



## December 2018 Newsletter

Dear Go Natural Friend

This year has come to a sudden end. We SINCERELY want to thank each client who has supported GO NATURAL throughout this year. As the GO NATURAL team we trust that we have made a positive impact and difference in your life.

It was so good to meet all our wonderful new customers who came from across our beloved country to our show room / shop, or attended our Seminar & Workshop events. Read some of the [feedback of the attendees](#) and make sure you book in time for our January workshop on 23 January when we will demonstrate how to make Traditional Sour Doug bread, Muesli Bars, Kefir - Fermented dairy **and** Raw Chocolate as Go Natural's 3-in-1 Anti-Aging Snack

See all the details and easy-to-book online option further down in the newsletter.

Enjoy this month's newsletter filled to the brim with healthy advice. You are welcome to pass it on to your family, friends and loved ones.

**REMEMBER** the 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, body mind and soul.

## Christmas Special

### Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED

**Christmas Special: Less 5% on**  
**GO NATURAL'S STONEMILL COLLECTION**

*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](http://www.gonatural.co.za)



Our **VISION** is for every house to have its own home stone mill.

#### **Why?**

With a home stone mill you have access to the ultimate and affordable STAPLE FOOD solution, the traditional and healthy way - a family can ensure they eat only freshly ground whole grain foods every day whether it is their favourite kind of bread, pizza, pasta, porridge etc. Even cake made with whole grain is filled with nutrients and can be classified as food.

[Click here](#) for more info on whole grain.

Find approximately 20 grain related food recipes like bread, pizza pasta, porridge, crumpets, muffins, pancake, rusks, biscuits, chocolate cake, etc. in our book [GO NATURAL Wisdom for Healthy Living](#).

[View Stone Mills](#)

[View Book](#)

#### **Monthly Advice – Health Topic**

##### **PREVENT and REVERSE Obesity and Diabetes**

The No 3 Killer in the USA is Obesity and Diabetes. South Africa follows close behind this disturbing trend.

As BACKGROUND, join host, Jon McMahon, as he presents the brand new,

##### **Exclusive Screening of iThrive:**

##### **Rising from the Depths of Diabetes and Obesity - A Compelling 9-Part Series**

[Documentary-trailer - https://go.ithriveseries.com/watch?oprid=22039](https://go.ithriveseries.com/watch?oprid=22039)

Jamie Oliver also revealed the status of the world and the destruction caused by sugar, processed and refined foods in his TED talk. Click on the red Youtube button to view the video

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### THE RESULTS:

***“The Black Plague of the 21st Century.”***  
*Dr. David Mathews, Oxford University, 2017*

***“The leading cause of death and disability combined in Mexico.”***  
*Global Burden of Disease project, 2017*

***“Now the third leading cause of death in the United States.”***  
*Boston University, University of Pennsylvania, 2017*

### **Q: What caused this universal plague of obesity and diabetes?**

I urge you to be open to the truth and unleash your COMMON SENSE and DISCERNMENT.

### **A: ‘TRICK FOODS’- yes ‘trick foods’ cause this global epidemic.**

‘Trick foods’ are “foods” that are not really food. The food conglomerates have engineered and legalised many man-made nutrient sterile foods which I call **‘trick foods’**. These ‘foods’ trick and essentially cheat your body as it delivers no nutrients / building blocks to your multi trillion cell investment, your body. You see, one of the reasons for eating, is to continuously supply nutrients / building blocks to replace old cells with new cells. This is one of the profound design features to self-maintain all our body’s cells and systems. Cells can only live so long, they become ‘worn out’ and then need replacement. The medical world calls it apoptosis which is the natural process of programmed cell death which naturally occurs in multi-cellular organisms. We replace approximately 20 million cells every day. However, **‘trick foods’** render your body in a perpetual state of craving for building blocks (nutrients to build new cells). Your body, with its intelligent design, knows when it lacks these much needed building blocks and it will therefore remain in search mode for nutrients which results in your inner control system activating a survival reflex namely HUNGER CRAVINGS. Many people are overfed but are starving and malnourished. There is no difference between starving and craving but craving is a good reflex or messenger to ensure you survive and have your much needed building blocks to continuously repair and replace old cells.

‘Trick foods’ are always only a short-term and incomplete solution to hunger because after an hour or two, at max 3, you start starving/craving again. ‘Trick foods’ only give you momentarily relief of the craving / starving reflex as one unknowingly keeps on cheating or tricking your body.

### **What are ‘TRICK FOODS’?**

“Foods” that contain the below ISOLATES / SUBSTRATES are high quantities of:

1. Food containing sugar e.g. sweets, soda pop, snack bars, etc
2. Refined white flour products
3. Processed foods
4. Fast foods and many more unnatural ‘food’ solutions

Basically, every quick fix ‘food’ found in packets, boxes, cans and bottles.

Think about it, with the cognition of apoptosis, we could argue that by definition ‘TRICK FOODS’ cannot be classified as a food. It is perhaps food-like, it is presented and propagated as food, and it mimics food, but in essence ‘TRICK FOODS’ are an abomination, are nutrient sterile and not worth being called a food because it is in short supply of nutrients and it does nothing good for the body. ‘TRICK FOODS’ are an ISOLATE / SUBSTRATE which is a nutrient in isolation: the opposite of synergy and causes chemical and nutrient imbalances.

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True food as presented by nature, designed by our CREATOR, will BLESS the body with nourishment in abundance and synergy. True foods contain natural occurring nutrients in synergy and always cause homeostasis and vitality. However, 'TRICK FOODS' or JUNK FOOD deceives your body and leaves it more nutrient deprived after a meal than before a meal.

You see, research has proven that 'TRICK FOODS' pull and suck on nutrient reserves from your body to process the unnaturally high amount of empty carbohydrates which quickly converts to ultra-high blood sugar levels. As if that is not enough damage, 'TRICK FOODS' are presented with a whole collection of toxic chemical preservatives, taste enhancers and bad fats that further place an immense burden on your immune system. JUNK FOOD also unnecessarily depletes the antioxidant and nutrient reserves from your body. 'TRICK FOODS' therefore only poison and harm the body with temporarily filling capacity.

### **We live in a drugged society: drugged on sugar and refined carbs.**

To topple this, 'TRICK FOODS' are highly addictive and habit forming. It is proven that SUGAR is a drug, since it is addictive. Think about it, every time you eat 'TRICK FOODS' you actually practice substance abuse. Furthermore, 'trick foods' are presented with addictive, artificial chemical taste and aroma enhancers, colorants, propaganda on the packaging that make them even more irresistible, and users soon become enslaved to it. Serotonin, the feel-good hormone is excreted, but this feeling and sensation of bliss is short lived. One or two hours later your blood sugar levels drop, craving / starvation clicks in and this destructive snow ball cycle repeats itself again.

Skin deep one's body stores the energy plus daily unwanted fat is added on a weakened body structure. Sadly, the victim's organs also become nutrient deficient and cannot control the continuous high blood sugar levels any longer, and soon diabetes knocks on the door.

### **OBSESITY and DIABETES are both preventable and reversable**

### **NB – ALWAYS REMOVE THE ROOT CAUSE**

'TRICK FOODS' are FAKE and DESTRUCTIVE to the core and should be avoided at all cost.

Be aware that 'TRICK FOODS' are like chameleons and are well camouflaged. A supporting documentary is 'THAT SUGAR FILM' [https://youtu.be/SY\\_tmt5QhWs](https://youtu.be/SY_tmt5QhWs). If you have not seen it, do yourself a favour and watch it, show it to your children and loved ones - spread the good news and prevent man-made 'DIS-EASE'.



### **THE SOLUTION**

#### **1. Go Natural**

The solution is in nature, if you GO NATURAL and produce all your food with living, true and fresh ingredients, then you remove the guesswork and the complexity of label reading on packaged foods. I have never seen an obese and diabetic animal on this planet if it enjoys the original food chain. This is exactly what we should do: revert back to our original TRUE foods. This is where our book **GO NATURAL Wisdom for Healthy Living** comes in handy. It exposes all these 'TRICK FOODS' but also gives you the natural solution as well as recipes for true foods.

#### **2. EDUCATION**

We've been cheated, which means we seriously need to re-boot our faulty paradigms. To soften the argument is that many people have grown up on 'TRICK FOODS' all around us

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and it has become the new norm to eat unnatural and destructive foods. This has left us in a void of discernment. Trusted information and teaching are much needed. My suggestion is to start implementing the solution with parents and then the kids, or in parallel with each other.

GO NATURAL presents **FOR THE LOVE OF TRUE FOOD SEMINARS AND WORKSHOPS**. It is really advisable to attend one of these as people leave empowered with information and skills to take control of their health.

I fully agree with Jamie Oliver that True Food education should be taught at school level. We've lost too many skills in the past century, like food preparation. It is one of those critical skills that we have lost and needs urgent attention.

If you need help, I suggest you book an advisory CONSULTATION with me <https://gonatural.co.za/content/37-consultations>.

In parallel, if you have diabetes or blood sugar problems, consider food supplements that support the pancreas to produce insulin again. We have many suggestions to help victims with diabetes and obesity to return to homeostasis and vitality.

Read our remarkable **TESTIMONIES of customers who recovered naturally.** <https://gonatural.co.za/content/34-testimonies>, in particular James Matthews' testimony about recovering from Type 1 Diabetes. <https://gonatural.co.za/img/cms/James-Matthews-RECOVERY-from-Type-1-Diabetes.pdf>

Book a Consultation

## New PRODUCTS

### 1. SHEEP'S Milk

We are so privileged and excited about offering this profound new product with its exceptional health benefits to clients. **Find more details regarding the profound benefits of SHEEPS milk on these links.**

Sheep's Milk

Shop for Sheep's Milk

## ARE YOU AWARE?

### Clean FUEL FOR THE FUTURE

<http://carbonengineering.com/ce-videos/>

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

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### Invitation & Program

#### **Wednesday, 23 January 2019**

We cordially invite you to our first and next life-saving and life-changing two-in-one seminar (1 hour) and workshop (3 hours) for 2019.

God willing, we plan to present ten FOR THE LOVE OF TRUE FOOD seminars and workshops in 2019. Have a look at [next year's calendar](#) and plan your year ahead.

[Watch this video demonstration of what to expect.](#)



#### **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. Muesli Bars
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 food, as a bonus you will walk away with a 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, 22 January 2019**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

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

### Our EVENTS page

You can now plan and book ahead for the whole year. Go to our [Seminar and Workshop Schedule](#) for 2019.

### Other recommended Events

**We invite you to this FREE but powerful, awe inspiring and life changing  
Ancient Biblical Healing Oil Seminar.  
Unlocking the Secrets of Ancient Biblical Healing**

Presented by Daniel and Orrianne Hall

Hope to see you there.

<https://www.youtube.com/watch?v=HshE43maxlY>

<http://www.ancientbiblicaloils.com/>



www.ancientbiblicaloils.com


Unlocking The Secrets to  
Ancient Biblical Healing  
Seminar

Thurs 20th Dec  
18:30 - 21:30

10 Swallow Cr,  
Vredenberg Est

**Somerset West**

RSVP: Johan

 021 852 2744

**"My people perish for  
a lack of knowledge"**

Presented by

**Daniel & Orrianne Hall  
of Ancient Biblical Oils**



 Find us on  
Facebook

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Website

## 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. I invite you to read my article, Dagga & Hemp - Reg of Verkeerd? the December JUIG! Magazine.



## 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 Christmas or birthday gift!

We've sold almost 6,000 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. A clean and unpolluted body fed with true 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.

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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 linked price list.

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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