



# go natural

# health shop

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## Stay HEALTHY and PREVENT Disease!

With Go Natural's 4-point plan:

1. **Information** – the antidote to stop the onslaught against humanity and your health. With our book *GO NATURAL* you can empower yourself with life-saving knowledge.
2. **Pure water** is the foundation of your health.
3. **Vegetable juice** is your natural medicine.
4. **Staple food** – Wholesome whole grain products

**TESTIMONIES**  
– read all  
the amazing  
testimonies on  
our website.



## 2 WATER DISTILLER – your solution for pure water

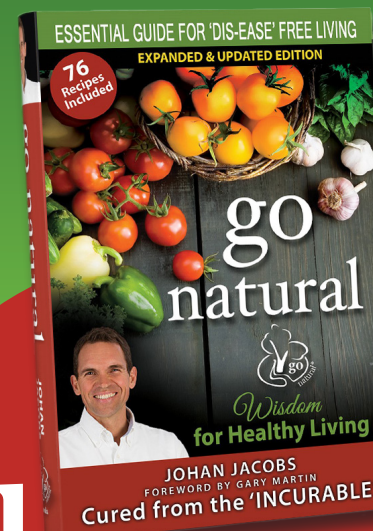
Turn bad, polluted water full of chemicals into pure, life-giving water.

Pure water is your body's most important need. Water helps to remove toxins from our bodies, but how can the water do that, if the water itself is a source of toxins?

Make your own pure rainwater. Use the Creator's method to purify water. Our water distiller is not a filter; it purifies the water. A distiller lasts for up to 20 years and is 99.99% efficient from start to finish.

For our online shop, visit:  
**www.gonatural.co.za**

"You are welcome to visit our store to discuss your future healthy-living action plan with me." – Johan Jacobs, Founder and Owner of Go Natural



**1** Get my book, *Go Natural*, for more details on this natural, healthy diet and how to live in truth and with wisdom in this modern era.

## 3 JUICER – your solution to raw vegetables / natural medicine

Drink your vegetables for better health!

As a result of our hectic, modern lifestyle, it is impossible to consume enough raw vegetables (with their antioxidants, plant chemicals, living minerals, enzymes, vitamins, etc.) for optimal nutrition. Juicing vegetables is one of the best sources of nutrients for building and regenerating our body and immune system.

Because the juice is separated from the fibre, the advantage is that digestion is so much easier and more efficient. With a good gear juicer, like the GREEN STAR, very few nutrients are lost, plus the super nutrients end up in your bloodstream much faster to do their good work.

Use your juicer to:

- Detox with a daily vegetable juice
- Make your own nut butter
- Grind wheat sprouts for Essene bread
- Make raw soups
- Make your own ice cream
- Make baby food



## 4 A STONE MILL – your solution for staple foods

You cannot compare refined white flour to whole grain flour. White flour contains only 10% of the nutrition of whole grain flour. It causes a chemical imbalance in your body with resulting damage that can lead to things like obesity, type 2 diabetes, and so forth.

Grain foods such as bread, pizza, pasta, etc. should only be made with freshly ground, live, and organic grains.



This ensures that the fragile essential fatty acids and amino acids (protein) in the germ of the grain are fresh and does not get rancid, bitter, and toxic. Apart from the larger amount of nutrients, it also tastes three times better. You also do not get hungry so soon again.

We sell a variety of grains – including the ancient wheat, *einkorn*, and the blue Hopi corn, which apparently has more antioxidants per mass than blueberries.



Other products in our store:

- Baking Supplies
- Beauty Products
- Healthy Drinks
- Biblical Oils
- Juicers
- Books & Media
- Bread
- Butters & Smears
- Milk Replacements
- Dehydrators
- Dried Fruit
- Essential Oils
- Fermentation Pots
- Fermented Foods
- Food Processors
- Frozen Foods
- Fruits & Vegetables
- Grain & Legumes
- Herbs & Salts
- Home Cleaning Products
- Kitchen Utensils
- Meat & Poultry
- Nuts
- Spare Parts
- Rebounder (Mini Trampoline)
- Seeds
- Sprouters & Sprouts
- Stone Mills
- Super Foods
- Supplements
- Sweeteners
- Tea & Coffee
- Vinegar & Oils
- Water Containers
- Eggs
- ...and so much more!

Healthy living  
is now easier than  
ever. Buy all of your  
health products  
online at Go Natural!