



“Healthy Living is EXPENSIVE” TRUE or FALSE?

—by Johan Jacobs

QUESTION: I want to eat healthily, but it is so expensive to buy seeds, nuts, salmon, and so forth. I also cannot afford a juicer. What do I do?

ANSWER: This statement is only true if one wants to have the best of both worlds. Let's look at the following two scenarios:

Modern (fake) health

This is also called the 'quick fix' health programme, where one enjoys so-called healthy foods with cleverly marketed wording round them, such as 'Pro-this' and 'Pro-that', with cleverly packaged health propaganda on the packaging, for example, "vitamin enriched." But the truth behind the scenes is that these mass produced foods are first made sterile and

stable by removing all that can decay - which is usually the nutritious parts containing the nutrients, antioxidants, amino acids, enzymes, essential fatty acids, minerals, vitamins, etc.

the supplement aisle and buy the much needed nutrients back in a bottle. How natural is that?! A baby is not born with a bag full of supplements and a user manual next to it. My

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Then the industry uses that stable substance and adds different taste enhancers and certain ratios of sugar, salt, and fat with a small portion of vitamins and we call it 'good.' These processed foods are not near the real thing, and as soon as the consumer realises that something is not right, he/she will visit a health store and/or consultant and walk out with a bag full of supplements. This end user is now paying twice for his or her 'food' - one part in a packet and the other part in a bottle.

Unhealthy foods are costly too

The other day I was walking in a superstore to buy whole coconuts for my family. I deliberately walked in the aisle of boxed breakfast cereals to look at prices. It shocked me to observe that a kilogram of corn flakes infused with sugar and other unnatural variables costs 10 times more as what the farmer receives per kilogram. This is 1000% value added. Not far from that aisle, customers browse

book, GO NATURAL, exposes the supplement controversy and it will reformat your paradigm regarding natural healthy living.

Real foods for real health

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7 Tips for healthy, affordable food

Remember, always start to prepare and cook food with natural, real, whole, and living ingredients. You will soon discover that healthy living is affordable, as you end up feeling fuller for longer, and not getting sick (and needing to see doctors all the time).

1–Sprouts

Make your kitchen your garden; it is easy to convert a glass bottle into a sprouter. Sprouted seeds are arguably one of the most nutritious and delicious foods, yet are cheap.



Johan Jacobs



2–Grow your own food!

Produce your own food, or some of it. Every household a century ago had its own fruit and veggie garden with herbs, some even had chickens. No food and organic matter was spoiled, and the making of compost was a standard procedure.

3–Harvest rain water

You don't necessarily need an expensive filter either. Start to harvest rainwater from your roof in a 3500L storing container. Make sure that you harvest rain only once the atmosphere and roof were washed clean from contaminants and pollution.

4–Cook with whole grain

These can be an excellent staple food solution, but only if all the grains are not genetically modified (GM) and contaminated with glyphosates, and also if they are freshly milled or cracked. With a home or community stone mill, every person can enjoy their home made, daily bread at the lowest cost. If you GO NATURAL, a 900g loaf will cost you R7.00. This is the cheapest bread on the shelf; everybody should be able to have access to such nutritious cost effective bread. But this accounts for all grain derived staple foods; such as bread, pasta, pizza, porridge, etc.

5–Combine whole grain and pulses:

The major benefit of combining beans and

grains 50/50 by mass is the amino acids they provide. Both beans and grains are incomplete proteins, meaning they lack some of the eight essential amino acids.

a milk before swallowing it. Remember – your stomach has no teeth and if your food is ingested without proper chewing, you cannot utilise the nutrients therein.

Make your kitchen your garden; it is easy to convert your clean glass bottles into a sprouter. Sprouted seeds are arguably one of the most nutritious and delicious foods, yet are dirt cheap.

Together, they complement one another and provide all of the essential amino acids, and one can ingest less of the high-quality and expensive animal proteins.

6–Use up all the ingredients

The bones of a pasture-reared animal are really cheap. A slow cooker is an inexpensive must-have piece of kitchen equipment. Take the bones and cover them with pure water and a half cup of vinegar. Slow cook for at least 20 hours. In this process all the cartilage, some of the outer bone, the marrow, and meat are nearly dissolved in the broth. Then add the 24 hour soaked grain and bean mixture with selected fresh herbs and vegetables and slow cook for another 4 hours. What a scrumptious, filling, and super nutritious yet inexpensive meal.

7–Improve your eating habits

Only eat when you are completely relaxed, otherwise one does not chew one's food into

You can live 'DIS-EASE' free!

My experience and research proves that over the last century our modern people have lost insight, skills, wisdom, and common sense. I invite you to join the GO NATURAL journey, you will never regret it, and you will reap the benefits.

The Bible has warned us in Gal 6:7 *"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap"*.

Let's be wise! 12 years ago I received my second chance, today I invite you to buy a GO NATURAL Wisdom for Healthy Living book so that you can also be empowered to live naturally and "DIS-EASE" free. ■

JOHAN JACOBS is the founder and author of *Go Natural*. To order his book: www.gonatural.co.za



THE MANUAL FOR "DIS-EASE" FREE LIVING

