



February 2019

I hope you had a good start to 2019.

Remember we are still in the season of **CHANGE!** If you are on the right track and in good health, that is fantastic - count your blessings. I am so happy for you. However, if we look around us, we see many 'dis-eased' people around us. Therefore, please help us to spread the good news and make our world a better place.

One way to do this is to write a review on the Go Natural Facebook page, sharing how you have benefited from either our advice, reading the Go Natural book, using our products or attending one of our "For the Love of True Food" Seminars & Workshops. To go to our page, just [click here](#).

Attending one of our seminars is the catalyst for healing as the chain breaker of 'dis-ease', and to release you from the shackles of medicine, where in many cases the root cause was never removed.

[GO NATURAL'S seminars and TRUE food workshops](#)

If you haven't attended one yet, then you are missing out on an opportunity of receiving a huge injection of knowledge, wisdom and know-how required for your health and vitality. You are welcome to join us for our seminar and workshop on 20 February. The lifesaving information you will receive in the first part - the one-hour seminar - is already worth the cost of the whole event. As a bonus, we will demonstrate and prepare TRUE FOODS i.e. starting with living ingredients for **THREE** hours:

1. Traditional Pasta (one portion of pasta is an egg and a handful of whole, freshly ground grain)
2. Pesto
3. Vit C Cocktail as Ginger Lemonade
4. Go Natural's Raw Chocolate 3-in-1 Anti-Aging Snack. This is our famous "cherry on the cake" part of the day.

All of these will be enjoyed by attendees during the event.

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.

Invitation

NEW Go Natural TESTIMONY

We are still so overwhelmed by [Anna Harrington amazing testimony](#) and celebrating her full recovery from cancer, that we decided to include it again for those who missed it last month. Her testimony confirms that the body is designed to WIN. Healing is engineered in our genes. Remove the root causes (the spanner in the works effect), especially toxicology, and you too can experience the miracle of self-healing and freedom from the shackles of medicine. We, the public, should open our eyes and stop continually eating fake and unnatural cheat foods and in parallel, to stop treating the underlying/hidden symptoms with pharmaceutical drugs without removing the root causes.

Read Testimony

April this year is my 15th year of recovery from advanced primary progressive MS after being clinically declared medically unfit for work. My testimony and my customers' testimonies over the past 15 years is proof that dental pathology is arguable the most dangerous ROOTCAUSE for 'dis-ease'. <https://gonatural.co.za/content/34-testimonies>

I unfortunately only discovered this vitally important lifesaving information in the 11th hour of my search to regain my health. On my journey I've made many upsetting and uncomfortable discoveries, but the one about dental pathology - which I gained from pioneer Dr Hal Huggins - is arguably one of the most important and controversial ones.

Today with the Internet and the awakening of truth, the general public is fortunate to have so much information available. Sadly, one still needs to search for information since it is still not part of the mainstream. There is still much work to be done. A big help to support this truth regarding the dimension of dental pathology in the health field, is the latest new movie.

ROOT CAUSE

This movie is beautifully put together and supports the work of pioneers, Dr Hal Huggins and Dr Price which was published in the early 1900's. We rekindle the pioneers' work in my book GO NATURAL. The ROOT CAUSE documentary fully supports the pioneers' work regarding dental pathology.

Watch on Vimeo.com by clicking on the icon below



If you have not watched it yet, I strongly suggest watching the full, profound documentary / movie. Let us spread this video as far and wide as possible to help others prevent unnecessary man made 'dis-ease' originating from the deadly dimension of dental pathology i.e. root canal treated teeth (as a dead bone) and dental jaw cavitations. The full documentary - movie is available on Netflix.

Root Canals MultiCam Safe Removal

Should you wish to remove your dental pathology or dead bone/teeth here is another interesting video from a biological dentist regarding the safe removal process.



In this educational video Dr Matthew Carpenter illustrates the safe removal process of a root canal tooth (dead bone). I fully support this video. Well done. For more information regarding the safe removal of all dental pathology, I urge you to study my book and the Pre and Post-Operative Protocol that advises you regarding dental hygiene and special foods needed before and after the operation. I received this knowledge from none other than dr Hal Huggins during my treatment in Colorado Springs in May 2005.

When you've decided you also want to clean yourself by removing the ROOT CAUSE, please send an email to johan@gonatural.co.za for our list of reputable biological dentists.

There is 'dis-ease' only when the ROOT CAUSE remains intact. However, I believe there is no incurable 'dis-ease' once all the root causes are removed, and in parallel if your body is correctly nourished with true foods, the body always self-heals.

NEW YEAR Special

CURRENT SPECIAL

NEW YEAR'S JUICER SPECIAL

**Less 5% on GO NATURAL'S JUICER COLLECTION
AND Less 25% on our Z-STAR JUICERS**

**FRESH VEG and HERB JUICE = NATURAL MEDICINE
BOOST YOUR IMMUNE SYSTEM NATURALLY**

**GO NATURAL and empower your
INNER DOCTOR to self-heal**



Why?

Make your juicer your natural 'drug store' and boost your immunity and vitality.

View GO NATURAL'S best of breed slow speed, but high yield [JUICERS](#)

Currently the [Angel Juicer](#) is the best juicer on our planet in terms of juice yield.



[View Juicers](#)

Monthly Advice

Medicine Wisdom

Discover that prescription drugs after cancer and heart disease is the third leading cause of death in the USA. We in South Africa normally follow the USA stats and trends.

Dr Peter Gotzsche exposes big pharma as organized crime.

This is a must-see interview.



Why do you want to take dangerous medicinal drugs with side effect and risk your health over the long term with drugs that have all these built in synthetic risk factors? It does not make sense. People only do it because they don't know any better or don't realize there is an alternative. However, there is good news. An alternative option is available to us today. I strongly recommend that you take charge of your own body and become informed. A good

starting point is my book. You will learn all about removing the root causes, how to nourish your body with true foods and much more. Most of the time the 'dis-ease' symptoms of my customers disappear and they flourish with vitality.

If you are sceptical, please read all our testimonies <https://gonatural.co.za/content/34-testimonies>.

If you have not yet read my book, I strongly encourage you to do so. We've sold more than 6000 books since 2015.

If you have a serious health challenge, please [contact me](#).

I work with alternative and integrated doctors and health professionals, we will get to your root cause and help you to set you free from your challenge and 'dis-ease'.

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



Invitation & Programme

Wednesday, 20 February 2019

Click on our video invitation below to see what you can expect from our "For the Love of TRUE Food" event.

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 Pasta (one portion of pasta is an egg and a handful of whole, freshly ground grain)
2. Pesto
3. Vit C Cocktail as Ginger Lemonade

4. Go Natural's Raw Chocolate 3-in-1 Anti-Aging Snack. This is our famous "cherry on the cake" part of the day.

Included: Carrot juice and testers of all the prepared foods.

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, 19 February, allowing us enough time to prepare for the correct number of people. Limited seats are available.

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



Book Online Now!

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 Orrienne Hall as seen on Youtube

An Afrikaans interview with Ina van den Heever & Aritha Kruger can be seen on the Vimeo video below, by clicking the blue image.

Hope to see you there.

For more information please visit our website: <http://www.ancientbiblicaloils.com/>





Unlocking The Secrets to Ancient Biblical Healing Seminars

17th Feb

10:00 - 14:00

Pretoria

24th Feb

11:00 - 15:00

Bloemfontein

10th Mar

14:00 - 18:00

Benoni

RSVP: Orrienne

WhatsApp 067 162 5852

"Please ref "Go Natural"

"My people perish for
a lack of knowledge"

R80 Registration

Presented by

Ancient Biblical Oils



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 February issue of JUIG!, read about: "BEDRIEGLIKE KULKOSSE - Hoe Om Diabetes en Vetsug te Voorkom".



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 more than 6000 books since it was published at the beginning of 2015. 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 just shows one 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. Improved quality
 1. Better bind, with thread sewn sections.
 2. 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 meat 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

[Sender_Name]

[Sender_Address], [Sender_City], [Sender_State] [Sender_Zip]

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