



September 2022 Newsletter



September 2022 Newsletter

Dear Go Natural Friend

SPRING and summer have finally arrived. The birds are chirping and the sun is shining – this spring we celebrate new beginnings and new journeys. So, let us make this new season a landmark year that you will remember in history as the year in which your health thrived to its full capacity. We are not oblivious of the challenging times we find ourselves, therefore we sincerely hope you are well amidst of the trying times we live in. These times need courage, wisdom and strength, therefore even more so we need to gear up for a good future. There is no better way to start as with true, clean and real food. The rationale follows.

In terms of our physical health, let's work and capitalize with what we've got skin deep. Many people do not realize the treasure / gift that is engineered in their 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 a self-defending entity. For this 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](#).

A brief expose what to expect in our 8 Minute YOUTUBE.

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

Over the last 17 years since we've started this health ministry and movement, we've seen so many lives transformed, saved and rejuvenated. we are humble 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 it.

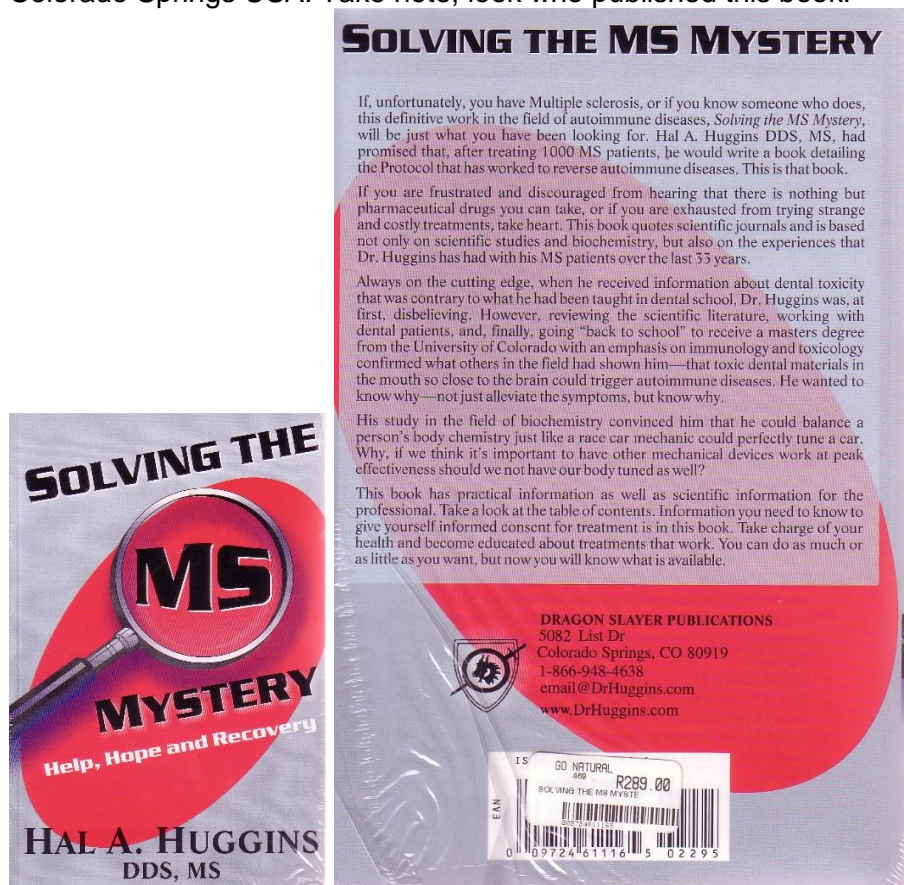
A CALL TO ACTION:

A new season need CHANGE. Remember **success is not an event, it is a habit**, healthy living becomes a lifestyle and it is contagious.

SUGGESTIONS:

1. Document your health challenges and targets.

For those who do not know my story, this year is my 18th year of recovery from advanced primary progressive multiple Sclerosis (MS). 18-Years ago I was clinically written off with no hope of recovery and expecting the worst. I've spent many hours on my knees PRAYING for mercy and guidance. My SAVIOUR lives and answers our prayers. I was guided to people in Australia and Colorado Springs USA. Take note, look who published this book.



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.

2. Invest TIME in your health.

In hindsight, I now realize we are born and raised in a sea of deception, being exposed to many... unnatural and harmful toxins, variables and so-called foods that as a matter of fact is rather substrates than food. Remember true food blesses your body and substrates curse your body. You need to study to catch up with lost knowledge and wisdom. In my journey to health, I've read almost hundred books on this topic and sifted through a lot of FUNNIES, only to discover there is a lot of confusion in the health industry. I've made a lot of mistakes initially, but I've learned a lot more, real gems and truths. By 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 17 years, many others also benefited from our mission and vision to be in superior health and or to recover from their health challenges.

We PRAY and HOPE that you will embark in this journey, you will never regret it.

Our best PRODUCT is our BOOK, it contains many... TRUTHS and WISDOM that will set you FREE.

<https://gonatural.co.za/content/20-english-book>

Also, 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 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.

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.

Our 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.

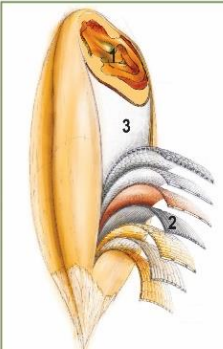
The TRUTH will set you FREE...

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 ± 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	✓	x	x
	- Minerals	✓	x	x
	- Amino Acids	✓	x	x
	- Essential Fatty Acids	✓	x	x
	- Enzymes	✓	x	x
	- Antioxidants	✓	x	x
2. BRAN: - Fibre	- B-Complex Vitamins	✓	✓	x
	- Antioxidants	✓	✓	x
	3. ENDOSPERM: - Carbohydrates	✓	✓	✓
Nutritional value retained after milling		100% Full grain kernel	20% Germ removed	10% 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:

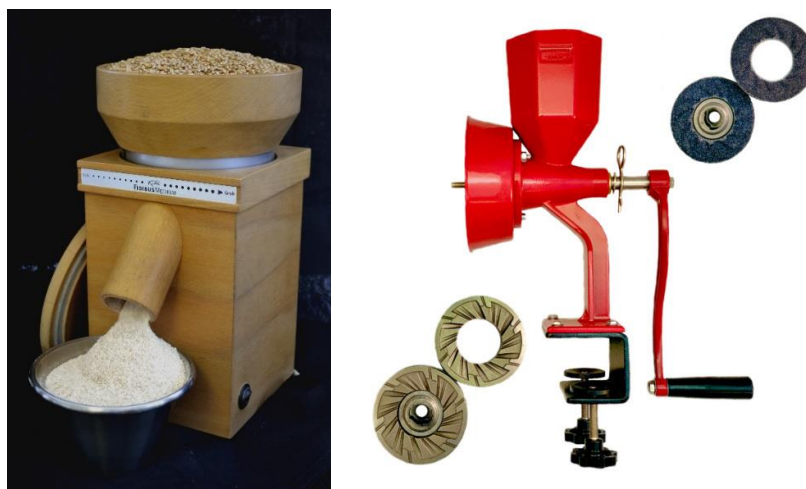
- This way of living you can side-step all the cheat – processed foods that is substrats in stead of food. Building and maintaining a healthy and strong body. Added benefits is losing weight while gaining vitality.
- A home Stone Mill makes you Self Reliant in troubled times.

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/79-komo-fidibus-medium-stone-mill-360-watt-9900000004194.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 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

- **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, 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

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 two upcoming events for you. We cordially invite you to our next two lifesaving and life-changing events. They are a two-in-one seminar (2 hour) and workshop (3 hours). Below the invitations, 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



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	19 October 2022
Time	08:30 for 8:45-13:45
RSVP	18 October 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 or call us on 021-852 2744.

Invitation & Program

INVITATION 😊



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. Essene bread – From Sprouted Wheat
2. Humus - Traditional
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.

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

Date	23 November 2022
Time	08:30 for 8:45-13:45
RSVP	22 November 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 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 18 October 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 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 or 082 297 9700 to order.



MEAT EVERY FRIDAY ORDER WEDNESDAYS

ALICIA 082 297 9700

alicia@gonatural.co.za

Date: 15 September 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 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
Matured steaks:	
Fillet's Steak	R 350
T-Bone	R 160
Sirloin	
Rump Steak	R 190
Texan Steak	R 110
Club steak	R 125
Other	
Beef Tongue	R 100
Afval (clean)	R 175
Beef Biltong	R 440
Game Biltong	R 350
Beef droewors	R 350
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

