medical emergency, immediately call your doctor. More information on the COVID-19 Virus available here <https://sacoronavirus.co.za/>"*