



HEALTHY EATING IS EASY

Feed your body optimally with fresh, 'living' food

—by Lourieke Haller



You are what you eat – who is not familiar with this expression? Most of us feel vaguely guilty when we hear this being said, but Go Natural's Johan Jacobs and his wife, Alicia, are living examples of how true these words are. They only eat fresh, unprocessed foods, and as a result they are lean, a picture of health, and look younger than their true age. What makes it even more remarkable is that Johan, a former engineer, was diagnosed with multiple sclerosis about 18 years ago. He deteriorated fast and was declared medically unfit.

A passion was born

"I know what dying slowly feels like – it is definitely not pleasant," says Johan. He was cured after eliminating toxins out of his diet and environment. People can be healed and live healthy lives by simply eating the food

that the Creator meant for us – in the most natural form possible. This is Johan's motto, hence his business, *Go Natural*. He strongly believes that prevention is better than cure and that your body is created with the ability to heal itself – provided that it receives the right nutrients. Please read testimonies from many others who have also recovered from incurable diseases at www.gonatural.co.za.

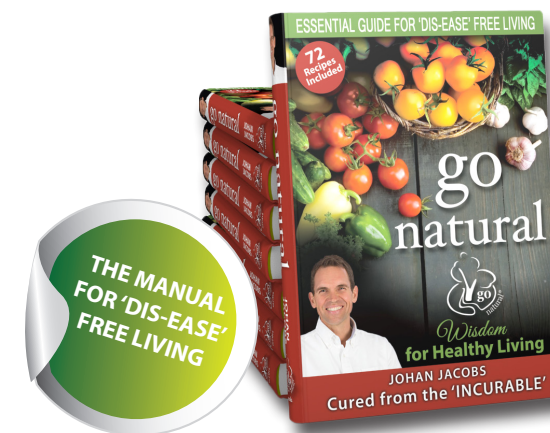
"I know what dying slowly feels like – it is definitely not pleasant," says Johan.

Is the Go Natural lifestyle achievable and affordable?

Because I'm sensitive to gluten and wheat

products, and have a parent who gets deathly ill when he only takes a few bites of a rusk or a cookie, I wanted to find out more about the *Go Natural* lifestyle. I attended two of the workshops to see if eating healthily is really achievable in today's fast-paced life.

During the first hour, Johan shared his journey from desperate despair to healing and new found energy with us. Then followed an interesting interactive session explaining why so many people are allergic to modern cereal products. I was shocked to see how little of the wheat germ remains in the cake flour that we buy on the shelves as "flour". Johan explained how we, as modern people, are left with the nutritionless, bleached starch portion of the wheat kernel that causes the fat to pile on without actually feeding our bodies, while animals are fed the nutritious part of the wheat germ, full of amino acids, enzymes, minerals,



www.gonatural.co.za

SEMINAR'S GOALS

- The connection between poor nutrition and physical deterioration
- The four reasons for a nutritious diet: self-growing body, self-healing body, self-sustaining body, and self-protective body
- Modern misconceptions that lead to diseases
- Toxicology and our environment
- The difference between illnesses and "dis-ease"
- Go Natural's 10 steps for optimal nutrition
- How to avoid hidden health landmines
- Ancient wisdom to proactively take care of your body in a modern, toxic world.

For more information on workshop topics or for electronic bookings, visit our events calendar on our website or contact Johan via e-mail at johan@gonatural.co.za or call 021 852 2744

vitamins, and oils. Not to mention the poison that the wheat is treated with in the silos to kill all bugs (and you and me with it). After the question and answer session, it was time for the practical part of the seminar – finally time to answer my question: How long does it really take to prepare healthy meals?

Essene bread: Cheapest, easiest, and healthiest bread

Wheat soaked in distilled water for 24 hours and then left for another 24 hours to germinate to "activate" the wheat was passed around in granny's mason jars. This process did not sound too difficult and time consuming. It is this activation of the "sleeping beauties", as Johan calls the wheat kernels, that makes it more digestible for people with gluten allergies. The smell of the fresh, living wheat reminded me of Grandma Hester's whole wheat kernels and lamb dish that we feasted on as a child. When last did I eat something like that? The Essene bread is so easy and quick to prepare and bake, that now it is the only bread we enjoy in our home. The activated wheat is simply ground up with a pinch of salt and a quarter teaspoon of bicarbonate of soda in a food processor. The grains change into a bread dough in front of

your eyes and within minutes the six loaves (which do not have to rise and be kneaded) can be placed in the oven on a greased baking tray. Johan bakes bread once a week and freezes the bread that the family eats for the rest of the week. Healthy eating is cheap – essence bread costs less than R6 if you make it yourself. While the breads were baking, Alicia processed activated chickpeas with other

People can be healed and live healthily by simply eating the food that God meant for us.

living (fresh) ingredients in a food processor to produce an aromatic hummus to enjoy with the bread. By that time my stomach began to rumble, as the aroma of the freshly baked bread made our mouths water.

Homemade pasta with basil pesto

During another workshop, Alicia and Johan mixed their own dough for tagliatelle with activated wheat and eggs. While the homemade pasta cooked, the basil pesto was prepared and soon we all feasted on a bowl of

fresh pasta with basil pesto. For the first time I could taste flavours from my childhood again. Although Johan's children also love eating out, they say that dad and mom's pizzas are tastier. Now I can believe it, because freshly ground wheat, warm home-baked bread, and freshly pickled basil tastes different to something that has already oxidised and has been on the shelf for a week.

Feed your body optimally

I bought my own electric stone mill, and at home we now mill mielies for fresh "mieliepap" for breakfast or when we have a braai. We also mill oatmeal for breakfast and wheat for flour to make flapjacks, quiches, or homemade pasta. One thing I noticed is that the Go Natural food keeps you satisfied for longer; I also observed that you need less food to be satisfied. I have a stand with glass bottles in which I grow sprouts for my salads and yes, I am doing it all while living an extremely busy life where I am up with the birds and out of the house by 7:00 most of the time. I now feed my body optimally and believe that, like Johan and his family, I will also soon have surplus energy. Who knows, maybe I will even shake off a few years like Johan and Alicia – one can hope. ■

