



February 2020

We hope you are well.

Welcome to our monthly newsletter filled with truth, advice, testimonies, hope, and empowering life-saving and -changing events.

GO NATURAL'S TESTIMONIES



We are humbled to present a new [profound testimony](#) of one of our customers, Lali Pelissier, and how her four sons recovered and prospered from ADD, once the ROOT CAUSE of processed and nutrient-sterile foods (filled with empty carbohydrates and sugar) were removed.

Their testimony is once again proof that our bodies are engineered to win and heal; we just need to do our bit to create the correct environment for healing. Today, more than ever, in our modern world you need to have wisdom and discernment to decide what you will allow your body to ingest but also what practices and procedures you will allow to be done on or to your body.

Remember, if you want VITALITY

1. Always remove and eliminate all **ROOT CAUSES** of “DIS-EASE”

If you have not seen the empowering movie “ROOT CAUSE” send us a clean USB stick and we will upload the full movie for you.

[Click here](#) to view the “ROOT CAUSE” movie trailer.

2. **FIRST DO NO HARM** and

3. **PREVENTION** is better than cure.

Our book [GO NATURAL Wisdom for Healthy Living](#) will help you to life “DIS-EASE” free. These natural and common-sense principles offer you - freedom from the shackles of ‘dis-ease’ and symptomatic treatment with medicine whilst the root causes remains unaddressed. Spoil and motivate yourself and discover all our testimonies ([read](#))

GO NATURAL's Advice

1. FOOD is your FUTURE

Remember we are what we eat!

Literally, your food is your future, it becomes part of you. Food is not only for energy, every day you replace millions of cells with new ones, as cells only have a certain shelf life. Make sure you are geared for a good future where you replace the old cells (tissue, approx. 20 million cells get replaced daily) with equal or better building material, by ingesting whole, clean and true nutrients.

Our book [GO NATURAL Wisdom for Healthy Living](#) explains it in detail and presents the proven GO NATURAL hunter gatherer diet and lifestyle that empower people to live “DIS-EASE” free.

2. In light of the Corona virus pandemic, people are concerned and start asking questions on how to take precautionary steps and possible treatment action plans. There are many ways to boost and improve the immune system, but arguably the best starting point and consideration is to only ingest natural fresh and whole food as suggested in Go Natural with 76 delicious recipes.

Here find some of Go Natural's advice for further boosting your IMMUNE SYSTEM especially with an infection.

a. Therapeutic High dosages of Vit C.

One very effective method to prevent an infection is to up your vitamin C intake. But once you are diagnosed and infected with a virus increase your dosage and ingest it 3 times per day and in severe cases even more. The bottom line is, make sure you use enough Vit C. Too much **vitamin C** will produce a loose stool or diarrhoea, just short of that is called bowel tolerance. This is where you want to be if you start to treat somebody with high dosages of Vit C. You can't really 'overdose' on vitamin C per se. Any vitamin C that is unable to be absorbed is simply passed out through the bowel.

Dr Thomas Levy has written many good books but one that is applicable here is called **The VITAMIN C Cure**. I remember in one well-documented research study, he reported that a Dr Klenner cured 60 out of 60 Polio patients with ultra-high dosages of Vit C. As much as 200-250 - yes - grams per day, a substantial portion was administered intravenously (IV).

The way I explain it is that Vit C is your bullets for your capable and automatic machine gun (immune system). It will use it if it needs to, once the infection is over you will have Vit C in excess and you will experience that it will start to cross the bowel tolerance, whereby it will be eliminated out of your system through loose stool or diarrhoea.

Look at the **profound video** footages of Dr Levy about Vit C.

Vitamin C Cures Everything Dr Thomas Levy



**Intravenous Vitamin C in the Clinical Practice
Dr Thomas Levy**



**Vitamin C for cancer? 'Miracle man' Anton
Kuraia's highly controversial treatment**



In our book there is a nice recipe on how to enjoy high dosages of Vit C (Vit C Cocktail); it is infused with freshly grated ginger root, grated lemon peel, lemon juice, honey and buffered vit C as Sodium Ascorbate.

b. Stop poisoning your immune system and your body!!

Another must-see vaccine warning from a new documentary!

A Shot in the Dark - (2020 Documentary)



c. Your immune system is part of your 'INNER DOCTOR'S' control system. Your immune system operates better if your ENDOCANNABINOID SYSTEM (ECS) is optimally nourished. Read these articles to better understand your ECS:

Endocannabinoid System

Marijuana & Hemp

The one that I have seen to work over-and-over again is the Meduca oil from Canamere. There are many more benefits from taking this supplement as it helps your inner doctor at night to maintain, heal, restore and prepare your body for the next day.

Meduca

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

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.

Meduca Brochure

GO NATURAL recommended events



1. GO NATURAL's seminar and TRUE food workshop

[Linked](#) find GO NATURAL'S 9 remaining "For the Love of TRUE Food" events scheduled for 2020. We have changed our calendar from only presenting on Wednesdays, to having some on a Friday, Monday and even on a Saturday. We have seen many attendees come from far and we believe that these new dates will make it easier to fit our events in your busy schedules.

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, 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 **18th of March**. The lifesaving information presented in the first session, the 1½-hour seminar, is already worth the cost of the whole event. This is then followed by the 3½-hour demonstration on how to prepare TRUE FOODS with living ingredients.

The demonstration will be of:

1. Traditional Pasta
2. Pesto
3. Vit C Cocktail as Ginger Lemonade
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 be served fresh, slow-pressed carrot juice.

Invitation & Programme

Remember the Go Natural 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 (approx. 20 million cells get replaced daily) with equal or better building material, by ingesting whole and true nutrients.

CLIENT FEEDBACK

Book Here

Book online with Quicket

Our EVENTS page

You can now plan and book ahead for all our upcoming 2020 events. [Linked](#) our Seminar and Workshop Schedule.

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.

Product List

Be informed

5G Not proven save???

It is about to be unleashed on the public, but no safety test has ever been performed to verify that these military grade technologies is safe. Do your research please.

Start here:

“As a society, should we invest hundreds of billions of dollars deploying 5G, a cellular technology that requires the installation of 800,000 or more new cell antenna sites in the U.S. close to where we live, work and play?

Instead, we should support the recommendations of the 250 scientists and medical doctors who signed the 5G Appeal that calls for an immediate moratorium on the deployment of 5G and demand that our government fund the research needed to adopt biologically based exposure limits that protect our health and safety.”

[Source](#)

JOY & JUIG Articles Filled with More Advice and Testimonies

We offer lots of advice in our monthly [articles](#) and/or [testimonies](#) in the JOY! and JUIG! magazines. [Read](#) Go Natural's article on CHOLESTEROL the GREAT MYTH in the JOY magazine now.



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

