



## January 2020

Dear Go Natural Friend

We hope you are well, and we wish you all of the very best for 2020.

Welcome to our monthly newsletter filled with truth, free advice, testimonies, hope, and empowering life-saving and -changing events.

### GO NATURAL'S TESTIMONIES



We are humbled to present a new profound testimony of one of our customers, Christelle Rademeyer ( [read](#) ), who recovered from Rheumatoid Arthritis once she removed the ROOT CAUSE. Her testimony is once again proof that our bodies are engineered to win and heal; we just need to do our bit to create the correct environment for healing. You will see, today in our modern world we need to have wisdom and discernment to decide what you will allow your body to ingest but also what practices and procedures you will allow to be done on or to your body.

**Remember, if you want VITALITY**

- 1. Always remove and eliminate all ROOT CAUSES of “DIS-EASE”**
- 2. FIRST DO NO HARM and**
- 3. PREVENTION is better than cure.**

All our testimonies ( [read](#) )

### GO NATURAL's Advice

## **1. Remember we are what we eat!**

Literally, your food is your future, it becomes part of you. Food is not only for energy, every day you replace millions of cells with new ones, as cells only have a certain shelf life. Make sure you are geared for a good future where you replace the old cells (tissue, approx. 20 million cells get replaced daily) with equal or better building material, by ingesting whole, clean and true nutrients.

Our book [GO NATURAL Wisdom for Healthy Living](#) explains it in detail and presents the proven GO NATURAL diet and lifestyle that empower people to live “DIS-EASE” free.

## **2. For this year, what is the most affordable, yet most profound dimension that you can focus on to improve your health?**

In fact, it is FREE!!!

Yes, it is your SLEEP

**This year I invite you to purposely SLEEP for better HEALTH, MOOD, PRODUCTIVITY and more.**

Bad sleeping habits cause a lot of problems in many dimensions but can especially compromise your brain health and overall productivity. My advice for this year is that you continuously and intentionally make sure that you sleep enough, but not only that, make sure you try to improve your quality of sleep.

Look what I've discovered from a reputable health authority - Mark Hyman, MD - Founder of **The Broken Brain Series**

“What’s the most underrated area of health that millions of us are not giving attention to?

It comes before exercise.

It comes before supplementation.

It might even come before nutrition!

And it can make you happier, leaner, boost your sex drive, and help balance your hormones.

**I’m talking about sleep.**

We spend 1/3 of our lives sleeping, and yet, most of my patients and even friends and family put deep sleep on the back burner. In this over-caffeinated, hyper-stressed-out modern world, we make time to do everything except getting the deep rest our body deserves and needs. Did you know that lack of deep sleep can lead to insulin resistance? And poor-quality sleep has been associated with cardiovascular disease, neurologic disorders, and even lower life expectancy?

Sleep should be so natural to us human beings, and yet, we’ve moved so far away from our body’s natural rhythms. Even folks who report getting more than 7 hours of sleep at night still

feel tired and groggy during the day. We now know that sleep is not just about quantity; it's about quality."

### **GO NATURAL'S have 17 suggestions for better SLEEP**

You can view Suggestions 1-16 by clicking on the "Read More" button below.

[Read More](#)

17. If there is still a problem, last but not the least, a good supplement that helps people to sleep and to reset their sleeping rhythm, I can suggest a whole full-spectrum Hemp, CBD oil supplement.

The one that I have seen to work over-and-over again is the Meduca oil from Canamere. There are many more benefits from taking this supplement as it helps your inner doctor at night to maintain, heal, restore and for the preparation of your body for the next day.

[Click here](#) and discover the importance of the workings of your EndoCannabinoid System (ECS) and the benefits of a FULL SPECTRUM HEMP OIL supplement.

### **Meduca**

Introducing you to the IMPROVED and stronger full-spectrum, whole hemp leaf extract oil. Meduca is a 30ml product with 450mg of CBD/CBDa combined with other naturally occurring cannabinoids such as CBC, CBCa, CBGa, CBG and CBN.

The full-spectrum approach gives us a wealth of terpenes and other valuable synergistic plant nutrients that you won't find in most CBD products, on the market. Most CBD is isolated-CBD (or CBD-isolate as it's known) and is inferior.

*Click here [www.canamere.com/gonatural](http://www.canamere.com/gonatural) and order it online.*

You are welcome to contact us should you be interested in becoming an affiliate Canamere marketer.

[Meduca Brochure](#)

### **MORE CANNABIS NEWS AND APPLICATIONS**

#### **EPISODE 7: A WIDE RANGE OF MEDICINAL BENEFITS FOUND IN THE SACRED PLANT**

"CBD is generally used for managing stress and anxiety, reducing pain and inflammation, and improving your sleep. But through advanced research, scientists are now finding more healing benefits in CBD than ever before. In today's video clip from Episode 7 of our Healing Secrets Exposed docuseries... You'll hear how CBD can be used to treat schizophrenia, bone marrow transplants, Crohn's disease, diabetes, and more. We'll also explore how CBD can drastically reduce brain damage when administered after strokes and head trauma."



## GO NATURAL recommended events



### 1. GO NATURAL's seminar and TRUE food workshop

[Linked](#) find GO NATURAL'S 10 "For the Love of TRUE Food" events scheduled for 2020. We have changed our calendar from only presenting on Wednesdays, to having some on a Friday, Monday and even on a Saturday. We have seen many attendees come from far and we believe that these new dates will make it easier to fit our events in your busy schedules.

Click on our video invitation below to see what you can expect from our "For the Love of TRUE Food" event.



If you haven't attended one yet, then you are missing out on a huge injection of wisdom and know-how required for your health and vitality. [Read this latest review](#) by one of the attendees.

You are welcome to join us for our next seminar and workshop on the **20th of February**. The lifesaving information presented in the first session, the 1½-hour seminar, is already worth the cost of the whole event. This is then followed by the 3½-hour demonstration on how to prepare TRUE FOODS with living ingredients. The demonstration will be of:

1. Traditional Sour Dough bread
2. Kefir - Fermented dairy
3. Raw Chocolate - Go Natural's 3-in-1 Anti-Aging Snack

A taster of all of these will be enjoyed by attendees during the event. You will also be served with freshly squeezed carrot juice.

## Invitation & Programme

Remember the Go Natural philosophy: **YOUR FOOD is YOUR FUTURE**. Everything you put in your mouth eventually becomes a part of you. Make sure you are geared for a good future where you replace old cells (approx. 20 million cells get replaced daily) with equal or better building material, by ingesting whole and true nutrients.

**CLIENT FEEDBACK** - <https://gonatural.co.za/content/22-client-feedback>

Book Here

Book online with Quicket

## Our EVENTS page

You can now plan and book ahead for all our upcoming 2020 events. [Linked](#) our Seminar and Workshop Schedule.

## Be informed

The eminent 5G Risk



## JOY & JUIG Articles Filled with More Advice and Testimonies

We offer lots of advice in our monthly [articles](#) and/or [testimonies](#) in the JOY! and JUIG! magazines.





## Meat to Order

Remember, we supply pasture-reared meat from the Koup district in the Karoo. We also stock freshly frozen, vacuum-packed meat products, i.e. beef, lamb and chicken.

## 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 a healthy life.

Here are some of our [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: real food and a clean environment. Remember, “SUCCESS IS NOT AN EVENT, IT IS A HABIT.”

**Blessed regards**

**Johan and the GO NATURAL Team**