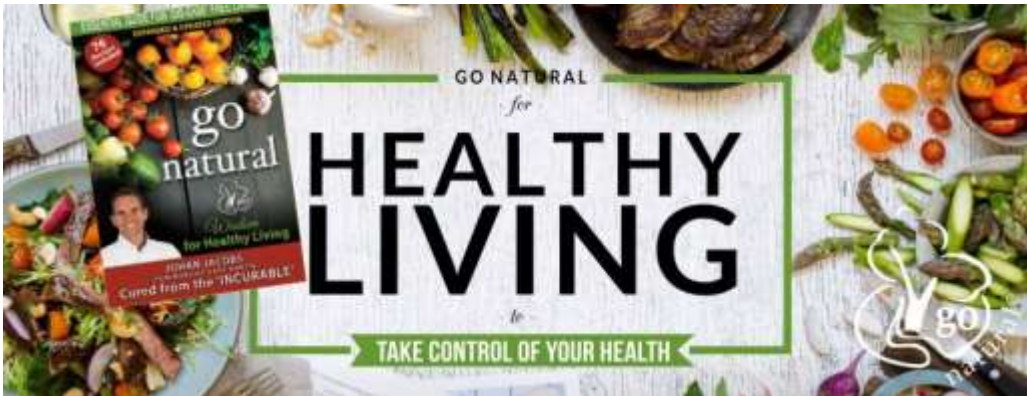




## JULY 2023 Newsletter – SURVIVE and THRIVE



Dear Go Natural Friend

We sincerely hope you are well. 😊 Keep on reading for this month's SPECIAL, GLOBAL news, our EVENTS our TELEGRAM, WHATSAPP group, and how to contact us.

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 around if you take the proper care of it and service it at regular intervals with the real parts (clean and true nutrients). The 3 key reasons for eating, are well explained in our book.

It is funny how we will do the best of the best for our mechanical SUV, but we will put trash (JUNK FOOD void of daily essential nutrients and filled with toxins) in our personal SUV, our body. 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 ± 200 years, we were all unknowingly born in this "SEA of DECEPTION". 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 and also solutions in our [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. 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 the proof <https://gonatural.co.za/content/34-testimonies>.



**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**

I nearly become a statistic 19 years ago, after I lost almost everything, suffering from advanced MS. On top of that, I've spent hundreds of thousands of rands and years in agony to regain my health by removing all the root causes that injured my brain and CNS. Did you know there is a target on your chest to make you a patient / "dis-eased"? Most people are unaware and don't appreciate a fully functioning body. In my recovery journey, I was rudely awakened and discovered, [I did not get sick, but I was made](#) sick and there is a TOTAL ONSLAUGHT by a system to make everyone "dis-eased. My plea to you is to EQUIP YOURSELF WITH FACTS and WISDOM, in so doing, to be a responsible custodian of your body, the only vessel for your soul / you so that you can out-live your God-given purpose. GO NATURAL has a practical and proven plan and method in our book **GO NATURAL Wisdom for Healthy Living** to help you to live in wisdom and to sidestep the pitfalls and agenda of this modern broken world.

## **SPECIAL – On our STAPLE FOOD solution RANGE.**

**Our 3-WEEK GO NATURAL STONE MILL SPECIAL – LESS 10% ON OUR STONE MILL RANGE.**

Email us at [johan@gonatural.co.za](mailto:johan@gonatural.co.za) to qualify and receive a whopping 10% discount for an EFT payment.

Remember the manual WONDERMILL gives you wings without electricity, plus it is a dual-purpose wet and dry mill.

The WONDERMILL DELUX comes with a limited LIFETIME guarantee.

GO NATURAL is the exclusive importer, distributor, and service center for this premium product.

A must-see video - [https://www.youtube.com/watch?v=n\\_7EzkhZLE](https://www.youtube.com/watch?v=n_7EzkhZLE) – demonstrating the WONDERMILL DELUX.

### **A GOOD START - Make the following two slogans, your daily motto:**

1. FOOD is your FUTURE! ☺ We are what we eat. Every day, we continuously replace millions of old cells with brand new ones using the food we ingest and assimilate as building blocks for the new cells. GEAR-UP for a good future. I.E., Replace the old tissue with improved tissue made with better quality building blocks – your true food. True food is your best anti-aging insurance.  
Sadly - No school will give you this fact.
2. “LET FOOD BE THY MEDICINE and MEDICINE BE THY FOOD” Hippocrates. Indeed, the purest form of medicine, it should always be our first priority to prevent and treat any illness and disease.



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

## **GO NATURAL's SEMINARS AND EVENTS**

We are excited to inform you that we have three events scheduled for the next three months.

Our societies suffer from a lack of knowledge, and years of mind control. The PURPOSE of our GO NATURAL EVENTS is to help our broken society with RE-EDUCATIONAL seminars as we EXPOSE and REFORMAT; THE SEA OF DECEPTION, OLD ENGRAVED FALSE PERCEPTIONS, FILLED WITH LIES AND PROPAGANDA.

JOIN us at one of our GO NATURAL'S life-changing and/or saving health REVIVAL seminars. As we present proven solutions to optimally care for your fearfully and wonderfully made body.

### **Three events to select from:**

1. Saturday, 19 August, Somerset West, Western Cape - **INVITATION**
2. Saturday, 9 September Pretoria, Gauteng - **INVITATION**  
**Our first event in GAUTENG, hope to see you there.**
3. Saturday, 28 October, Somerset West, Western Cape - **INVITATION**



*Ons Plaashuis Teater*  
**go natural**  
 HEALTH REVIVAL  
 SEMINAR

599 Jeugd Rd, Montana, Pretoria  
 Saturday, 9 September 2023 | 9:00 to 12:00  
 R250 (traditional soup & real bread included)  
 Bookings: Elvira Potgieter 0824921603

**STOP BEING A VICTIM!!!  
 YOU CAN STEP OUT OF THE "MATRIX".**

People don't just get sick; they are slowly and systematically being made sick!

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

After my recovery and life-saving DISCOVERIES, we were guided to start this GO NATURAL movement and mission to help our fellow brothers and sisters not to fall into the same traps that are set to make you "DIS-EASED".

Hope to see you there!  
 SHALOM and GOD Bless  
 Johan





We present these exciting events to empower our humanity to live in DIVINE HEALTH and not to get injured. Watch this video exposing - [The First VISIBLE symptoms of a NUTRITIONAL INJURY](#)

WATCH THIS SPACE - Hope to see you at one of our events.

## GO NATURAL'S NEW YOUTUBE VIDEO

We did not manage to produce a new one yet, but soon.

Below the last one produced.

1. I did not get sick, but was made sick – A detailed rationale.

**[DON'T BECOME A VICTIM – LEARN FROM MY EXPERIENCE](#)**

Please like and subscribe and share this life-saving and -changing information.

OUR SOCIAL MEDIA CAMPAIGN 🍷

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



We are excited and humble to present our PROFOUND and POWERFUL TESTIMONIES. Please read, celebrate, and spread the good news of these natural - recovery testimonies, from cancer, MS, auto-immune diseases and many more, the natural and sustainable way. Proof that there is healing in our genes.

## GO NATURAL'S TESTIMONIES

***GO NATURAL'S best LIFE-SAVING product!  
The GIFT that never Stops GIVING....***



**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**

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 “diseased” 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](mailto: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.

### BACKGROUND of our GO NATURAL mission and book

Since we published our GO NATURAL book 7 years ago, we've sold over 12 000 copies of our [GO NATURAL Wisdom for Healthy Living](#) book. If you have not read this life-saving, changing, and giving book then you are missing out on essential wisdom, deception annihilating truths, advice, recipes, and methods and protocols to keep you well amidst this broken world we live in.

### What can you expect in or GO NATURAL book?

In terms of our physical health, let's work and capitalize on what we've got skin deep. Many people do not realize the treasure/gift that is engineered within our 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 self-defending entity. For these CAPABILITIES 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](#) that will guide you to be optimally nourished without taking supplements.

**A brief expose what to expect in our book, in this 8 Minute YOUTUBE.**

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

Over the last 18 years since we started this health ministry and movement, we've seen so many lives transformed, saved, and rejuvenated. We are humbled 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 them.

### A CALL TO ACTION:

A new season needs CHANGE. Remember **success is not an event, it is a habit**, we need commitment and discipline, but you will reap the sweet fruit of vitality and no "dis-ease". Healthy living becomes a lifestyle and it is contagious.

You can learn so much from our journey, trials, errors, recipes and all our discoveries, all documented in our 500 + page GO NATURAL book.

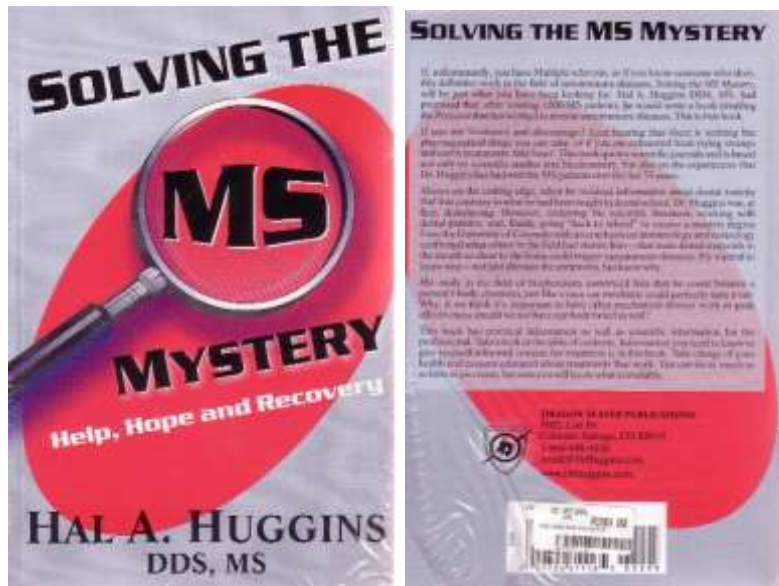
### SUGGESTIONS:

1. Document your health challenges and targets.

Familiarize yourself of our changed (corrupted) environment and what is possible if you change those faulty variables. Take me as an example, and all the other [TESTIMONIES](#) on our website, in my case, there was no hope of recovery, at the age of 34 I was clinically written off. Just briefly, for those who do not know my story, this year is my 19<sup>th</sup> year of recovery from advanced primary progressive multiple Sclerosis (MS). 19-Years ago when I was written off with no hope of recovery and expecting the worst. I've spent many hours on my knees PRAYING for mercy and guidance. To make a long... story short, 4 years after my diagnosis, my PRAYERS were finally answered. I can testify... from rooftops, my SAVIOUR lives as I know He answers our prayers. I was guided to people in Australia and Colorado Springs USA. Take note, look who published



this book **SOLVING the MS MYSTERY** with all the solutions of TRUTH re MS exposing the root causes that make one's brain injured. I still remember Dr Huggins words in Colorado Springs 19 years ago in the consultation room with him. He told me Johan; "your goose is not cooked yet", there was hope and I clung onto it. It was the most profound and sweet words in 4 years since my diagnoses and the subsequent demise, tears were rolling down my cheeks. However, I had a lot of questions in my mind, I have tried so many things, from medicine, supplements, diets, and remedies. He also told me; "you did not get sick, you were made sick." Later on, in the three-week treatment plan I also learned from Dr. Huggins, that MS, is but only one symptom of an injured brain there are many others like Alzheimer's, Dementia, Parkinson's, ALS, to name but a few.



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. After my recovery my worst rude awakening as I went back to my neurologist asking him some questions. Only to discover that he never had access to the contents of this life saving and changing book that exposes the invisible dragon, i.e.: toxicology that is one root-cause that caused me to be intoxicated, injured and "dis-eased" with ms.

## 2. Invest TIME in your health.

In hindsight, I now realize, we are born and raised in a sea of deception, there are literally a target on everybody's chest, as we are exposed to so many... unnatural and harmful toxins, variables and so-called foods that as a matter of fact, are rather substrates than food that will eventually cause harm, either from a deficiency (causing your body to be out of homeostasis / balanced) or a taxological point of view. Dr HUGGINS is the angel that our SAVIOUR guided me to, but looking at the publisher's name, today I call him the DRAGON SLAYER, he helped me to open my eyes and he was instrumental in saving my life, praise... ABBA FATHER.

Back to food; remember true food blesses your body and substrates curse your body and pulling you down. You need to study to catch up from lost knowledge and wisdom. In my journey to health, I've read almost a hundred books on this topic and sifted through a lot of FUNNIES, only to discover there is a lot of confusion and also deception in the health industry, not everything here is kosher either. I've made a lot of mistakes initially (the biggest mistake was veganism and not understanding the root cause principle), but I've learned a lot more, real gems and truths. By HIS 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 18 years, many others also benefited from our mission and vision to be in superior health and or to recover from their health challenges and or "dis-eases".

We PRAY and HOPE 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.

# HEALTH TOPICS for this month:

## 1. YOUR FAMILY'S STAPLE FOOD SOLUTION

### Troubled times need **STORABLE FOOD** for food security.

Our world is in turmoil, I am of the opinion we are heading into a famine. 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 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 OWN HOME STONE MILL is

### 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 GO NATURAL 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. The inner parts is now exposed to the oxygen rich atmosphere and within  $\pm$  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	✓	x	x
- Minerals	✓	x	x
- Amino Acids	✓	x	x
- Essential Fatty Acids	✓	x	x
- Enzymes	✓	x	x
- Antioxidants	✓	x	x
2. BRAN: - Fibre	✓	✓	x
- 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:

- a. This way of living you can side-step all the cheat / processed foods that is substrates instead of food. Building and maintaining a healthy and strong body. Added benefits is losing weight while gaining vitality.
- b. 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>  
We await new stock, call us to book your unit.
2. <https://gonatural.co.za/stone-mills/84-wondermill-junior-delux-plus-hand-grain-mill-red-991112456654.html>



From grain to flour within minutes. 😊

## 2. 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 TESTIMONIES and 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.

**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 with vitality.**

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](mailto:admin@gonatural.co.za).

**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.

**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/+FOSAeJmW289mMjl8>



**MEAT EVERY FRIDAY ORDER WEDNESDAYS**

ALICIA 082 297 9700

[info@gonatural.co.za](mailto:info@gonatural.co.za)

Date: 20 July 2023

**Type of meat** **Price/kg**

Lamb A1, A2 (Whole or half lamb) (from Koup)	R 135
Loose LAMB chops	R 176
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 73
Leg of lamb deboned	R 206
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 159
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 116
Beef goulash	R 135
Beef Sosaties	R 120
<b>Matured steaks:</b>	
Fillet's Steak	R 360
T-Bone	R 175
Sirloin	R 195
Rump Steak	R 195
Club steak	R 150
<b>Other</b>	
Beef Tongue	R 100
Atval (clean)	R 185
Beef Biltong	R 450
Game Biltong	R 420
Beef droewors	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, multidimensional and near invisible global war against humanity.

I've discovered lots of disturbing discoveries regarding the biological and information war that raged extensively the last nearly three years but if you do a **thorough study**, 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.




## THIS MONTHS NEWS FEED:

1. Dr Dave Martin at the EU-Union/ PLEASE SPREAD for those that as of yet haven't seen this INTERVIEW 🙏🙏🙏

<https://m.youtube.com/watch?v=DJoi4hGpqa8&pp=ygUZTWlsbG9ucyBraWxsZWQgZm9yIHByb2ZpdA%3D%3D>

2. Sound of Freedom | Official First Look | Angel Studios




<https://www.youtube.com/watch?v=1ZiCNnpUxng>

3.    PFIZER KNEW - BUT HIDE THE FACTS 😡😡

[https://childrenshealthdefense.org/defender/confidential-eu-documents-deaths-pfizer-biontech-shots/?utm\\_source=luminate&utm\\_medium=email&utm\\_campaign=defender&utm\\_id=20230623](https://childrenshealthdefense.org/defender/confidential-eu-documents-deaths-pfizer-biontech-shots/?utm_source=luminate&utm_medium=email&utm_campaign=defender&utm_id=20230623)

4. GOOD RSA - NEWS - More and more truth being exposed. THE HEAT IS BUILDING UP RE THE FORCED COVID JABS

<https://rumble.com/v31d6oq-s-dit-soos-dit-is.-episode-005-herman-edeling-and-erin-richards.html>

5.    DIE WAARHEID KOM ALTYD UIT WAS OP RSG – RADIO – A good summary re the PLANDEMIC.

Gesondheid 19 Julie 2023 <https://omny.fm/shows/gesondheid/gesondheid-19-julie-2023>

6. A FAMINE ON their cards. BE PREPARED 🙏🙏🙏

<https://www.brighteon.com/7ae40c10-bccc-4859-bef4-dacbbfeeac0>

7. KNOW YOUR ENEMY - THIS VIDEO EXPOSE THE HEAD OF THE SNAKE

<https://forbiddenknowledge.tv/archbishop-carlo-maria-vigano-urges-creation-of-anti-globalist-alliance/>

**NB - SUGGESTED ALTERNATIVE NEWS PLATFORMS to do your own research.**

FORBIDDEN KNOWLEDGE - <https://forbiddenknowledge.tv>, BRIGHTON - <https://www.brighteon.com>

STOP WORLD CONTROLE - <https://stopworldcontrol.com/world-domination/>

CHILDRENS HEALTH DEFENSE - <https://childrenshealthdefense.org/>

NATURAL NEWS – Mike Adams - <https://www.naturalnews.com/>

INFO WARS – Alex Jones - <https://www.infowars.com/?%20Alex%20Jones,%20Alex%20Jones> and many more ...

Time to catch up, PRAY... , CHANGE, make a difference spread T-R-U-T-H and PREPARE.

Blessed regards and Christ love 🙏🙏🙏 - Johan