

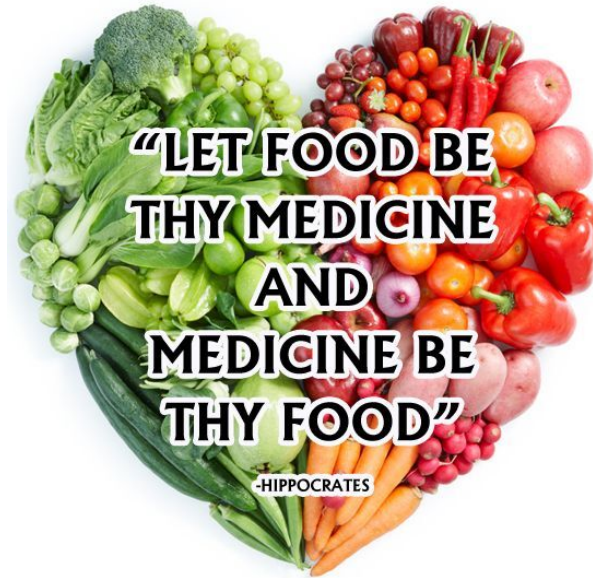


## December 2021

Dear Go Natural Friend

Despite all the hick-ups and social and economic hand brakes resulting from this pandemic, 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 health and wellbeing.

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.



If you read our [book](#) and our testimonies how I and many others survived and recovered from advanced MS and many serious dreaded diseases. You will eventually realise; sickness is no accident and there is a wicked agenda to make people “DIS-EASED”. The “system” has a well-oiled business model. My book is an attempt to wake people up and to present a proven, alternative health model and RECOVERY PROTOCOL fortified with an affordable diet and lifestyle that will help you to sidestep all the efforts of the faulty food and medicine system to enslave you to their products.

**SPECIAL** on our GO NATURAL Wisdom for Healthy Living book.

TOP SELLER - We have sold 11 500 books since published 5 years ago.



The gift that never stop giving! Go and read all our testimonies online.

[Buy six](#) of our GO NATURAL books and receive a 40% DISCOUNT. Only R150 per book

Special Offer

## OPENING HOURS

We will be open the whole December, except for public holidays.

**HEALTH ADVICE** lower down, an article on seven reasons to own a home stone mill.

We have more good news, we just received new stock of the LEGENDARY and PROVEN [WONDERMILL JUNIOUR DELUX](#).



This is a manual stone mill, ideally for general home use and is especially sought after by

PREPPERS and for people want to mill off the grid.

This mill can grind all grains, but it also have stainless steel burrs that can mill nuts, oily seeds and also activated maize for making massa for baking tortillas.

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

Stay focused on your immune system, we share a couple of good ideas later on to bolster your innate immune system.

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



Our LAST EVENT hosted 3 Nov was a huge success, we had a full house of attendees all across RSA and everybody enjoyed it. As soon as it is stable again, we plan to host these events yet again helping, skilling and equipping people to save time and effort to life GO NATURAL.

## 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 and profound testimonies.

All these testimonies are proof that our bodies were engineered to win, heal, and improve. We just need to do our part 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.

## Testimonies

**Remember, if you want VITALITY:**

**1. 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 (for kids). 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.**

**2. 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 as one of the most dangerous operations ever invented by man, send us a clean USB stick, and we will gladly upload the full eye-opening movie / documentary for you.**

**Linked find the ROOT CAUSE movie trailer at <https://rootcausemovie.com/>**

**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 by showing you how to sidestep all the “hidden health landmines”.

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.

## 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, with all the modern deceptive practices allowed on us, 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. 7 Reasons for owning a home Stone Mill**



Your STONE MILL - Your STAPLE FOOD solution.

Background:

Staple food is something that is most regularly used as food, this means if we use it daily, we should ensure that it is less tampered with. Sadly, my research proves, that it is the most refined, nutrient sterile, and toxic food on the shelves.

For the [FULL ARTICLE](#)

As proof, let's look what this 3 volume **ENCYCLOPEDIA of FOODS and their HEALING POWER**, on p306 - 308, of **George D. Pamplona-Roger, M.D.** is saying regarding what had happened with wheat over the last 200 years. Wheat has literally become a swear word in the health

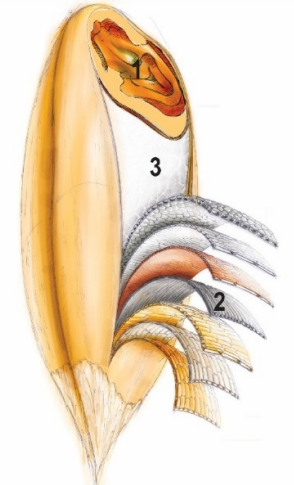


circles. However, not so long-ago wheat was a universal and cost-effective STAPLE food, and it was nourishing, non-fattening and good with no side effects.

1. WHEAT the KING of GRAINS, p306

2. “Perhaps the Refined Westerners have forgotten that the ancient slaves were capable of building the great pyramids on a diet of WHEAT and vegetables” p307

3. “Of all grains, wheat’s composition is the most complete and balanced.” p308

	Whole Grain	Stone-milled		Refined White Flour
		Home	Commercial	
1. GERM: - Vitamins - Minerals - Amino Acids - Essential Fatty Acids - Enzymes - Antioxidants		✓	✗	✗
		✓	✗	✗
		✓	✗	✗
		✓	✗	✗
		✓	✗	✗
		✓	✗	✗
2. BRAN: - Fibre - B-Complex Vitamins - Antioxidants		✓	✓	✗
		✓	✓	✗
		✓	✓	✗
3. ENDOSPERM: - Carbohydrates		✓	✓	✓
Nutritional value retained after milling		100%	20%	10%
		Full grain kernel	Germ removed	Germ & Bran removed

The modern milling roll-milling process remove the germ and bran, in the process humans are only allowed the carbohydrate rich substrate - white flour. Overnight many humans has become SUBSTRATE ABUSERS without knowing and leaving them in a perpetual state of starvation of nutrients with hundreds of problems resulting from this universal fault.

More on this sad reality:

Wheat Intolerances

Obesity & Diabetes

Foods to Avoid

Every house should have their own [STONE MILL](#). This will ensure that nobody can cheat you again to eat a substrate rendering you mal nourished and toxic.



We have plenty, but below some **TESTIMONIES** of people that can eat wheat, the king of grains again.

1. [Stephen & Clarise Hunt-Leaky Gut and grain intolerance recovery](#)
2. [Hendrik de Bruto recovered from gluten and grain intolerances](#)

Today is your turn, [SHOP HERE](#) to acquire your own home mill or call us for all the advice.

### **B. Enjoy mostly TRUE FOODS**

True foods contain so much immune boosting nutrients, amongst many other health benefits. 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. This brings me to the next topic - SUPPLEMENTATION. The long and the short, the more you GO NATURAL and is nourished with nutrient dense foods, the less one need to supplement in the long term. 200 Years ago, the supplement industry did not exist, our predecessors did not take pills and powders, read more about it in our Go Natural book.

### **C. Remember to supplement with the following food 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
3. Zinc your immune boosting mineral. One tablet 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/>"*