



INVITATION 😊 FOR THE LOVE OF *TRUE FOOD*

2-in-1 Seminar & Workshop

Hosted by Johan & Alicia Jacobs

You're invited to join the founders and author of Go Natural for a lifesaving and changing, interactive day of learning, cooking and inspiration.

STOP BEING A VICTIM!

Learn from a survivor of an incurable disease Multiple Sclerosis (MS) that was clinically written off 19 years ago how to navigate through this SEA of DECEPTION.

Johan learned from experience, that you don't just get sick, but that you are slowly and systematically being made sick!

We have HOPE!!! 😊 And a PLAN!!! 😊

You are welcome to attend our seminar to become streetwise regarding holistic healthy living.



DATE	Saturday 28 October 2023
TIME	08:45 for 9h00 – 14h00
RSVP BY	10h00, 27 October 2023
VENUE	10 Swallow Crescent, Vredenberg Estate, Bakkerskloof St., Somerset West.
PRICE	R500pp (Discount on 2 or more tickets – R450pp, bring a friend 😊)

SECURE YOUR SPOT

VISIT WWW.GONATURAL.CO.ZA AND LOOK UNDER 'EVENTS' OR CALL US ON 021 852 2744.



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THE 2-HOUR SEMINAR INCLUDES:

PART 1 – JOHAN'S TESTIMONY EXPOSING THE TOTAL ONSLAUGHT



toxic world.

1. How Johan survived advanced PRIMARY PROGRESSIVE MS, his 19th 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 following an introduction to GO NATURAL'S recovery protocol.
9. Valuable advice about sidestepping hidden, modern health landmines.
10. Wisdom and knowledge on how to be **pro-active** in this modern,

PART 2 – GRAIN FOODS = STAPLE 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



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 1 **Anti-Aging Snack** – A true whole and superfood raw chocolate delight.

Included:

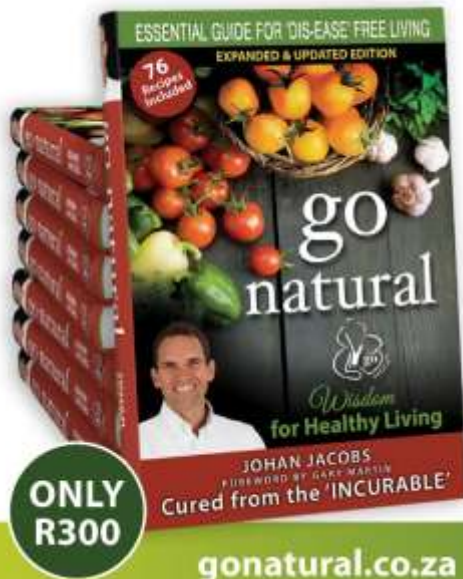
1. A Go Natural booklet with the recipes and for making notes.
2. Carrot Juice and testers of all the prepared food.
3. Your own sourdough starter.



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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 • 021 852 2744 • info@gonatural.co.za

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