



August 2019

Hope you are well. Welcome to Go Natural's monthly newsletter.

GO NATURAL's Advice

Let's dig deeper into why we, as civilised people, are facing the darkest hour ever with regards to our health statistics and the disease trends. It saddens me to see that people all around us that gets sick, incapacitated and pay the ultimate price prematurely. I was nearly part of the statistics 15 years ago. Currently we have the best technology fortified with modern medicine but still, the masses are so sick and 'dis-eased'?

The TRUTH MATTERS - is there **A TOTAL ONSLAUGHT?**

If I look back at what happened to me the last 19 years, since my diagnosis with Multiple Sclerosis (MS), and my exponential growth and exposure to information; I am shocked and distressed at the level of misinformation, false propaganda and deception in our food and health industries. I am surprised that we are not more 'dis-eased', which just show how feisty we were designed.

Here are some examples of how our contemporary lives affect our health:

1. Our water is polluted with chlorine, aluminium, heavy metals, pesticides and pharmaceutical drugs. Water is the foundation to good health, as water is meant to detox the body, but now this essential element has become the very medium to pollute and toxify your most valuable asset, your body.

For more info <https://gonatural.co.za/img/cms/PURE-WATER-the-FOUNDATION-to-good-HEALTH.pdf>

2. Our STAPLE foods (grains) are being corrupted in many ways.

- In South Africa, our maize is generally treated with RoundUp and are genetically modified. The active ingredient in RoundUp, Glyphosate, disrupts our GUT microbiome and causes a leaky gut and a compromised digestive tract.

- On top of this, the food industries remove the bulk of the nutrients by removing the germ and the bran. The best parts, that provide nourishment for your body, is now introduced to animal fodder with growth stimulants and hormones so that the poor feedlot animal can grow exponentially bigger and faster, while we are getting more malnourished day-by-day. This is propagated as a solution for feeding the masses, as these nutrient-sterile and toxic quick foods are forced onto the population. For more info <https://gonatural.co.za/img/cms/TRICK-or-CHEAT-How-to-Prevent-Obesity-and-Diabetes-April-2019.pdf>
- This is also true for most commercial wheat grain products like bread, breakfast cereal, pizza, pasta, buns, pastry, rusks, cookies etc.
- This renders our staple as nutrient sterile - therefore empty carbohydrates. Hundreds of years ago these foods were acceptable and enjoyed every day. Diabetes and obesity were also never a problem. For more info <https://gonatural.co.za/img/cms/Gluten-and-wheat-intolerances-exposed-JOY-article-December-2015.pdf>
- We've made our STAPLE toxic. The industries provide shelf life for your convenience, by adding preservatives to the bread and other flour-related foods with calcium propionate and other chemical preservatives.
- Be warned: "The whiter your bread, the quicker you're dead." White bread is not natural, it is made of an isolate (mono-nutrient - empty carbohydrates), and should be strictly avoided. For more info <https://gonatural.co.za/img/cms/The-Great-White-Sharks-of-Health-JOY-Mag-May-2016.pdf>.

3. NUTRITIONAL INJURIES - Tooth decay IS the first visible injury!

Because of this nutrient sterile, 'SAD' diet, we develop injuries that eventually lead to destruction. We are first injured and then poisoned.

For more info: <https://gonatural.co.za/img/cms/Origin-of-Tooth-Decay.pdf>

4. DENTAL PATHOLOGY - The INVISIBLE DRAGON

<https://gonatural.co.za/img/cms/DENTAL-PATHOLOGY-Aug-2017.pdf>

Once bitten by the dragon you are climbing the toxic ladder.

5. HARMFUL medicine like VACCINES

Some are calling it the WAR ON OUR CHILDREN

<https://www.naturalnews.com/2019-08-22-bombshell-new-video-exposes-horrifying-crime-of-vaccine-mandates.html>

TESTIMONY - Harvard Lawyer's Vaccine Injured Son:

<https://thevaccinereaction.org/2019/08/harvard-lawyers-vaccine-injured-son/>



Like mercury amalgams and root canals, toxic vaccines seem to be another crime against humanity, it becomes evident that facts get squashed, manipulated and concealed by the mainstream media.

There are many more ROOT CAUSES; like sugar, heavy metals, chemical food preservatives and toxins, etc. that cause 'dis-ease' and illness. But as far as I am concerned dental pathology, surpasses them all by a mile.

Do yourself a favour and watch the ROOT CAUSE MOVIE trailer

Trailer Root Cause Movie



FULL - Root Cause Documentary - 2019



If you take cognisance of the above, it is clear that there is a total onslaught against our health.

THE SOLUTION

I believe GO NATURAL provides a proven solution.

Ancient wisdom, discernment and common sense is the foundation.

Read our book [*Go Natural Wisdom for Healthy Living*](#) and discover the natural methods and protocols to recover and prevent 'dis-ease'. Our book and/or our five-hour seminar/workshop is the catalyst to release you from the grip of 'dis-ease' and from symptomatic medicine, which is being prescribed while the root causes of 'dis-ease' are still present.

TESTIMONIES



We are humbled to present our profound testimonies that prove that our bodies are engineered to win and heal; we just need to do our bit to create the correct environment for

healing.

Remember:

1. **FIRST DO NO HARM**
2. **PREVENTION is better than cure.**

THE ENDOCANNABINOID SYSTEM (ECS)

CBD vs THC - Which is Better?

This is a must-see interview:



Best nourishment for your ECS - INNER DOCTOR

If you are looking for a good full-spectrum and organic hemp oil you don't need to look any further.

Introducing you to the IMPROVED and stronger full-spectrum, whole hemp leaf extract - MEDUCA.

Meduca Brochure

Meduca is a 30ml product with 450mg of CBD/CBDa combined with other naturally occurring cannabinoids such as CBC, CBCa, CBGa, CBG and CBN.

The full-spectrum approach gives us a wealth of terpenes and other valuable synergistic plant nutrients that you won't find in most CBD products, on the market. Most CBD is isolated-CBD (or CBD-isolate as it's known) and is inferior.

Click here www.canamere.com/gonatural and order it online.

You are welcome to contact us should you be interested in becoming an affiliate Canamere marketer.

GO NATURAL recommended events

We have two upcoming and exciting events for the Spring.

1. GO NATURAL's seminar and TRUE food workshop



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



If you haven't attended one yet, then you are missing out on a huge injection of wisdom and know-how required for your health and vitality. [Read this latest review](#) by one of the attendees.

You are welcome to join us for our next seminar and workshop on the **11th of September**. The lifesaving information presented in the first session, the 1½-hour seminar, is already worth the cost of the whole event. As a bonus, for the next 3½ hours we will demonstrate how to prepare TRUE FOODS, starting with living ingredients;

1. Traditional Sourdough bread
2. Muesli Bars
3. Kefir - Fermented dairy
4. Raw Chocolate - Go Natural's 3-in-1 Anti-Aging Snack

A taster of all of these will be enjoyed by attendees during the event.

You will also receive a fresh sourdough starter.

[Invitation & Program](#)

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.

Book Here

Book online with Quicket

2. A Two-Day Holistic Medico-Dental Conference 27-28 September 2019



A conference that brings together the pieces of the puzzle that help people to regain health and vigour. Register for this exciting event taking place on the 27th and 28th September in Cape Town. Register before the 31st August to benefit from the Early bird discount.

BACKGROUND

Western civilisation is witnessing a dramatic rise in lifestyle- and environmental-related diseases as well as a plethora of new modern neurological diseases. Modern man is also plagued by cancer, Alzheimer's, dementia, Autism, ADD and ADHD, diabetes, anxiety and depression - to mention just a few.

We have also seen a rise of neuro-toxic chemicals and heavy metals in the environment. We have discovered that the accumulation of these chemicals and heavy metals in the human body poses significant health risks. Also, oral pathology (root canal treatments and jaw cavitations) is identified as far more dangerous than heavy metal toxins. Dental pathology overloads the immune system and subject the body to an array of chronic inflammatory diseases and poses severe cancer and autoimmune disease risks.

The occurrence of dental pathology is rife in our society and has devastating effects on our health. We need to look at our current dental practices and the importance of biological dentistry.

With all this in mind, the team at Camps Bay Dental Studio - under the training of the IAOMT - founded the South African Academy of Biological Practitioners. The fundamental mission of the SAABP is to educate and promote health. We hope to achieve this at our upcoming SAABP Doctors of Africa Medico-Dental conference. This is the first such conference to be open to the public.

This revolutionary two-day event will be hosted at the Bay Hotel in Camps Bay.

To book email: admin@saabp.co.za before 15 September

Johan will be sharing his testimony and teaching as a recovered patient.

We hope to see you there!

Invitation and Program

Be Informed

The eminent 5G Risk

“Get Dr Martin Pall's powerful, 127-page eBook, 5G Risk: The Scientific Perspective, and learn the science that proves, beyond any reasonable doubt, the biologically harmful effect of 5G deployments and wireless radiation.

[Click here to download](#) your free eBook about 5G technology!

As the 5G wireless technology rollout is relentlessly promoted - without a single test of its safety by those implementing it - Dr Martin Pall builds a rational and evidence-based case for predicting an imminent explosion in health issues that will come with being immersed 24/7/365 in this technology, including:

- Neurodegenerative and chronic diseases
- Infertility
- Cancers
- Autism
- Still-births
- Blindness
- Hormonal dysfunction
- DNA damage
- Kidney failure
- Insect holocaust
- Conflagrations of forests

The future for humanity and our planet can only be assured by people willing to stand up to destructive forces against what may seem insurmountable odds.

This 127-page eBook is a powerful summary of the science that telecoms don't want us to know, because it scientifically demonstrates, beyond any reasonable doubt, the biologically harmful effect of 5G deployments and wireless radiation in general. Includes citations to 139 scientific research papers.

[Click here to download](#) your free eBook about 5G technology!

When you download this important eBook, you'll also save a seat for the free, online 5G Crisis: Awareness & Accountability Summit taking place on August 26 - world-renowned experts teaching you more about EMFs and 5G!"

Jeff Hays

Also, Don't Miss the 5G (wireless) Crisis Summit!

Join us at the 5G Crisis summit to discover:

- 5G defined: research, facts and awareness
- Science about the dangers of 5G and EMF radiation
- Sources of wireless radiation and "dirty electricity" in your home
- Link between 5G, AI and global surveillance
- How groups and individuals are successfully opposing 5G
- Simple, empowering actions you can take, here and now
- Individual solutions and safer, revolutionary technologies
- And more!



5G CRISIS

AWARENESS & ACCOUNTABILITY

Understand the risks of 5G Wireless
and learn how to implement better
solutions in your community!

FREE & ONLINE FROM AUG 26 - SEPT 1

ATTEND

Our EVENTS Page

You can now plan and book ahead with 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 August issue of JOY! Magazine, read about: MY 15-YEAR RECOVERY from MS.



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 6 300 books since it was first 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. 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 Koup district in the Karoo. We also stock freshly frozen, vacuum-packed meat products, i.e. beef, lamb and chicken.

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 <https://gonatural.co.za/content/34-testimonies>

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