



MY JOURNEY OF HEALING

The 'Go Natural' way

—by Johan Beugger



My name is Johan Beugger from Cape Town. On the 5th of September 2014, I became an old man of 70 and I was totally devastated! Depression seized my life, I was fat and out of shape, weighing slightly more than 112 kilograms. I was on prescription blood-pressure medication, with my blood-pressure hovering anywhere be-

tween 130 and 140 over about 100, despite the fact that I was taking medication. I was also on prescription heart burn medication.

Too much effort

I had slowly begun to lose my mind and had started doing some very strange and unaccountable things over the past five years. My

wife, Estelle, was already making enquiries about a psychiatrist for the aged and I was wondering what would happen on the day I forgot to come home. Everything was totally insurmountable and far too much effort.

And so the months passed with me in the depths of despair, convinced that I was in the last few years of my life - if I was lucky enough to still have a few years. Then, a few months later, something happened that turned my whole life around. Estelle drew my attention to an article written by Johan Jacobs in an issue of the JOY! magazine. I had glanced at it, seen it as an advert, and passed on. She encouraged me to read it, saying she felt sure it could help me. This time, I read the article and it caught my attention to such an extent, that I went to the Go Natural website to find out more. I was overjoyed to find out that Johan was in Somerset West, just a 30 minute drive away.

Go Natural

The next day, we went to Johan and Alicia's Go Natural Health Shop for the first time. We came home with two of his books, a distiller and a blender. Since then other pieces of equipment such as a stone mill, a dehydrator and a roller for Oats have been added, to further enhance our completely, fresh, natural, whole and organic diet. We haven't eaten anything off supermarket shelves over the last year.

The quality of equipment from Johan's shop is phenomenal. Our distiller has produced well over 4300 litres of distilled water without any problems over the last year.



"Last year I turned 71 and I am looking forward to many, many more years of great living! What a difference from a year ago!"

*SICKNESS IS NO ACCIDENT!!!
12 years ago I was facing death in the eye with no hope of recovery. By GRACE I have received my second chance. Today I invite you to take your second chance and to take control of your health.*



Johan Jacobs, founder and author of GO Natural

Just weeks after meeting him, Johan referred us to a dentist qualified in the "Hal Huggins dental procedures". Our mouths were thoroughly assessed and my amalgam fillings were removed under special safety precautions and replaced with non-toxic material. I had steadily been poisoned by \pm ten micrograms of mercury, per filling, per day, into my blood stream over many, many years. Within a matter of weeks, the "head-filled-with-cotton wool" feeling, also known as "brain fog" that I had been describing to confused doctors, had disappeared.

Life is but a flash, an instant in time. Without working on, and having a meaningful relationship with the Lord, all of this is futile and meaningless.

Transformation

Without this treatment, I was well on my way to old age and dementia. My mind is clearer and sharper than it was ten or even fifteen years ago.

I weigh 32 kilograms less than I did a year ago and am taking no blood pressure medication anymore.

Foundations of good health

Last year I turned 71 and I am looking forward to many, many more years of great living! What a difference from a year ago! Much gratitude goes to my wife, Estelle, who has helped and supported me in this healthy lifestyle. We are both fully and totally committed to this excellent way of life. Go Natural is by far the most excellent and comprehensive book, educating its readers on a vastly superior life style. It covers every aspect necessary for a very greater life, namely:

1. Water - The absolute foundation of good health is the drinking of pure, distilled water in sufficient quantities to ensure that your body is never thirsty. It flushes toxins and inorganic mineral deposits out of your joints, veins and arteries and most certainly is extremely effective for reducing blood pressure and constipation.
2. Teeth - your mouth. Very few people are aware that this can be the difference between life and death. This is very comprehensively covered.

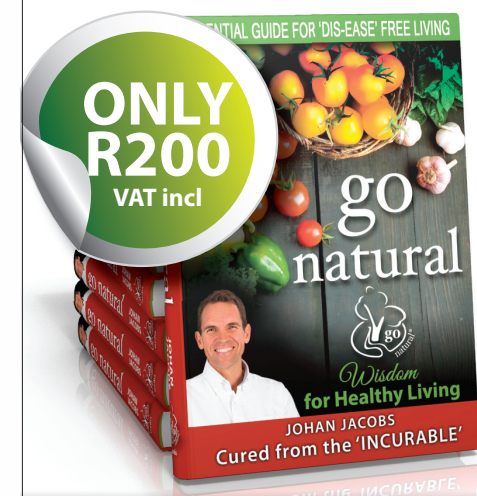
3. Food - nutrition. Without effective and proper nutrition, your immune system cannot protect you from life threatening diseases, such as cancer.
4. Spiritual - Life is but a flash, an instant in time. Without working on, and having a meaningful relationship with the Lord, all of this is futile and meaningless.

Start living

If anyone is wondering whether I'm "for real", you are welcome to contact me through Johan Jacobs at Go Natural. If anyone out there is reading my story and already owns Johan's book, Go Natural, study it, take action and start living. If you don't have it, get your copy NOW and choose life! ■

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

GO NATURAL
WISDOM FOR HEALTHY LIVING



The most complete & comprehensive health book that you will ever read. This book will guide you to 'dis-ease' free living.

INCLUDES 72 RECIPES!

THE BOOK'S PURPOSE

The body is magnificently created. The non-negotiable conditions for it to function effectively are proper nutrition and the elimination of all toxins. In his book, Johan shares his healing journey; a remarkable "long walk to health freedom". This journey has empowered him to share ways to side-step modern health landmines, enabling people to live completely 'dis-ease' free.

JOHAN'S DISCOVERY LED HIM TO REALISE:

- That a healthy diet and lifestyle is essential for the body to function naturally, 'dis-ease' free and optimally
- Only when a healthy diet and lifestyle is followed, will the body have the capacity to self-heal, self-maintain and self-protect
- Go Natural exposes the hidden dangers lurking in our mouths, food and environment, which could potentially be the root cause of our state of 'dis-ease'
- In Go Natural, Johan also explains why the 'hunter-gatherer' lifestyle provides superior nutrition for optimal health
- Go Natural will help you understand the difference between a 'dis-ease' and condition - and show how to take control of your health
- Go Natural will explain the reasons for (and the solutions to) physical degeneration, accelerated aging and unnecessary weight gain.

NEW

Available online at
www.gonatural.co.za