



## July 2022 Newsletter



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Dear Go Natural Friend

How to stay healthy and strong in the difficult times we find ourselves.

We sincerely hope you are well amidst of the trying times we live in

- Load shedding
- Madd fuel prices
- Higher interest rates
- Also the global trauma caused by, first the pandemic and now the war in Ukraine/Russia and the ever-increasing conflict in that region.

With devastating global effects:

1. Rocketing inflation,
2. Souring energy prices,
3. The resulting economic meltdown,
4. Job – losses,
5. Forthcoming food shortages,
6. Instability in markets and many other dimensions.

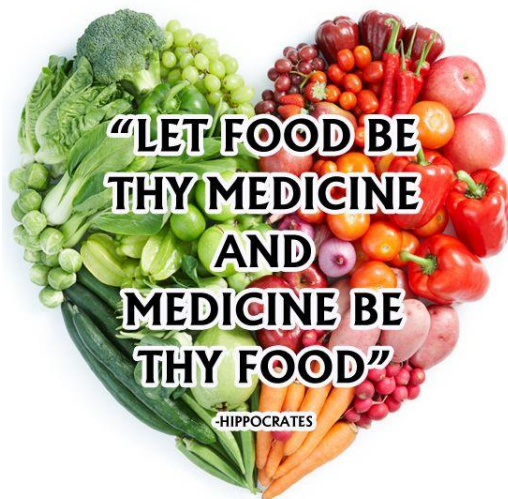
We PRAY and HOPE that you all will be save, and that you will increasingly live and act in WISDOM especially now in these demanding times we find ourselves.

Also, lower down we will discuss suggestions for food security, but it is most important to stay healthy, strong, and optimally nourished for a strong and healthy immune system.

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

## Remember GO NATURAL'S motto that will help you to stay STRONG:

1. Your FOOD is your FUTURE! As we are what we eat.
2. REMEMBER - Your body is the only place where your soul can live in!
- 3.



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

Keep connected with us as you JOIN us in the GO NATURAL food and health revolution. Our book GO NATURAL – Wisdom for Healthy Living in chapter 5 contain a **10 Step Nutritional Plan** to optimally nourish your body. We have many testimonies of people that lose weight while gaining vitality and they were not on a diet.

When you read our book <https://gonatural.co.za/content/20-english-book> and our testimonies how I and many others survived and recovered from advanced MS and many dreaded diseases. You will eventually realize; sickness/"dis-ease" is no accident and there is a wicked agenda to make people "DIS-EASED". The "system" has a well-oiled business model.

My book <https://youtu.be/xsRuICR9m2U?list=PLWMSF7luWZMTc1O6TOLcCZ7yDNfWmayKu> 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 medical system to enslave you to their products. If you have not as yet read our book, you are missing out on critical lifesaving and giving information.

The TRUTH will set you FREE...

## HEALTH ADVICE

### 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 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. Within  $\pm$  3 days a big portion of the essential fatty acids and amino acids become rancid, inflammatory, and carcinogenic.

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

#### The SOLUTION:

Hunt and eat should be our motto. Only mill the grains for what is required for the day. This principle should be applicable for all your grain/flour-related foods.

Two MAJOUR BENEFITS of owning a home stone-mill:

- This way of living you can side-step all the cheat – processed foods. Building and maintaining a healthy and strong body. Added benefits is losing weight while gaining vitality.
  - A home Stone Mill makes you Self Reliant in troubled times.
- Our book Go Natural contain a key recipe which show you how to store grain for decades and the grain will still be alive, fresh, and good. In these prophetic, challenging and ever more trying times we are currently living in, having a home stone mill will help you to secure your staple food logistics if you have stored up a decent supply of living sleeping beauties (grains).

For more reasons to own a home stone mill here is the link <https://gonatural.co.za/img/cms/7-Reasons-For-Owning-a-Home-Stone-Mill-Dec-2021.pdf> of a recent article that featured in the JOY! magazine.

## Out two top selling home stone mills

1. <https://gonatural.co.za/stone-mills/1461-komo-mio-400w-natural-9003030303030.html>
2. <https://gonatural.co.za/stone-mills/84-wondermill-junior-delux-plus-hand-grain-mill-red-991112456654.html>



From grain to flour within minutes.

- **MMS - The Miracle Mineral Supplement – Chlorine Dioxide**

<https://www.brighteon.com/ad4aac81-80ff-4450-aa74-63507bd2b97d>

Herewith an excellent report by a Mexican doctor on over 99% recovery rate for the corona virus family. MMS is also very effective for Malaria, Cancers, Parkinson's, Alzheimer's, neurological disease and much more, due to delivering oxygen, to all parts of the body. It is easily and cheaply made at home.

Also search "Andreas Kalcher Chlorine Dioxide", for ailments, components (2), manufacture, and treatment protocols.

We sell MMS – our ready-mix brand is FAITH DROPS -

[https://gonatural.co.za/search?orderby=position&controller=search&orderway=desc&search\\_query=Faith](https://gonatural.co.za/search?orderby=position&controller=search&orderway=desc&search_query=Faith) B

- **RHIZO HEALTH – PROBIOTIC**

If you have gut or immune system issues, please continue reading as we introduce you to this new and ground-breaking product.

Rhizo Health is a **Probiotic** supplement that is **100% natural and 100% organic**, consisting of 43 groups of Probiotics extracted from the Rhizosphere of untouched **African Forest Soil**.

Rhizo Health also **acts as a natural antibiotic**, eliminating not only bacterial infections, but also viral infections whilst **building and adding to your good gut flora**. Rhizo Health eliminates only disease-causing pathogens while it **builds and strengthens your immune system**.

The application of this product is almost endless.

Buy now

[https://gonatural.co.za/supplements/1817-rhizo-health-probiotic-781718586887.html?search\\_query=Rhizo&results=2](https://gonatural.co.za/supplements/1817-rhizo-health-probiotic-781718586887.html?search_query=Rhizo&results=2)

- **Nourish your inner doctor – your ENDOCANNABINOID SYSTEM (ECS)**

Your ECS is your inner doctor, and they discovered that if the ECS is fed with more cannabinoids your inner doctor works better and faster for improved health and wellbeing.

Read these two articles that explain the ECS in more detail.

a. <https://gonatural.co.za/wp-content/uploads/2018/08/THE-ENDOCANNABINOID-SYSTEM.pdf>

b. <https://gonatural.co.za/img/cms/Marijuana-and-Hemp-Right-or-Wrong-Jan2019.pdf>

We supply a premium (R565), yet affordable organic, local, full-spectrum CBD hemp oil extract.

- Volume 30ml
- Density 20mg/ml

[https://gonatural.co.za/supplements/1776-cannabis-oil-30ml-full-flower.html?search\\_query=hemp+oil&results=85](https://gonatural.co.za/supplements/1776-cannabis-oil-30ml-full-flower.html?search_query=hemp+oil&results=85)

#### GENERAL NEWS:

We received new stock of GREEN STAR juicer products.

Watch this space for the new prices and availability. <https://gonatural.co.za/8-juicers>

We are busy with an ANGEL JUICER order, please contact should you be interested.



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

Good news, we have one upcoming event for you. 😊

We cordially invite you to our next lifesaving and life-changing two-in-one seminar (2 hour) and workshop (3 hours). Below the invitation, hope to see you there.

### INVITATION 😊

#### Go Natural - For the LOVE of TRUE FOOD TWO in ONE SEMINAR & WORKSHOP (5 hours)

Hosted by Johan & Alicia Jacobs

Secure your seat - BOOK now via QUICKET on EVENTS @ [www.gonatural.co.za](http://www.gonatural.co.za)



#### The 2-hour SEMINAR INCLUDES:

##### PART 1a – Johan's testimony exposing the total onslaught.

1. How Johan survived advanced PRIMARY PROGRESSIVE MS, 18-th year of recovery.
2. Introduction to the RATIONALE of why everybody should GO NATURAL.
3. The link between nutrition and physical degeneration.
4. Exposing modern "DIS-EASE" causing DECEPTIONS.
5. Exposing the **archer-arrow** principle of toxicology.
6. The hidden difference between a "dis-ease" and a condition.
7. The SOLUTION: **GO NATURAL'S 10 Step Nutritional Program and Recovery Protocol**.
8. How to unlock your INNER DOCTOR.
9. Valuable advice about sidestepping hidden, modern health landmines.
10. Wisdom and knowledge on how to be **pro-active** in this modern, toxic world.

##### PART 1b - GRAIN FOODS

Anthropological background of grain consumption.

1. Grain Anatomy and Wisdom
2. Wise Grain Practices
  - Soaking
  - Sprouting
  - Fermentation
  - Natural preservation and storage
  - Fresh processing methods

#### PART 2 - The 3 Hour WORKSHOP INCLUDES

##### FOODS to be Demonstrated and Prepared

1. Sourdough bread – Traditional
2. Kefir – Fermented – Probiotic cocktail
3. Go Natural's 3 In One Anti-Aging Snack



##### Included:

1. A Go Natural booklet with the recipes and for making notes.
2. Carrot Juice and testers of all the prepared food.
3. Your own sourdough starter.

*You are cordially invited to the Go Natural's LIFE SAVING SEMINAR & WORKSHOP*

|       |  |
|-------|--|
| Date  | 24 August 2022   |
| Time  | 08:30 for 8:45-13:45   |
| RSVP  | 23 August 2022, 10:00  |
| Venue | 10 SWALLOW CRESCENT, VREDENBERG ESTATE, BAKKERSKLOOF ST., SOMERSET WEST. |
| Price | R500pp, 2 or more tickets R450pp (Bring a friend 😊).                     |

#### BOOKINGS

Secure your seat - BOOK now via QUICKET on EVENTS @ [www.gonatural.co.za](http://www.gonatural.co.za) or call us on 021-852 2744.

Invitation & Program

Get first-hand a download of information, knowledge and experience of how Johan and Alicia from GO NATURAL has reversed his dire condition, a so-called incurable disease to vibrant health. Johan states today; SICKNESS IS NO ACCIDENT, I did not get sick; I was made sick by a "SYSTEM", indeed a TOTAL ONSLAUGHT. Stats do not lie; look at the small percentages of healthy people without using prescription drugs and the explosion of modern illnesses, "dis-eases", and the epidemic of the broken brain and not to mention cancer. All people should be aware of what is really happening, but also, what is the solution. In other words, how to navigate and live in wisdom and "dis-ease" free in this modern toxic reality and adulterated food chain. If you want to live in wisdom and to get rid of your modern "dis-ease" you need to attend this life saving seminar.

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



For more information, linked find more detail to read regarding our events <https://gonatural.co.za/content/38-seminars-and-workshops>.

If you haven't attended one yet, then you are missing out on a huge injection of wisdom and know-how required for your health and vitality.

## BOOKINGS

To secure your seat, please book here on [QUICKET](#) online booking platform no later than **10h00 on Tuesday 23 August 2022**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

Alternatively email us at [johan@gonatural.co.za](mailto:johan@gonatural.co.za) to book with an EFT.

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

Blessed regards

Johan and Alicia

## 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.

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.

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 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, while the **root causes** remain unaddressed.



## **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. 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 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".*

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.  
**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: 10 July 2022

| Type of meat                                 | Price/kg |
|--|----------|
| Lamb A1, A2 (Whole or half lamb) (from Koup) | R 146    |
| Loose LAMB chops                             | R 176    |
| Lamb Leg (whole/tjops)                       | R 205    |
| Lamb rib chops or rack of lamb               | R 190    |
| Loin lamb chops or Rib chops                 | R 210    |
| 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 125    |
| Beef Sosaties                                | R 120    |
| <u>Matured steaks:</u>                       |          |
| Fillet's Steak                               | R 350    |
| T-Bone                                       | R 160    |
| Sirloin                                      |          |
| Rump Steak                                   | R 190    |
| Texan Steak                                  | R 110    |
| Club steak                                   | R 125    |
| <u>Other</u>                                 |          |
| Beef Tongue                                  | R 100    |
| Afval (clean)                                | R 175    |
| Beef Biltong                                 | R 350    |
| Game Biltong                                 | R 350    |
| Beef droëwors                                | R 320    |
| 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

