



MARCH 2023 Newsletter



Dear Go Natural Friend

We sincerely hope you are well. 😊

YOUR HEALTH IS YOUR WEALTH.

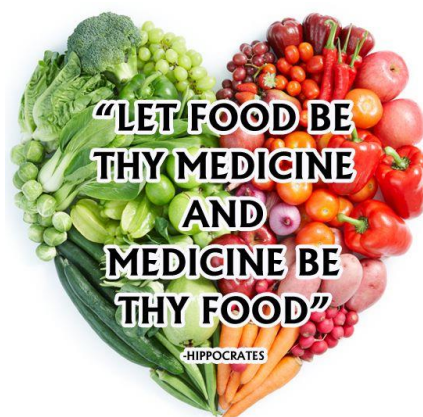
Trust me it is true, I nearly lost everything 19 years ago suffering from advanced MS. On top of that, I've spent hundreds of thousands of rands and years in agony to regain my health, you need to appreciate a fully functioning body. My plea to you, be a responsible custodian of your body, the only home for your soul / you. We have a plan and method in our book **GO NATURAL Wisdom for Healthy Living** to help you to live in wisdom and to sidestep the pitfalls and "dis-ease" of this modern changed world.

Make the following two slogans, your daily motto:

1. FOOD is your FUTURE! 😊

We are what we eat. We continuously replace millions of old cells with the food we ingest and assimilate. GEAR-UP for a good future. I.E., Replace the old tissue with improved tissue made with better building blocks – your true food.

2. "LET FOOD BE THY MEDICINE and MEDICINE BE THY FOOD" Hippocrates. Indeed, the purest form of medicine, it should always be our first priority to prevent and treat any illness and disease.





No matter what goals you have, looking after your physical body will help give you the power and energy you need to achieve them.

## GO NATURAL's SEMINARS AND EVENTS


Four events to select from three in RSA and one in Namibia.

JOIN us in the GO NATURAL food and health AWAKENING, as we present proven solutions to optimally care for your body.

BELOW IS THE INVITATION FOR THE FIRST ONE, NEXT WEEK SATURDAY in Somerset West.



**LIFE-SAVING 2-1  
SEMINAR & WORKSHOP**



**JOHAN'S TESTIMONY  
& TEACHING**

**Food to be  
Demonstrated  
& Prepared:**

- Traditional Sourdough bread
- Kefir (fermented probiotic cocktail)
- Go Natural's 3-in-1 anti-aging snack

**Date: 18 March 2023  
Time: 08:45 for 9:00-14:00  
RSVP: 16 March 2023  
Price: R500 pp, 2 or more tickets R450 pp**

**BOOK  
ONLINE**

**www.gonatural.co.za**

We present exciting events to empower our customers. WATCH THIS SPACE <https://gonatural.co.za/content/21-calendar-bookings> and join us. Hope to see you there.

### 4 X INVITATIONS

1. Saturday 18 March, SOMERSET WEST, <https://gonatural.co.za/workshop-invites-pdf-2023/Go-Naturals-For-the-love-of-True-Food-Seminar-Workshop-Soar-D.Kefir.3-1-AA.18.3.2023.pdf>
2. Saturday 22 April, Middelburg, Eastern Cape, <https://gonatural.co.za/content/21-calendar-bookings>
3. Saturday 20 May, SOMERSET WEST, <https://gonatural.co.za/workshop-invites-pdf-2023/Go-Naturals-For-the-love-of-True-Food-Seminar-Workshop.Ess.Hum.3-1-AA-20.5.2023.pdf>
4. NAMIBIA - Saturday 24 June, 9h00 – 12h00, the Invitation and details below. <https://gonatural.co.za/content/21-calendar-bookings>

## GO NATURAL NEW YOUTUBE VIDEOS

1. [https://www.youtube.com/watch?v=iv5XLa2\\_jw](https://www.youtube.com/watch?v=iv5XLa2_jw)
2. <https://www.youtube.com/watch?v=KbSwcuJ6Sv0&t=41s>

Please like and subscribe.

Please like us <https://www.facebook.com/gonaturalsouthafrica> on FACEBOOK to help us spread the good news of health.

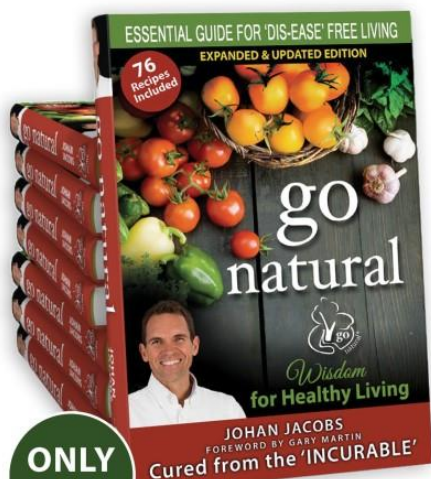
## CELEBRATION of LIFE !!!



We are so excited to present this POWERFUL TESTIMONY. Please read, celebrate, and spread Antonella's amazing natural breast cancer recovery testimony. Proof that there is healing in our genes.

<https://gonatural.co.za/img/cms/AntonellaPienaarBreastCancerTestimonyFeb2023.pdf>

**GO NATURAL'S best LIFE-SAVING product!**  
**The GIFT that never Stops GIVING....**



A message for the broken & sick:

**SAVE YOUR LIFE,  
READ OUR BOOK!**



Filled with **proven solutions**,  
**backed** with loads of **testimonies!**

**Empower your INNER DOCTOR to SELF-HEAL**

**Exposing the total onslaught against humanity...**

[gonatural.co.za](http://gonatural.co.za) • 021 852 2744 • [info@gonatural.co.za](mailto:info@gonatural.co.za)



Price: R300 each.

Our 514-page [GO NATURAL BOOK](#) has helped thousands of readers to thrive amidst the “hidden” TOTAL ONSLAUGHT. Our GO NATURAL book exposes the ROOT CAUSES concocted to make one sick and “diseased” and in parallel our book offers proven SOLUTIONS to thrive even as we live in this broken and dangerous modern environment. You are welcome to familiarize yourself with our proven track record on our [TESTIMONY](#) page.

### **GO NATURAL BOOK SPECIAL**

#### ❖ OPTION 1

If you buy six and more books you receive a whopping 40% discount. Below is the online order link.

<https://gonatural.co.za/books-media/964-go-natural-wisdom-for-healthy-living-6-x-books-special-0920202020202.html>

#### ❖ OPTION 2

If you buy a box of 24 books or more you qualify for a 50% discount per book, half price. Email us at [admin@gonatural.co.za](mailto:admin@gonatural.co.za) to receive this option. We will then send you a sales order for an EFT.

### **Our call to action.**

Help humanity, SPREAD our BOOK, every house should have access to this life-saving information.

SUGGESTION – Use, our book as a birthday present for all our loved ones for this year.

Imagine - A GIFT with a lifesaving and changing PURPOSE. 😊

NOTE - We have an [online shop](#) where we sell our book, methods, and products, which we deliver all across our beloved country.

### **BACKGROUND of our GO NATURAL mission and book**

Since we published our GO NATURAL book 7 years ago, we’ve sold over 12 000 copies of our [GO NATURAL Wisdom for Healthy Living](#) book. If you have not read this life-saving, changing, and giving book then you are missing out on essential wisdom, deception annihilating truths, advice, recipes, and methods and protocols to keep you well amidst this broken world we live in.

<https://www.youtube.com/watch?v=xsRuICR9m2U&list=PLWMSF7luWZMTc1O6TOLcCZ7yDNfWmayKu&index=7>

### **What can you expect in or GO NATURAL book?**

In terms of our physical health, let’s work and capitalize on what we’ve got skin deep. Many people do not realize the treasure/gift that is engineered within our genes. Indeed, we are fearfully and wonderfully MADE. If you have a breath, you are BLESSED with 4 extraordinary capabilities that help you to THRIVE.

Your body is a self-maintaining, self-healing, self-cleansing, and also self-defending entity. For these CAPABILITIES to function optimally you need to eat the original food chain that we are engineered to enjoy. This is not rocket science either; we have a proven GO NATURAL 10-Point eating plan well documented in our book [GO NATURAL Wisdom for Healthy Living](#) that will guide you to be optimally nourished without taking supplements.

### **A brief expose what to expect in our book, in this 8 Minute YOUTUBE.**

<https://www.youtube.com/watch?v=xsRuICR9m2U&list=PLWMSF7luWZMTc1O6TOLcCZ7yDNfWmayKu&index=7>.

Over the last 18 years since we started this health ministry and movement, we’ve seen so many lives transformed, saved, and rejuvenated. We are humbled to present all the testimonies <https://gonatural.co.za/content/34-testimonies> of customers helped. If you need encouragement, do yourself a favour and visit the [TESTIMONY](#) page on our website <https://gonatural.co.za/> and see what is possible. Victory and thriving are in our genes, you just need to activate them.

### **A CALL TO ACTION:**

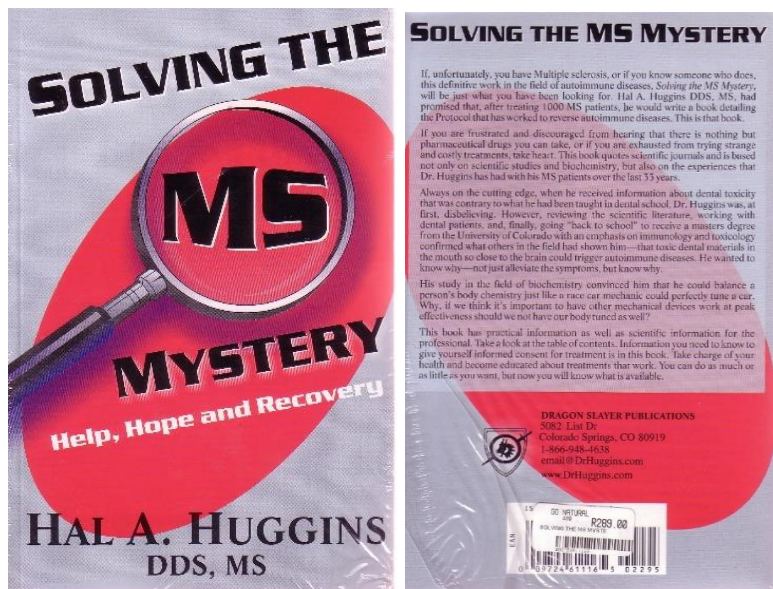
A new season needs CHANGE. Remember **success is not an event, it is a habit**, we need commitment and discipline, but you will reap the sweet fruit of vitality and no “dis-ease”. Healthy living becomes a lifestyle and it is contagious.

You can learn so much from our journey, trials, errors, recipes and all our discoveries, all documented in our 500 + page GO NATURAL book.

## SUGGESTIONS:

### 1. Document your health challenges and targets.

Familiarize yourself of our changed (corrupted) environment and what is possible if you change those faulty variables. Take me as an example, and all the other [TESTIMONIES](#) on our website, in my case, there was no hope of recovery, at the age of 34 I was clinically written off. Just briefly, for those who do not know my story, this year is my 19<sup>th</sup> year of recovery from advanced primary progressive multiple Sclerosis (MS). 19-Years ago when I was written off with no hope of recovery and expecting the worst. I've spent many hours on my knees PRAYING for mercy and guidance. To make a long... story short, 4 years after my diagnosis, my PRAYERS were finally answered. I can testify... from rooftops, my SAVIOUR lives as I know He answers our prayers. I was guided to people in Australia and Colorado Springs USA. Take note, look who published this book **SOLVING the MS MYSTERY** with all the solutions of TRUTH re MS exposing the root causes that make one's brain injured. I still remember Dr Huggins words in Colorado Springs 19 years ago in the consultation room with him. He told me Johan; "your goose is not cooked yet", there was hope and I clung onto it. It was the most profound and sweet words in 4 years since my diagnoses and the subsequent demise, tears were rolling down my cheeks. However, I had a lot of questions in my mind, I have tried so many things, from medicine, supplements, diets, and remedies. He also told me; "you did not get sick, you were made sick." Later on, in the three-week treatment plan I also learned from Dr. Huggins, that MS, is but only one symptom of an injured brain there are many others like Alzheimer's, Dementia, Parkinson's, ALS, to name but a few.



The life-saving information and treatment received was instrumental in saving my life. You can find a short summary on our website, but for the full story and teaching, I invite you to read our best seller book. After my recovery my worst rude awakening as I went back to my neurologist asking him some questions. Only to discover that he never had access to the contents of this life saving and changing book that exposes the invisible dragon, i.e.: toxicology that is one root-cause that caused me to be intoxicated, injured and "dis-eased" with ms.

### 2. Invest TIME in your health.

In hindsight, I now realize, we are born and raised in a sea of deception, there are literally a target on everybody's chest, as we are exposed to so many... unnatural and harmful toxins, variables and so-called foods that as a matter of fact, are rather substrates than food that will eventually cause harm, either from a deficiency (causing your body to be out of homeostasis / balanced) or a taxological point of view. Dr HUGGINS is the angel that our SAVIOUR guided me to, but looking at the publisher's name, today I call him the DRAGON SLAYER, he helped me to open my eyes and he was instrumental in saving my life, praise... ABBA FATHER.

Back to food; remember true food blesses your body and substrates curse your body and pulling you down. You need to study to catch up from lost knowledge and wisdom. In my journey to health, I've read almost a hundred books on this topic and sifted through a lot of FUNNIES, only to discover there is a lot of confusion and also deception in the health industry, not everything here is kosher either. I've made a lot of mistakes initially (the biggest mistake was veganism and not understanding the root cause principle), but I've learned a lot more, real gems and truths. By HIS GRACE, eventually, I discovered all the TRUTHS that helped me to recover and to be set free from the shackles of "dis-ease" and medicine. To make a long story short, my wife and I received a VISION to help others and we started this GO NATURAL movement. Over the last 18 years,

many others also benefited from our mission and vision to be in superior health and or to recover from their health challenges and or “dis-eases”.

We PRAY and HOPE that you will embark with us on this GO NATURAL journey, you will never regret it.

FREE 30 page PORTION of our GO NATURAL BOOK - <https://gonatural.co.za/img/cms/Content30.pdf>

## HEALTH TOPICS for this month:

### 1. YOUR FAMILY'S STAPLE FOOD SOLUTION

**Troubled times need STORABLE FOOD for food security.**

Our world is in turmoil, I am of the opinion we are heading into a famine. Lower down we will discuss suggestions for food security. The global supply chain is injured, lots of geo-political instability and the result a possible famine. Please watch this discussion <https://www.brighteon.com/96d70e5c-495e-4a35-b631-cdd3fcffaa44> that exposes the possible famine in the making.

**Suggestion:** If you want to be on our **GO NATURAL WhatsApp groups** for quick access to us and our info, please WhatsApp us or email us your no and request that you want to join the GO NATURAL group. We will not clutter your inbox. Our WhatsApp no is: 066 275 5125. Sent us a message and we will add you and/or your loved ones.

## YOUR OWN HOME STONE MILL is

### YOUR STAPLE FOOD AND FOOD SECURITY SOLUTION



Grain seeds like; wheat, maize and sorghum are living yet sleeping plants.

These three seeds produce highly nutritious bread, pizza, pasta porridge and more variants of staple food dishes. All these recipes are well explained and demonstrated in our GO NATURAL book.

The beauty is that you can store these living grains for nearly centuries, and they will still be alive, fresh, and healthy. However, once you mill a living grain kernel in flour you have killed (hunted) it and it is in a state of decay. The inner parts is now exposed to the oxygen rich atmosphere and within  $\pm$  3 days a big portion of the essential fatty acids and amino acids become; oxidized, rancid, inflammatory, and carcinogenic.





## 2. The DETOX Dichotomy

**Background:** THERE ARE MUCH CONFUSION ROUND EVERY CORNER RE THIS TOPIC.

Our bodies are made to run effortlessly and smoothly and are by design, self-detoxing, and or cleansing entities that contain 5 methods of cleansing every day, every second for as long as you have a breath. However, due to industrialization and the implementation of unwise modern toxic modalities in many spheres of life, modern people are overexposed to harmful and life-shortening and altering toxins and pollutants that if you are exposed to enough of certain toxins, you will become seriously injured and “dis-eased”.

Linked the full article on our website under the tab [HEALTH TOPICS](#).

## GLOBAL NEWS

Keep on reading till the last page, some invaluable GLOBAL news to be aware of.

### GO NATURAL'S TESTIMONIES

Spoil and motivate yourself by discovering all our testimonies <https://gonatural.co.za/content/34-testimonies> received over the years since we started this GO NATURAL movement and our natural-healing protocol.

Celebrate our new and powerful testimony re: DIVERTICULITIS <https://gonatural.co.za/img/cms/Testimony-of-Recovery-from-Diverticulitis.pdf> . We have many more customers that can now enjoy wheat and grains just as our ancestors once enjoyed.

If 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.

These testimonies have proven that our bodies were engineered to win, heal, and improve. We 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.

**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 guiding you on 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, while the **root causes** remain unaddressed.



### **If you need HELP and ADVICE?**

**Schedule your CONSULTATION with Johan today. What to expect**

<https://gonatural.co.za/content/37-consultations> .

**Johan will advise, help and guide you to thrive with vitality.**

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. Book 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 the information with you 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 here: <https://gonatural.co.za/content/37-consultations>.

Look at our profound spread of testimonies <https://gonatural.co.za/content/34-testimonies> of “dis-ease” conditions that were turned around.

### **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 healthy lives. Here are some of our testimonies - <https://gonatural.co.za/content/34-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: true food and a clean environment. Remember, “SUCCESS IS NOT AN EVENT, IT IS A HABIT.”

Blessed regards

Johan, Alicia and the GO NATURAL team

### **DISCLAIMER**

*"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".*

### **Our Meat Price List to follow on the next page. 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.

### **MILK**

We also sell fresh raw milk, delivered weekly, place your order every Monday morning early by sending a WhatsApp to our Go Natural WhatsApp phone 066 275 5125 or email [admin@gonatural.co.za](mailto:admin@gonatural.co.za) .

**Lower down find** our meat product list. Contact Alicia at [alicia@gonatural.co.za](mailto:alicia@gonatural.co.za) or 082 297 9700 to order.



**MEAT EVERY FRIDAY ORDER WEDNESDAYS**

ALICIA 082 297 9700

[info@gonatural.co.za](mailto:info@gonatural.co.za)

Date: 01 March 2023

Type of meat	Price/kg
Lamb A1, A2 (Whole or half lamb) (from Koupe)	R 130
Loose LAMB chops	R 176
Lamb Leg (whole/tjops)	R 220
Lamb rib chops or rack of lamb	R 220
Loin lamb chops or Rib chops	R 220
Lamb liver per kg	R 73
Leg of lamb deboned	R 206
Lamb Shoulder (tjops or whole)	R 190
Lamb Neck (tjops or whole)	R 160
Lamb stew	R 140
Lamb Shanks/Skenkels (whole/ tjops)	R 150
Lamb Skilpadjies (liver & fat)	R 85
Lamb mince	R 186
Lamb Goulash NEW!!!!	R 213
Lamb Sosaties	R 186
Sheep sausage	R 155
Sheep mince	R 140
BEEF shin or stew specify please	R 96
Beef Marrow Bones	R 45
Beef sausage (MSG free)	R 135
Beef mince	R 116
Beef goulash	R 134
Beef Sosaties	R 120
<b>Matured steaks:</b>	
Fillet's Steak	R 360
T-Bone	R 175
Sirloin	R 195
Rump Steak	R 195
Club steak	R 150
<b>Other</b>	
Beef Tongue	R 100
Afval (clean)	R 175
Beef Biltong	R 450
Game Biltong	R 400
Beef droewors	R 380
ORGANIC CHICKEN FILLETS PER KG	R 120
ORGANIC CHICKEN WHOLE PER KG	R 110

PAYMENT OPTIONS: CASH OR EFT - SMS CONFIRMATION THANK YOU

**Bank Details:**

A. Jacobs, FNB, Account No.: 62395323125 Branch: 250655

Ref: Your Name

Prices may go up or down due to market



# GLOBAL NEWS

Exposing the silent and near invisible global war against humanity.

I've discovered lots of disturbing discoveries regarding the biological and information war that raged extensively the last nearly three years but if you do a **thorough study**, you will discover it is a war that is raging far beyond 150 years in open daylight. Be part of the AWAKENING.

My question - Who is your anchor in this stormy life and troubled times??

## SUGGESTION - Foundations to endure a Storm

Our Lord warned of the danger of building one's life on sand.

We need to build our lives upon the solid rock of the unchangeable Word of Almighty God. When the rain falls, the floods rise, the winds blow and the storm rages, the house built upon the rock will stand. However, those built on the sand will collapse (Matthew 7:24-27).

Have a look at the recently released discussions and warn and help your loved ones, family, and friends, we need to awake and then act wisely in these trying times.

1. Fully Jabbed & Boosted DROPPING DEAD In Britain: New Study Shows English EXTERMINATION In U.K.

<https://www.brighteon.com/1d35a6c6-d9d3-40e4-bc21-61366d58d18d>

2.    GLOBAL  Alert 

Dr Astrid Stuckelberger, Todd Callender, Ann Vandersteel layout the diabolical NWO future.

<https://www.brighteon.com/c5299c4e-db2c-41fc-b404-7c46cffb245e>

3. DAVID MARTIN  
EXPOSING THE COVID SCAMDEMIC and the ongoing BIO-WAR against humanity.  
Please spread this message far and wide 🙏 🙏 🙏

<https://www.youtube.com/watch?v=CMSz209wV8g>

4. STATS DO NOT LIE

<https://www.brighteon.com/b3e0b3f1-f033-4140-a91e-28c718acfa8a>

5. HECTIC EXPOSE

<https://www.brighteon.com/fbe329e8-47d6-40e8-a14a-8920a281861b>

Time to catch up and PREPARE.

Blessed regards and Christ love 🙏 🙏 🙏

Johan