



February 2018 Newsletter

Dear Go Natural Friend

It's February and love is in the air! Our love extends beyond the emotional to the care of our bodies. The saying, "Take care of your body – it's the only place you have to live in," is somewhat tongue in cheek but is indeed true. At GO NATURAL we know that you care much about your own and your loved ones' health which is why we ensure each month's newsletter brims with information to help you reach your health goals.

Book your seat in time for our February seminar and workshop that will equip you to TAKE CONTROL of your own, and your loved ones' health. You will be informed to be able to make wise decisions as well as discover all the deceptive practices in our food chain and health care system. Limited seats are available.

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.**

Enjoy the healthy advice in this month's newsletter brought to you with our best wishes.

Go Natural's Advice for This Month

1. The Brain: Your Most Valuable Asset (Beautiful Minds)

Discover remarkable studies on the brain and how one can improve brain function and activity.

The most important lesson from 83,000 brain scans | Daniel Amen | TEDx Orange Coast

<https://www.youtube.com/watch?v=esPRsT-lmw8>

These are similar principles as the ones that I applied to recover from Advanced Multiple Sclerosis. At the back of my book you will find my complete Recovery Protocol. This year is my 14th year of being healthy again, after I was clinically declared medically unfit to work. I share my story in full about how to live a clean, nutrient rich and healthy life in my book **GO NATURAL – Wisdom for Healthy Living.**

Trading hours

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2. Vaccine Safety - The Other Side of The Coin

If you are convinced that vaccines are safe, you are not well informed. Here is the information being withheld from you.

“Vaccines use preservatives. One of the preservatives in some vaccines is a form of inorganic mercury called thimerosal. Researchers have studied thimerosal exposure on mammalian brains. While thimerosal clears from the brain quicker than organic forms of mercury, it also [concentrates there more rapidly](#), leading to harmful exposure amounts. A [laboratory investigation](#) of GlaxoSmithKline’s Flulaval flu vaccine found mercury at 51 ppm, or 25,000 times the legal maximum for drinking water regulated by the EPA. Mercury is one of the worst preservatives to directly inject into the body, bypassing the gastrointestinal filters, microbiome, and the gut wall.”

<https://www.naturalnews.com/2018-01-15-if-youre-convinced-vaccines-are-safe-youre-not-informed.html>

MORE TRUTHS

THE TRUTH ABOUT VACCINES

This docu-series is another POWERFUL presentation re: vaccines, exposing the truth and deceptions.

“They’ve brought together 60 top vaccine experts to answer the ONE life-saving question you should ask before any vaccination, “What’s in it?”

https://go.thetruthaboutvaccines.com/?a_bid=9dd5b084&a_aid=FKTV

MUST SEE - Episode 1 | The Truth About Vaccines Docu-series - Robert F. Kennedy Jr Interview | Smallpox Vaccine

https://www.youtube.com/watch?v=cHWeJ0f_o3A

We are not necessarily against vaccinations, but we are against the dangerous ingredients and preservatives used in it. Thimerosal is a mercury containing vaccine preservative that is far more dangerous and nerve toxic than the disease you want to protect yourself against. Look how the brain is affected under a microscope when it is exposed to small quantities of mercury i.e. in vaccines or from mercury amalgam. The only difference is that a child at the early age of vaccination is so small, therefore the toxic ratio and risk becomes amplified.

Video: Exposing Brain Neuron Degeneration via Mercury

<https://youtu.be/HEwt2TXrJ3U>

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The BROKEN BRAIN Epidemic - The Invisible onslaught

As you can see from these clips, sickness or as I call it, 'DIS-EASE', IS NO ACCIDENT.

We know the brain controls almost the whole body. From the footage of the brain under the microscope, it becomes clear that the part of the brain that was exposed to mercury was negatively affected in such a manner that the nerve signals were impaired and distorted in such a way that it could not reach its destination at full strength. The result is that the particular limb or organ connected to that section of the brain, will as a result react differently, irregularly, and not as strong as it used to be prior to the toxic exposure that harmed and injured the nerve cells to function as it was originally designed to function. Eventually over time, with more toxic exposure to mercury and other nerve toxins, the nerve cells will be damaged continually. The result is that certain parts of the brain are so badly damaged, injured or broken that the limb or organ no longer receives a signal at all. This is the reason why some people end up in a wheelchair, become incapacitated and ultimately disabled over time. Sadly, the reason and reality unknown to most people is that a person's brain cells are dying rapidly – a process that is invisible and that could have been prevented.

All diseases have a root cause. This is exactly what happened to me 20 years ago when I was misdiagnosed with Multiple Sclerosis (MS). Six years later I was clinically declared unfit to work due to advanced, primary progressive MS. There was no hope of recovery. However, I'm celebrating my 14th year of recovery for which I am so thankful that I want to scream my discoveries from the ROOFTOPS.

We are being lied to on many fronts. My nightmare experience with MS was that it is a man-made 'dis-ease' with mercury in particular, as well as other fat soluble toxins, as the primary root causes.

We observed under the microscope how the brain cells deteriorated and were destroyed with the introduction of small quantities of mercury. I remember at the onset of my illness, that I experienced a strange "crawling" feeling in my brain at times which was followed by the unexpected loss of a body part function. This is all gone and for that I praise my LORD and SAVIOUR.

I am of the opinion, based on my own experience, that MS is only one symptom of a poisoned (broken, injured) brain. This "broken brain" scenario can occur early in life. I see Autism as a condition of a broken/injured brain caused by mercury, aluminum and other nerve toxic preservatives in vaccines. If the part of the brain that controls the memory is affected, we call it Alzheimer's, if our movement is affected and impaired, it is called MS, if our emotions are affected, we call it depression. The medical system treats the symptom without removing the root cause. In my experience this is the reason why most modern

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neurological man-made 'dis-eases', like MS, MND, Alzheimer's, Parkinson's, Dementia etc. are all progressively degenerative because the root causes are still left unattended.

But there is hope: hearing the TRUTH and acting on it, sets us free. The world is changing as the truths are being revealed. We also see more and more doctors becoming aware of these truths and informing their peers.

The good news is that I experienced how my brain cells healed because I applied four key principles. These are well explained in my book, but here is a short summary that you can start applying.

Remove all the root causes. The root causes have many dimensions, i.e.:

1. Enjoy the GO NATURAL diet that is rich in nutrients. A nutrient deficient brain can also manifest in a BROKEN/INJURED BRAIN.
2. Identify and eliminate the sources of the toxins.
3. Clean (detox) the brain with proper oral chelation therapy and detox protocols that bind with mercury and fat soluble toxins to escort it out of the body, the gut and / or other elimination channels.
4. When the body is clean and properly nourished, you facilitate your 'INNER DOCTOR' to its full capacity to do what it does best: self-healing. Believe me the brain, like the rest of the body, can also heal if the correct environment is created.

My sad observation is that none of my two neurologists had a clue what causes MS. Fortunately by GRACE from above I discovered my life saver toxicologist, Dr. Hal A Huggins, who knew exactly what causes MS. Dr Huggins published a book ***SOLVING THE MS MYSTERY – Help, Hope and Recovery*** in 2002. In the book I identified and removed the root causes, and a year later I was well on my journey to recovery. To clean the body from mercury and other toxins is a tough process that requires discipline but it is worth it. Everything I learned from Dr Huggins, my Australian naturopath, Gary Martin, and the many books I've read, I applied to my daily diet and lifestyle. It is well documented in my LIFE SAVING book ***GO NATURAL - Wisdom for Healthy Living***. It is a guide for 'DIS-EASE' free living.

If you are still hesitant about the dangers of mercury, I invite you to find out more about the Minamata disease in Japan during the 1950-60's. They could not understand why people become so incapacitated. However, years later it was discovered that the cause was mercury poisoning from a nearby chemical manufacturer. Mercury was the catalyst. It was dumped in the river estuary, poisoned the fish and ultimately humans, cats and other animal species were affected. For me, who went through this MS ordeal, there is overwhelming

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proof that MS and Minamata disease have the same common denominator/root cause i.e. mercury.

Today I feel cheated by a medical system that withheld information from its practitioners. There is a huge problem with their curriculum, since it does not address the dimension of toxicology fully. I respect medical doctors and the medical technology available today, but there is something terribly wrong with a curriculum covering only allopathic medicine which only manages a 'di-ease' but does not remove the root cause. Also, the cornerstone of health i.e. what we eat - the principle of "LET FOOD BE THY MEDICINE" - is poorly addressed in the medical curriculum of today. Then also, many studies prove that mercury poisoning is a reality. Why does the medical profession ignore these studies and use this toxin as a dental filling (Silver Amalgam)? To be fair to the public it should be called "Mercury Amalgam" since it consists 52 percent mercury by mass. Lastly, why treat only symptoms but leave the root cause still active?

In spite of all the challenges and questions that surround this topic, GO NATURAL offers an alternative that works. There is light at the end of the tunnel.

BROKEN BRAIN Docu-Series

This is also a must see series . <https://brokenbrain.com/trailer/>

The truths and deceptions are being revealed. I am so thankful for Dr. Mark Hayman for standing up for the truth.

The Broken Brain Epidemic / My Story

<https://brokenbrain.com/01-epidemic/>

February 2018 SPECIAL

LESS R500 on our top seller stone mill the FIDIBUS MEDIUM.

TAKE CONTROL OF YOUR HEALTH by ENSURING YOUR STAPLE FOOD (bread, pizza pasta, porridge, etc.) is much more DELICIOUS as well as NUTRITIOUS since it is FRESH, WHOLE AND CLEAN.

When whole food, organic, freshly stone milled and fermented grain products are enjoyed we find that most grain intolerances disappear immediately, blood sugar levels tend to drop and stabilize. Added benefits are weight loss while gaining vitality.

Remember: YOUR FOOD is YOUR FUTURE!

Empower your INNER DOCTER with FRESH nutrients to HEAL.

Every household should have a home stone mill as a STAPLE FOOD SOLUTION!

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



Wednesday, 7 February 2018

We invite you to our next life-saving, life-changing workshop (3 hours), which includes an informative 1 hour seminar session as well.

25% 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. Pasta
2. Pesto
3. Ginger Lemonade
4. Raw Chocolate: Go Natural's 3-in-1 One 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, 6 Feb**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

[Previous attendee feedback.](#)

[Seminar and Workshop Schedule for the rest of 2018](#)

Articles Filled with More Advice

We offer much advice in our monthly informative [articles](#) in the Joy!/Juig! magazines. Read Johan's article and studies on ADHD & ADD in the JOY Magazine entitled, **ADHD & ADD – HEALTHY KIDS made PATIENTS**. Available in stores from the [middle of February](#).

[Click here](#) to read another powerful testimony of ADHD recovery written by a GO NATURAL client.

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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 5000 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**.

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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 Coup 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 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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