



August 2018 Newsletter

Dear Go Natural Friend

Women's Day reminds us of the strength and determination of South African women. Also, in many homes it is often our grandmothers, mothers and sisters who take care of the overall well-being of families. At Go Natural we are especially proud of the many women who help their families improve their health through healthy living practices.

After a lovely holiday break during July, we are back with another seminar and workshop during August. It is our once-a-year session on sauerkraut. So be sure not to miss it! Find all the details in this newsletter.

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.**

Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED

August Special



**Less 10% on our
MOCKMILL 100 STONEMILL**

**Give your body only the original and best with
FRESH AND WHOLE home-made FLOUR**

Grain intolerances disappear | Melt away excess body weight | Gain vitality
Blood sugar levels normalize | No more constipation | Your affordable staple food (bread,
pizza, pasta, porridge) solution | (1 kg traditional stone milled bread costs less than R8)

GO NATURAL and empower your INNER DOCTOR to self-heal

www.gonatural.co.za

Monthly Advice

‘FOOD IS THE PROBLEM AND THE SOLUTION’

Join RON’S FOOD REVOLUTION

Watch this revolutionary TED talk with Ron Finley, the guerrilla gardener in South Central LA. I believe that this man has a crucial message for the entire world to improve our communities.

<https://foodrevolution.org/blog/video-ron-finley/>

I applaud and endorse Ron’s endeavours to change the world’s city slickers’ health reality.

Although he lives in an affluent city with an abundance of processed foods, his eyes were opened to the truth and now he says: “I live in a food desert”, despite the abundance of junk ‘food’. You see, processed foods in boxes and packaging have abundance of energy but grossly lack nutrients and it slowly erodes your health to the destruction of modern man-made ‘dis-eases’, i.e.; overweight, obesity, diabetes, tooth decay, osteoporosis etc. and eventually leads to terminal conditions.

I really like his quote: “Gardening is my graffiti. I grow my art.”

He further says that “GARDENING becomes a tool for education and for transformation”, so relevant in our country as well.

He also exposes children’s picky food behaviour and the link to healthy choices. He says: “If kids grow kale, kids eat kale; if they grow tomatoes, they eat tomatoes.”

Enjoy watching this inspiring presentation and proposal.

The TRUTH about Cholesterol

Your FRIEND or FOE?

CHOLESTEROL IS YOUR FRIEND since it forms part of your defence and protection mechanism.

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Here are a few interesting and controversial facts. Please read further if you have not yet read my book, or discovered these facts in your journey towards healthy living.

This discovery was not my primary reason 13 years ago when I visited Dr Huggins in Colorado Springs USA as part of my journey to recovery from advanced multiple sclerosis. It came as a bonus later as I continued to research health related issues. Cholesterol is in fact your friend. It is well documented by world renowned researcher, physician and author, Dr Andrew Levy in his book OPTIMAL NUTRITION for OPTIMAL HEALTH. Thomas E. Levy, MD., J.D. Dr Levy dedicated a whole chapter on it named **“CHOLESTEROL: THE GREAT MYTH”**

I summarised and documented this and more research on the topic in my book.

Below are more examples of research by people who have awakened and discovered these truths.

The TRUTH about Blood Pressure and Cholesterol

By John Bergman

Full story <https://www.youtube.com/watch?v=PXe2xldWxtY>

Shortened version <https://www.youtube.com/watch?v=Elngk1k661M>

THE IMPORTANCE OF CLEAN & WISE LIVING

Counter - LOWERED IQ LEVELS

Read this amazing but shocking report on our IQ levels that supports last month's newsletter about Fluoride.

“6 reasons why IQ scores are dropping every generation since the 1970's

Posted by: [Lori Alton](#), staff writer in [Natural Healing](#), [Science News](#) July 25, 2018 [0 Comments](#)

([Naturalhealth365](#)) In a bit of unwelcome news, scientists have found that humans are becoming less intelligent. In a study published in *Proceedings of the National Academy of Sciences*, a pair of Norwegian researchers studied [test results from over 730,000 young men](#) and found that IQ scores were dropping – to the tune of seven points per generation. A recent British study – which demonstrated that IQ scores have fallen by 2.5 to 4.3 points every decade since the end of World War II – helps to corroborate the results of the Norwegian research.

These findings are in sharp contrast to results from the first half of the twentieth century, when IQ scores rose steadily. (Could the barrage of pesticides and environmental toxins introduced during the second half of the century be taking their toll on human brain function? Many natural health experts think so.)

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Harvard researchers warn that fluoride in water can lower IQ scores

Fact: both animal and human studies have shown that fluoride impairs learning and memory. In a meta-analysis published by Harvard University and involving 27 different studies over 22 years, **the authors found that children who live in areas with highly fluoridated water have “significantly lower” IQ scores** than those living in areas with low [fluoride in water](#).

The authors reviewed studies conducted in rural China, which have not been widely published. One study found that every 0.5 mg/L increase in the water fluoride levels was associated with a reduction of 4.29 in IQ scores.

The authors cited a report from the US National Research Council reporting that fluoride causes neurotoxicity – with children particularly at risk. “Fluoride affects brain development at exposures much lower than those causing toxicity in adults,” the report stated.

Fluoride harms brain health by causing reductions in acetylcholine receptors, promoting the [formation of beta-amyloid plaques](#) (linked to Alzheimer’s disease), impairing antioxidant defense systems and increasing uptake of aluminum – yet another neurotoxin.

(And here’s a final, disgusting fluoride fact: the two most common types of fluoride in drinking water, sodium silicofluoride and hydrofluorosilicic acid, are end products from the fertilizer industry, and are duly classified as hazardous wastes).

Double whammy: Prenatal exposure to diazinon and chlorpyrifos associated with lowered intelligence

Researchers at the Berkeley School of Public Health at the University of California found that prenatal exposure to organophosphate pesticides – such as chlorpyrifos and diazinon – is associated with lower intelligence scores in seven-year-olds.

The team assessed IQ by using the Wechsler Intelligence Scale for Children, which includes developmental subcategories such as verbal comprehension, perceptual reasoning, working memory and processing speed.

The researchers found that children in the subgroup with the highest levels of prenatal pesticide exposure scored an average of seven points lower on standardized intelligence tests.

The U.S. Centers for Disease Control and Prevention (CDC) says that exposure to diazinon and chlorpyrifos occurs from eating foods from crops treated with these chemicals (another reason to eat organic!)

Exposure to lead increases the risk of learning disabilities

Children with high lead levels can exhibit lower IQ scores and learning disabilities, along with behavioral problems such as hyperactivity, inability to maintain attention and aggression.

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The EPA notes that an estimated 1.7 million children are currently affected by lead toxicity in the United States alone – almost 900,000 of them under the age of six.

And, childhood exposure to lead can cause adverse effects that persist into adulthood. In one study, a group of 281 young adults who had been exposed to lead as children displayed significant neurobehavioral effects 20 years after the exposure.

Although lead no longer exists in the nation's gasoline, it can still be found in lead-based paint used in older homes. (In fact, it is estimated that 5 to 15 million homes in the United States have been identified as "very hazardous" by the US Department of Housing and Urban Development). In addition to lowered IQ, symptoms of chronic lead exposure include headaches, poor memory, inability to concentrate, aberrant behavior, irritability, insomnia and difficulties with language, visual and motor skills.

IQ losses from mercury exposure carry hefty price tag

According to a new study, the "brain drain" from exposure to mercury is hitting America in the pocketbook.

Researchers at the Mount Sinai Center for Children's Health and the Environment concluded that lower IQ levels linked to [mercury exposure](#) in the womb costs the United States a stunning \$8.7 billion a year in lost earnings potential.

(Note: The EPA estimates that about 8 percent of American women of childbearing age have enough mercury in their blood to put a fetus at risk).

Mercury jeopardizes brain health by destroying neurons (brain nerve cells) and decreasing the production of vital neurotransmitters, the brain's "chemical messengers."

["Silver" dental amalgams](#) – which are composed of 50 percent mercury – are a common source of exposure, along with consumption of contaminated fish or drinking water. Mercury is also found in pesticides, laxatives and paint products.

In addition to causing poor cognitive function and lowered IQ, mercury exposure can cause headaches, hallucinations, dizziness, anxiety and depression.

Aluminum cookware can release a hodgepodge of neurotoxic metals

According to a study conducted at Ashland University, aluminum cookware made in developing countries can contain dangerous amounts of lead and cadmium – along with unhealthy amounts of aluminum.

In fact, the **levels of aluminum residue that leached into cooking water were found to be six times greater than that allowed by WHO dietary guidelines**. Keep in mind (no pun intended), aluminum is a neurotoxin – which has been linked to lowered intelligence. In truth, there's not a single (biological) reason for any amount of aluminum to be inside the body.

But an additional hazard lies in the potential for heavy metal poisoning from the release of lead and cadmium.

"Lead and cadmium exposures from regular use of these pots will significantly reduce IQ and school performance among children," warned study author Jeffrey Weidenhamer, a chemistry professor at Ashland University.

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Of course, there may be other factors contributing to the drop in IQ scores worldwide. Some have pointed to more rigorous IQ testing in general, while others have blamed the primacy of video games over the old-fashioned (and brain-building) pursuit of reading books. But one can't rule out the toxic effects of fluoride, diazinon, chlorpyrifos, mercury, lead and aluminum.

This "*dirty half-dozen*" very likely have something to do with the increase in cognitive decline in adults, the rise in behavioral issues in children – and lowered IQ scores worldwide."

<https://www.naturalhealth365.com/iq-scores-science-news-2642.html>

Is It Right to Use Cannabis For Medicinal- Use Only?

What do the experts say?

By Jonathan Otto

<https://two.thesacredplant.com/docuseries/jonathan-otto-bhs>

Read this article and discover the fact that everybody has an endocannabinoid system (ECS) as well as how cannabis works and enhances healing and homeostasis inside the body. It seems like the hemp plant is one of the master herbs created for our benefit. Discover how, in spite of having been misinformed, we can take control of our health.

Yes, you can supplement and support your ECS with organic hemp leaf cannabis oil with no side effects.

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.

Interesting Radio TYGERBERG Interview with Johan

18 Jul 2018 a Bonanza moment with Johan Jacobs

Download link

<https://wettransfer.com/downloads/9e0ff6c53256fbee1aeb502805b20180723111220/60adb84abf6d7c4285a0814df5f4477120180723111220/b59f4b>

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

Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

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Wednesday, 22 August 2018

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

Watch our new “For the Love of Real Food” video invitation.

<https://www.youtube.com/watch?v=LswhdsBi-Zw>

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. Sauerkraut - Fermented Cabbage
2. Wrap / Pancake
3. Vitamin C Cocktail as Ginger Lemonade
4. Raw Chocolate: Go Natural's 3-in-1 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, 21 August**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

Read how previous attendees benefitted from the workshops.

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

Trading hours

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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.

For bookings RSVP: info@canamere.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.

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 JUIG! magazine, discover how cancer is not a death sentence by reading this profound and beautiful testimony of recovery by Hendrik Cloete who conquered Melanoma in the lungs (stage four), the natural way.

Since the article is a summary of his testimony, you can read his full account [here](#). We praise the LORD for his saving grace by granting Hendrick FULL recovery and giving him a second chance on life.



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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**.

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

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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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