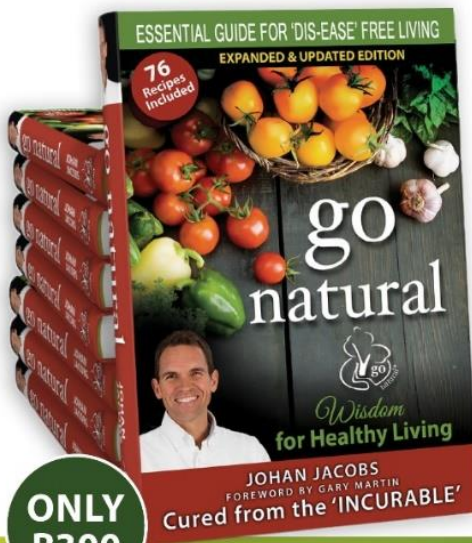




JANUARY 2024 Newsletter – SURVIVE and THRIVE



**ONLY
R300**

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

Dear Go Natural Friend

We sincerely hope you are well, we wish you and your loved ones a BLESSED 2024, full of love, health, wisdom, TRUTH, provision, and mercy from ABOVE.

RISE AND SHINE - Let us all stand together with all our different colours and sounds and let us be a blazing light that awakens humanity.

FURTHERMORE, you only have one body, be a responsible custodian of your earthly vessel, the only home for your soul.

As we kick off the new year, it's essential to maintain a balance between health, work and relaxation. Our GO NATURAL book has helped hundreds of people to maintain optimum health and to prevent and even reverse many diseases. Look what is possible <https://gonatural.co.za/content/34-testimonies>.

NEW YEAR SPECIAL - In January we offer a 5% DISCOUNT ON all our equipment of choice if an EFT transaction is done. More re the SPECIAL on page 4.

Furthermore, a warm welcome to all our new customers and subscribers ☺. Wisdom, - T_R_U_T_H - and discernment are our vision and focus on this modern world to be able and equipped to survive and thrive in our modern reality, proverbially, the "sea of deception". Our main aim is to keep our subscribers informed, out of the danger zone, and on their way to ultimate health to rise and shine in their divine purpose and destiny. You see, I did not ask to be in the health space, but at the age of 34, I was clinically declared unfit for work with advanced MS and my future looked dim, wobbly, and expecting the worst. But God had a better plan, as He has graciously allowed and protected me to be on this amazing discovery journey to regain my health (now celebrating 20 years of recovery) and to give us a platform to help many others not to get injured and "dis-eased" and/or help to recover if "dis-eased". In hindsight, the perfect "science", is proof that [I DID NOT GET SICK, BUT WAS MADE SICK](#). Please watch this video to understand the extent of the misinformation. It is a real privilege for us to help our [broken society](#), from a curse to a blessing, all the glory to HIM our LORD and SAVIOUR. Keep on reading for this month's ADVICE, our new [TESTIMONIES](#), SPECIAL, new PRODUCTS, GLOBAL news, our [EVENTS](#) our WHATSAPP & TELEGRAM, groups, and how to contact and consult with us.

CELEBRATION TIME!!!

GO NATURAL'S



We are so excited to present this POWERFUL TESTIMONY. Please read, celebrate, and spread Hannah's amazing natural eczema recovery testimony. Proof that there is healing in our genes and it is all about the terrain and in parallel to remove all the root causes that harm.

[Hannahs-Recovery-from-severe-Eczema-Jan-2024.pdf \(gonatural.co.za\)](https://gonatural.co.za/Hannahs-Recovery-from-severe-Eczema-Jan-2024.pdf)

New PRODUCT

The ROLLING STONE oat roller, brought to you by THE STONE MILL company.



Shop now: <https://gonatural.co.za/grain-rollers/2205-the-rolling-stones-oats-roller.html>

This amazing product is developed and produced in our beloved country, Somerset West, call us to book your unit.

Enjoy freshly rolled/flaked oats every morning instead of the already flaked, preprocessed, pre-preserved, partially oxidized and de-composed oats that are offered on the mainstream shelves. All our customers that possess an oat roller can never eat old rolled oats again. Most of our customers say they now eat pudding for breakfast since they flake their oats fresh. The bottom line is once you have rolled your oats, you have killed the seed and exposed it to oxygen once it is flaked and it should be enjoyed straight away. You only process what is needed for the day. You can store whole living grains for years, and the seed will still be alive, fresh and well. Another benefit is improved health since you do not eat rancid essential oils and nutrients and as a result people blossom, thrive and need less supplements.

ADVICE FOR HUMANITY: ONE BODY - LOOK AFTER IT!!!



Here we go - Think about it, “ONE LIFE - LIVE IT” is a popular sports utility vehicle (SUV) slogan. Pretty impressive and true. HOWEVER, take note, your one and only SUV of your soul, your body can only cart you happily and reliably around if you take the proper care of it and service it at regular intervals, with the real parts, i.e.; clean and true nutrients and water.

However, many bad things happened since industrialization and basically, we were all born and raised in **THE SEA OF DECEPTION** over the last 200 years. Our GO NATURAL book help to expose all the modern dangers to make you street wise.

This proverbially, brought in the INVISIBLE DOUBLE-EDGED SWORD onslaught against your health.



EXPOSING - THE TWO LETHAL EDGES OF THIS WICKED SWORD

SIDE 1

FOOD that is food-like, but it is nutrient **POOR** and/or **STERILE** and your body are continually cheated, a body in starvation, overfed, but malnourished. The reason for the epidemic proportions of overweight and obese people, not to mention the epidemic of dental caries, the need for orthodontic braces, and wisdom teeth extractions all well explained in our book. It is all [NUTRITIONAL INJURIES](#).

The 3 key reasons for eating, are well explained in our book. Let's just look at the first key reason to enjoy **TRUE FOOD**. Number one - the long and the short is that our body's cells only live so long and continually need to get replaced with new cells. Those new and strong tissues originate from your daily food intake. In other words, your **FOOD IS YOUR FUTURE**. Do the wise thing and invest time in preparing and enjoying true food or else, **JUNCK IN JUNCK OUT** which sets the stage for degeneration and accelerated aging.

SIDE 2

TOXIC EXPOSURE – The invisible dragon.

This dragon bites, but there is no blood or evidence. It is a slow poisoning process not identifiable. This dragon is also well camouflaged. The lack of immediate effects concludes there are no effects, and you live for today at the expense of tomorrow.

The research in our book proves that we are overexposed to toxins from a plethora of dimensions. Toxins in our food farming chemicals, food preservatives, colorants, personal hygiene products, medical preservatives, mercury in amalgam fillings, root canal toxins, and it just goes on and on, this is the tip of the iceberg.

It is funny how we will do the best of the best for our mechanical SUV, but we will put TOXIC MODERN MODALITIES, and JUNCK FOOD, void of daily essential nutrients and filled with toxins in our most precious personal SUV, our body.

For example, you think you service your vehicle, but straight after the oil change you add a cup of sand to the oil and think it will **do no harm**. I've seen too many times that people sadly perish prematurely due to the complete and utter lack of knowledge.

My discoveries and knowledge gained in my recovery journey from an incurable disease MS, are proof that for the last \pm 200 years, we were all unknowingly born in this crafty "SEA of DECEPTION". We are all lured into deceptive food and modalities. We literally find ourselves in a "dis-ease" causing and managing society, where most of the [ROOT CAUSES](#) never get removed. This has led me to document all my discoveries from reputable scientific literature, fortified with solutions in our back-to-basics [GO NATURAL Wisdom for Healthy Living](#) book. If you have not read it, I sincerely invite you to read this life-saving and changing book that will empower you to step out of this wicket matrix of control and deception. This book's information and methods not only saved my life, but it subsequently prevented lots of agonies and saved countless more lives, here is some proof and the sweet fruit of our labor, our [TESTIMONIES](#).

GO NATURAL'S – January and February SPECIAL

Receive a 5% EFT discount on your healthy living EQUIPMENT of choice.

To qualify for this EFT discount, email us at admin@gonatural.co.za or WHATSAPP us at 066 275 5125 with your ORDER of choice, your name, contact details, and address and we will send you a quote, delivery included with your discount.

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

GO NATURAL'S SEMINARS AND EVENTS

We are working on our 2024 event calendar, as soon as all the 2024 dates are finalized we will send it to you.

Be a CHANGE AGENT and made a DIFFERENCE!

Arrange a ***GO NATURAL'S HEALTH REVIVAL seminar near you.***

INVITE us, as we travel all across our beloved country to testify and spread our ***GO NATURAL – Health Revival*** message. Email Johan at johan@gonatural.co.za to arrange your seminar for 2024.

GO NATURAL'S SOCIAL MEDIA CAMPAIGN 🌐

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

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...

ONLY R300

gonatural.co.za • 021 852 2744 • 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 “dis-eased” 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 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.

We HOPE and PRAY 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.

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 STAPLE FOOD AND FOOD SECURITY SOLUTION



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 new exposed to the oxygen rich atmosphere and within ± 3 days a big portion of the essential fatty acids and amino acids become; oxidized, rancid, inflammatory, and carcinogenic.

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

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).

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. 😊

1. 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 “diseased”.

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 HELP & Advice

If you need help? 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.

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.

INVITATION to GO NATURAL'S TELEGRAM GROUP for more in detail and real-life news feed pertaining your health. DOWNLOAD THE TELEGRAM App and follow the link below and you are welcome to join our GROUP.

<https://t.me/+FOSAeJmW289mMjI8>

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.

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".

How to CONTACT Us & Meat to Order

Our Meat Price List to follow on the next page.

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.

Lower down find our meat product list. Contact Alicia at alicia@gonatural.co.za or 082 297 9700 to order.



Karoo Vleis

MEAT EVERY FRIDAY ORDER WEDNESDAYS

ALICIA 082 297 9700

info@gonatural.co.za

Date: Monday, 22 January 2024

Type of meat	Price/kg
Lamb A1, A2 (Whole or half lamb) (from Koup)	R 128
Loose LAMB chops	R 178
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 76
Leg of lamb deboned	R 220
Lamb Shoulder (tjops or whole)	R 190
Lamb Neck (tjops or whole)	R 160
Lamb stew/Potjiekos	R 150
Lamb Shanks/Skenkels (whole/ tjops)	R 160
Lamb Skilpadjies (liver & fat)	R 85
Lamb mince	R 186
Lamb Goulash NEW!!!!	R 213
Lamb Sosaties	R 186
Sheep sausage	R 160
Sheep mince	R 140
BEEF shin or stew specify please	R 100
Beef Marrow Bones	R 45
Beef sausage (MSG free)	R 140
Beef mince	R 120
Beef goulash	R 135
Beef Sosaties	R 120
<u>Matured steaks:</u>	
Fillet's Steak	R 375
T-Bone	R 175
Sirloin	R 195
Rump Steak	R 195
Club steak	R 150
<u>Other</u>	
Beef Tongue	R 150
Afval (clean)	R 185
Beef Biltong	R 450
Game Biltong	R 420
Beef droëwors	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, multi-dimensional and near invisible global war against humanity.

We've discovered lots of disturbing discoveries regarding the biological and information war that raged extensively the last nearly four years but if you do a **thorough study**, and read our GO NATURAL book, you will discover it is a war that is raging far beyond 200 years in open daylight. Be part of the AWAKENING.

My question - Who is your anchor in this SEA OF DECEPTION and troubled times??

SUGGESTION - FOUNDATIONS to endure a Storm

Our Lord and Saviour 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.

Remember – "Then you will know the TRUTH, AND the TRUTH will set you FREE" John 8:32.

SOME OF THIS MONTH'S NEWS FEED on my TELEGRAM GROUP:

If you want to join my TELEGRAM group – INFORMATION IS POWER, please contact me personally.

- 