



January 2019 Newsletter

Dear Go Natural Friend

Happy New Year and best of health for 2019.

The season for CHANGE

For many of us, on different dimensions and levels the new year is the season of change. We need to do some things differently or nothing will change for the better.

Wisdom from Albert Einstein:

"Insanity is **doing the same thing** over and over again and expecting different results."

Indeed we need to change and invest in your most valuable asset, your health.

GO NATURAL'S seminars and TRUE food workshops

If you haven't attended one yet, then you are missing out on a huge injection of knowledge, wisdom and know-how required for your health and vitality. You are welcome to join us for our first seminar and workshop on 23 January. We will demonstrate and prepare Sour dough Bread, Muesli Bars, Kefir (fermented dairy) and our famous Go Natural Raw Chocolate 3-in-1 Anti-Aging Snack. All of these will be enjoyed by attendees during the event.

We give you excellent, practical and cost-effective ideas for your diet and lifestyle.

Invitation

Remember Go Natural's 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: body, mind and soul.

Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED

NEW Go Natural TESTIMONY

We are so excited about this month's testimony. Anna Harrington completely recovered from cancer. It is a must-read testimony.

Her testimony confirms that the body is designed to WIN. Healing is engineered in our genes. Remove the root causes (the spanner in the works effect), especially toxicology, and you too can experience the miracle of self-healing and freedom from the shackles of medicine.

My experience the last 15 years proof that dental pathology is arguable the most lethal ROORCAUSE for 'dis-ease'. My discoveries are now well supported by the new ROOT CAUSE movie, its trailer <https://vimeo.com/290213113>. Try to obtain and watch this full profound documentary that support all my discoveries regarding dental pathology. Let these truths go viral, far and wide....

Read Testimony

NEW YEAR Special



CURRENT SPECIAL

NEW YEAR'S JUICER SPECIAL

**Less 5% on GO NATURAL'S JUICER COLLECTION
AND Less 25% on our Z-STAR JUICERS**

**FRESH VEG and HERB JUICE = NATURAL MEDICINE
BOOST YOUR IMMUNE SYSTEM NATURALLY**

**GO NATURAL and empower your
INNER DOCTOR to self-heal**

Why
Make your juicer your natural drug store and boost your immunity and vitality.

[View GO NATURAL'S best of bread slow speed, but high yield JUICERS](#)

Monthly Advice

Antibiotic Wisdom

At times with certain conditions and bacterial infections antibiotics are definitely necessary, it is proven to save lives. However, there are dangerous varieties out there that we all should be aware of. Read this sad but profound testimony of one of our dear customers, Hercus

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Greyling. The full story is available on his Facebook page where he helps and warns people to select wisely.

[Facebook link](#)

How to boost your immune system naturally:

1. Enjoy **True Food**, i.e.: GO NATURAL.
2. **Vegetable** and **herbal juices** are a proven remedy to boost immunity.
3. **Colostrum**.
4. A daily **vitamin C cocktail**. The recipe is in our book.
5. **Clean living**: Stop toxic exposure that suppresses the immune system. My book exposes this invisible dimension/dragon.
6. **Stay clear from dental pathology** - our book and the *ROOT CAUSE* movie, <https://vimeo.com/290213113> exposes this vitally important dimension.

Please spread this documentary far and wide, that people can know what they are in for.

Many more suggestions in our book [GO NATURAL - Wisdom for healthy Living](#).

Once people GO NATURAL, I've seen and witnessed it in myself, my family and my customers' lives in the last 15 years that the need for antibiotics lowers dramatically once immunity is up. Then antibiotics are mainly necessary in rare cases of accidents and operations. But, if you need antibiotics, steer away from the ones that are known for their severe side effects.

Antibiotics always disrupt and sometimes destroy your vitally important gut microbiome (good gut flora). It is always advisable to double-up on probiotic rich foods and if necessary, supplement after a dose of antibiotics. Your microbiome is fundamentally important for good health and wellbeing. It is also well explained in my book in the section of my recovery protocol, that shows you signs of a healthy and signs of an unhealthy gut. I would recommend a cup of raw, full-cream milk kefir per day and a tablespoon of sauerkraut per meal until the gut health is restored. For maintenance, perhaps ½ a cup of kefir per day or every second day and one portion of sauerkraut or kimchi per day.

For the Love of TRUE Food 2- in-1 Seminar & Workshop

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Invitation & Program

Wednesday, 23 January 2019

We invite you to our next life-saving and life-changing two-in-one seminar (1 hour) and workshop (3 hours).

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



20% Companion Discount Special

If you bring your spouse, friend or a partner, you will receive a R100 discount per companion.

Foods to be Demonstrated and Prepared

1. Traditional Sour dough bread
2. Muesli Bars
3. Kefir - fermented dairy
4. Raw chocolate: Go Natural's 3-in-1 Anti-Aging Snack

Included: Carrot juice and testers of all the prepared foods.

You will also receive your own fresh sour dough starter.

Cooking with LIVING ingredients delivers the REAL deal, namely FRESH NUTRIENTS IN ABUNDANCE.

To secure your seat, please [book here](#) no later than **10h00 on Tuesday, 22 January**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

[Read how previous attendees](#) benefited from the workshops.

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Our EVENTS page

You can now plan and book ahead. Linked is our [Seminar and Workshop Schedule](#) for the rest of 2019.

Other recommended Events

We invite you to this FREE but powerful, awe inspiring and life changing

Ancient Biblical Healing Oil Seminar. Unlocking the Secrets of Ancient Biblical Healing

Presented by Daniel and Orrianne Hall

An Afrikaans interview with Ina van den Heever & Aritha Kruger

<http://www.ancientbiblicaloils.com/>

Hope to see you there.



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www.ancientbiblicaloils.com

Unlocking The Secrets to Ancient Biblical Healing Seminar

Sun 27th Jan

14:00 - 18:00

De Velde - Wine cellar

De Beer Rd

Somerset West

RSVP: Go Natural

021 852 2744

"My people perish for
a lack of knowledge"

R60 Registration

Purchasing Code: ABOJJ001

Presented by

Ancient Biblical Oils



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

We offer much advice in our monthly informative [articles and/or testimonies](#) in the JOY! and JUIG! magazines. In the January issue of JOY!, read about: MARIJUANA & HEMP- Wright or Wrong?



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New Edition of the *Go Natural* Book

The TRUTH will set you free! Discover how your body can and wants to heal.

[Read these](#) book endorsements with reader feedback.

Our expanded and revised edition will make for the perfect birthday present!

We've sold 6,000 books since it was published at the end of 2014. Almost daily we've seen and heard numerous life-changing testimonies of healing and recovery after people adopted and implemented the natural principles and truths in the book. It is testimony to the fact that the body is designed to win and heal. However, we must always first do our part to empower the body to do what it does naturally, which is to self-maintain self-heal and self-protect. Real and balanced food is not negotiable if you want to empower your body to live a quality life of vitality, free of 'dis-ease'.

Benefits of the improved and revised version:

1. More research, help and information on cancer and other dreaded 'dis-ease' conditions with almost 60 extra pages filled with new information – the new book has 520 pages.
2. It contains four extra scrumptious recipes.
3. Improved easy navigation layout and index.
4. Foreword: the book is endorsed by world-renowned naturopath Gary Martin in Australia.
5. Improved quality:
 - a. Better bind, with thread sewn sections.
 - b. A more appealing, durable, gloss-laminated and thicker cover.

Special!

- ✓ Only **R250 (VAT included)**.
- ✓ [Bulk order of 6 books](#) or more qualifies you for a healthy **40% discount**.

For too long this **life-saving information** has been withheld from the public. The truths contained within the book will set you free from "dis-ease" and empower you to **take control** of your health.

To order, please [click here](#).

Meat to Order

Remember, we supply pasture-reared meat from the Cape district in the Karoo. However, we recently sourced two new suppliers of meat. See the linked price list.

We also stock freshly frozen, vacuum-packed meat products, i.e.; beef, lamb and chicken.

For more information and orders please [click here](#).

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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. I want to spur you on to never give up, ALWAYS push forward, and remember your body is designed to win and heal. Always give your body what it was originally designed for: real food and a clean environment. Remember, "SUCCESS IS NOT AN EVENT, IT IS A HABIT".

Blessed regards

Johan and the GO NATURAL Team

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