

July 2018 Newsletter

Dear Go Natural Friend

We hope you are well and enjoying the short days where you can spend extra time with your loved ones and friends at home whilst enjoying healthy food together.

If you are unfortunate to get stuck with a winter cold or flu, consider making our VIT C cocktail as ginger lemonade. Find the recipe in our book. Drink it morning, noon and night, 30 minutes before a meal. You can up the dosage of Vit C according to body weight until bowl tolerance. Guaranteed success and victory within a day or two. In severe cases you can even take it 5-8 times per day. We use a buffered Vit C as sodium ascorbate, recommended by world renowned physician, Dr Andrew Levy, who authored the book, ***Curing the Incurable: Vitamin C, Infectious Diseases and Toxins.***

This month's seminar and workshop is in August where we will teach you how to make home-made Sauerkraut, Wrap / Pancake, the mentioned Vitamin C Cocktail as Ginger Lemonade and as always, we top it off with our famous Raw Chocolate: Go Natural's 3-in-1 Anti-Aging Snack

More and more people come from across South Africa to attend our For the Love of Real Food Seminar and Workshop. We appreciate the effort made by so many people who put a Wednesday aside to invest in their well-being.

REMEMBER the Go Natural's philosophy: YOUR FOOD is YOUR FUTURE. Everything you put in your mouth eventually becomes a part of you. GO NATURAL'S antidote is captured in the phrase: **FOR THE LOVE OF REAL FOOD.**

Go Natural's TESTIMONY for This Month

We are thrilled to share with you this amazing testimony from a client's daughter who recovered from Epilepsy.

"My daughter is 36 years old. She has had embarrassing moments and physical injuries due to epilepsy since she was 16 years old.

So many neurologists have consulted with her and prescribed all sorts of medications. At one stage she was advised to go to the Constantia Medi-clinic in Cape Town to see a doctor who is world renowned for his treatments of epilepsy. There again, many tests were done, and they could not

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come to a conclusion. Fortunately, praise God, they did not even suggest an operation where the affected section of the brain is removed. The next option was a doctor in Kloof, Durban who really was more concerned about her diet. He sent her to Dischem where they tested her for many allergies. This doctor was very good, but we could not afford to travel that far for follow up consultations.

Then, praise God, I happened to read about Johan's book, Go Natural, on the Internet. Johan speaks about amalgam fillings and that it must be removed. We were thrilled to hear that there is a dentist in our town who follows the correct protocol when he removes amalgam fillings. Some of my daughter's teeth were done. Before she could have all her teeth done, she got married and managed to get a very good job elsewhere but having to travel backwards and forwards became difficult. Someone suggested she should try Cannabis Hemp Oil. This helped her tremendously but she had to stop the dosage when she fell pregnant. While pregnant, she took Folic Acid and was free of seizures for the whole term. She had one seizure straight after the baby was born and went back on the Folic Acid. She has been seizure free for 3 years now and we believe that the combination of Cannabis Hemp Oil and Folic Acid has contributed to her healing. She still believes that the removal of her amalgam fillings also has contributed to her path to healing and has resolved to complete the course.

Thank you, Johan. You have no idea how much your wonderful book has given so many people hope and healing!!

God bless you greatly!"

A testimony like this one makes all the suffering I experienced worthwhile during my journey to recovery from advanced MS after being clinically declared unfit for work at 34 and expecting the worst. I praise GOD for HIS mercy towards me, giving me a second chance and a new passion to help other people to obtain better health. Today I know the TRUTH has set me FREE - free from the shackles of manmade 'dis-ease' and medicine that treat only the symptoms.

Monthly Advice

PROTECT your BRAIN

The brain is your most valuable asset. To protect it, this article focusses mainly on the effects of fluoride.

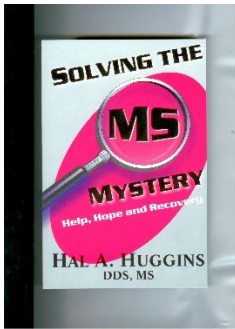
You may have been under the impression that fluoride is excellent for dental health. However, I encourage you to STAY CLEAR of it. In my journey to recovery from advanced Multiple Sclerosis (MS) I read up a lot about fluoride and found the research to prove the opposite. The life saver toxicologist, non-other than the well-known Dr Hal Huggins, explained to me to stay clear and free from fluoride as it is another neuro toxin that mysteriously creeps into our water, diet, health care and life style in the form of tooth paste, etc.

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Dr Huggins suggests that the success rate of healing for MS patients increased with his discovery of fluoride in all its forms as a negative catalyst that aggravates the 'dis-ease'. Therefore, if one wants to recover and protect oneself it is important to scrupulously avoid it at all costs. This includes not drinking fluoridated water, not brushing with fluoridated toothpaste and to avoid fluoride dental treatments. Normally the ingestion of this chemical retards the patients clinical progress towards healing or even promotes a relapse of MS.

Today 14 years later, I recovered completely from Primary Progressive MS, and received a second chance. As a family we try to live wisely by making sure there is no fluoride in the house. I brush my teeth with a natural non-fluoride tooth paste and, in many instances use the tooth salt mixture as explained in my book. It has a far better cleaning ability, strengthens and heals your gums and is much more affordable. I make it once a year at a fraction of the cost of buying toothpaste. It is a no brainer.

Please note as the recent documentary THE PANDEMIC OF BROKEN BRAINS exposed that the MS 'dis-ease' is but one symptom of an injured / broken brain that is caused by the release and subsequent damage done by the exposure of years of mercury from silver (52% mercury) amalgam fillings and possibly other nerve toxins. There are many nerve toxins out there. The accumulative and possible synergistic affects are unpredicted and amplified - possibly more than double as dangerous. Clean living should be the norm to protect our future and our brain.

FLUORIDE CAN LOWER IQ

A recently published Harvard University meta-analysis funded by the National Institutes of Health (NIH) has concluded that children who live in areas with highly fluoridated water have **significantly lower IQ** scores than those who live in low fluoride areas. ... "Fluoride seems to fit in with lead, mercury, and other poisons that causes chemical brain drain," Grandjean says.

<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

"Fluoride as a Neurotoxin: The Bottom Line

Fluoride is a toxic substance often added to toothpaste and water supplies with the intent of building healthy teeth. However, fluoride is not necessary for healthy teeth and most countries do not add it to their water supplies. In fact, fluoride is a known neurotoxin that directly, and indirectly, affects the health and function of your brain."

<https://bebrainfit.com/fluoride-neurotoxin/>

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How to Avoid Fluoride

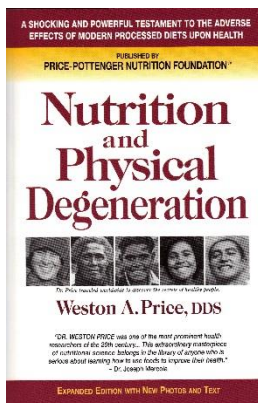
For most of us the main sources of fluoride are toothpaste and drinking water.

1. Make your own cost-effective toothpaste as explained in my book. Alternatively, toothpaste without fluoride is available in stores.
2. It is hard to find a water filter that effectively removes fluoride, however the process of water distillation is the only consistent and full proof solution to purify your water for ingestion. With water distillation you literally make your own home rain water without a contaminated atmosphere.

We offer 4 Water Distiller options @ <https://gonatural.co.za/19-water-purification> .

STRONG TEETH AND BONES

The remedy of PRIMITIVE CONTROL OF DENTAL CARIES is well documented in our book. This protocol was summarized from Dr Weston A. Price's monumental research study done in the 1930-40's and then documented in his book, NUTRITION and PHYSICAL DEGENERATION. The bottom line of this book is that POOR NUTRITION CAUSES PHYSICAL DEGENERATION. These nutritional injures, as Dr Price calls it, are subtle in the beginning, but years down the line could end up being fatal, as was the case with my illness. The mentioned nutritional injuries manifest normally first and foremost in dental caries, overweight, obesity, diabetes, osteoporosis and many more. This is completely preventable if his advice would be adopted by the food industry.



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

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Wednesday, 22 August 2018

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

Watch our new “For the Love of Real Food” video invitation.

<https://www.youtube.com/watch?v=LswhdsBi-Zw>

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. Sauerkraut - Fermented Cabbage
2. Wrap / Pancake
3. Vitamin C Cocktail as Ginger Lemonade
4. Raw Chocolate: Go Natural's 3-in-1 Anti-Aging Snack

Included: Carrot Juice and testers of all the prepared food.

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, 21 August**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

Read how previous attendees benefitted from the workshops.

Our EVENTS page

Now you can plan and book ahead. Linked is our [Seminar and Workshop Schedule](#) for the rest of 2018.

Articles Filled with More Advice

We offer much more advice in our monthly informative [articles](#) in the Joy!/Juig! magazines. Read the Go Natural article in the latest JOY Magazine entitled, **Pure Water the Foundation to Good Health**. Now available in stores.

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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 5,000 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 4 extra scrumptious recipes.
3. Improved easy navigation layout.
4. FOREWORD: the book is endorsed by world renowned naturopath Gary Martin in Australia.
5. The new book has an index.
6. 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**.

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For too long this **life-saving information** has been withheld from the public. The truths contained in 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 three linked price lists.

We also stock freshly frozen vacuum-packed animal protein products, i.e.; beef, lamb and chicken. For more information and orders [please click here](#).

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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