



Welcome to Go Natural's monthly newsletter.

With all the information surrounding the health industry, one can easily be overwhelmed and we here at Go Natural try to give you sifted and carefully selected information which is relevant, practical and easy to incorporate in your everyday life. This month, we're promoting a couple of life changing events / seminars and we're looking at various interesting health topics ranging from the benefits of eating fermented foods, i.e. Sauerkraut, and much more. This month we're covering many topics; to reap the full benefit of this information in our newsletter, we would like to encourage you to read it from beginning to end.

#### GO NATURAL'S VISION

Is for every individual to be able to TAKE FULL CONTROL OF THEIR HEALTH.

The masses are being deceived, enslaved and controlled by destructive propaganda, but Go Natural has a solution for your health and well-being.

Thank you for those of you who are helping us spread the solution to live 'dis-ease' free. As a result of deceptive practices in the food and health care industries, we face an unprecedented global health catastrophe of many people around us becoming unnecessarily 'dis-eased'. Help us to spread the good news and make our world a better place with less suffering.

Our five-hour seminar/workshop is the catalyst to release you from the grip of 'dis-ease' and from symptomatic medicine, which is being prescribed while the root causes of 'dis-ease' are still present.

#### GO NATURAL recommended events

We have three upcoming and exciting events.

##### 1. LET'S Talk Cancer - 5 August

It is a 1½ hour event at LONGRIDGE wine farm between Somerset West and Stellenbosch. Cancer is rampant and most of us have been affected and tormented by this disease.

Attached is the invitation.

To book contact: 021-855 4082.

#### Cancer Event Invitation

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

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. [Linked](#) is our photo album on Facebook of our previous workshop. You are welcome to join us for our next seminar and workshop on the 14th of August. The lifesaving information presented in the first session, the 1½-hourseminar, is already worth the cost of the whole event. As a bonus, for the next 3½ hours we will demonstrate how to prepare TRUE FOODS, starting with living ingredients;

1. Sauerkraut - Fermented cabbage for a healthy GUT
2. Wrap / Pancake from living ingredients
3. Vit C Cocktail as Ginger Lemonade
4. Go Natural's Raw Chocolate as the 3-in-1 Anti-Aging Snack.

Taster of all of these will be enjoyed by attendees during the event.

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 where you replace old cells (daily approx. 20 million cells get replaced with new ones) with equal or better building material, by ingesting true nutrients.

#### Workshop Invitation

##### 3. A Two-Day Holistic Medico-Dental Conference 27-28 September 2019

Western civilisation are witnessing a dramatic rise in lifestyle and environmental related diseases such as cancer, Alzheimer's, dementia and a plethora of new modern neurological diseases, that were never seen in the past. Modern man is also plagued with Autism, ADD and ADHD; diabetes; anxiety and depression - to mention just a few. We are also seeing a rise in the environment of neuro-toxic chemicals and heavy metals in the human body poses significant health risks. In addition, we know that cavitation areas and most root canal treatments, overload the immune system and subject the body to an array of chronic inflammatory diseases and cancer risks. With all these health and environmental concerns in mind, the team at **Camps Bay Dental Studio**, under the training of the IADWT, founded the South African Academy of Biological Practitioners. The fundamental mission of SAABP is to educate and promote health - which we hope to do at our upcoming SAABP Doctors of Africa Medico-dental conference on the 27th & 28th September 2019 here in Cape Town. See the attached brochure for full details. It is the first such conference to be open to the public.

This two-day yearly event will be hosted at the Bay Hotel in Camps Bay.

To book email: [admin@saabp.co.za](mailto:admin@saabp.co.za) before 15 September

#### Conference Invitation

#### GO NATURAL'S ADVICE

My friends, as a MS survivor and if you've read my book and below, I can testify that there is a total onslaught on your brain health.

Your brain is your most valuable asset! Make sure that you live in wisdom and that you protect it.

To support this narrative, find below an extract from John Malanca from *The Sacred Plant Docuseries*

##### "THE NEW #1 Cause of Death

Did you know that...

Neurological disorders affect up to one BILLION people worldwide?

With an estimated 7 million deaths each year.

With numbers like this...

It's no wonder brain conditions will surpass heart disease as the **major cause of death and disability** by 2020.

This includes crippling conditions like:

- Alzheimer's & Dementia
- *Parkinson's Disease*
- Memory Loss (short and long term)
- *Strokes, Seizures, and Traumas*
- Depression, Anxiety, PTSD, and ADHD
- A.L.S. (*Amotrophic Lateral Sclerosis*)
- M.S. (Multiple Sclerosis)
- *Migraines, Concussions, CTE*
- Sleep Issues, Movement Disorders
- *And so many more. ..."*

This is why clean and wise living is so important in our day and age. As a MS survivor (and in hindsight 19 years later after diagnosis) I can truly say today; "sickness is no accident, and I know now; "that I did not fall ill but I was made ill by the system."

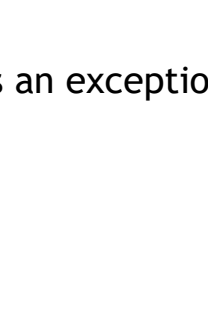
#### RECOMMENDATIONS:

Get a copy of my book and look at what I've done to empower my brain to recover.

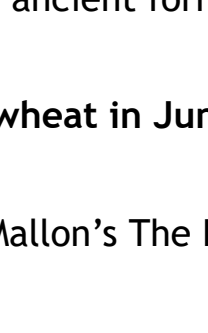
We all should live natural and clean and prevent the following nerve toxins as a starting point:

1. Nerve toxic food preservatives like MSG, etc, there are thousands out there hidden in pre-processed and preserved "foods".
2. Replace Fluoride toothpaste with a non-toxic alternative.
3. Mercury in amalgam fillings
4. Mercury in vaccinations
5. Root canal toxins as illustrated in the *ROOT CAUSE MOVIE*

#### Trailer Root Cause Movie



#### FULL - Root Cause Documentary - 2019



Please do yourself a favour and watch the full documentary and spread it as far and wide as possible, people should be aware of this fatally flawed medical procedure.

6. Aluminum foil
7. Aluminum in salt as the anti-caking agent.
8. Glyphosate in GM foods
9. EMF, Wi-Fi & Cell phone radiation
10. And many more, as exposed in my book <https://gonatural.co.za/content/20-english-book>

This is the tip of the iceberg; the rest is in our book *Go Natural Wisdom for Healthy Living*.

For the people that still use foil, please read the below research.

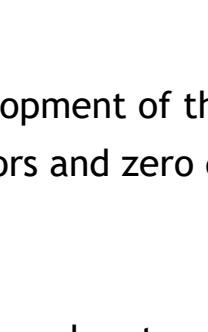
##### 3 Scary Reasons to Ditch Aluminium Foil (And What To Use Instead)

You're probably getting a little tired of people telling you that the things you've been eating or using for years are bad for your health. Some you've accepted; you do your best to stay away from gluten and you eat organic when you can. Some you've strategically chosen to ignore; your favourite dairy-based ice cream, for example, or that supposedly toxic non-stick frying pan which makes the best pancakes.

#### Read More

##### CBD vs THC - Which is Better?

This is a must-see interview.



If you are looking for a good full spectrum and organic hemp oil you do not have to look any further.

Click here <http://www.canamere.com/gonatural> and order it online.

#### New Products

##### 1. Canamere's Alpha

Revive through living super plants. This is an exceptional formula that speeds up and facilitates healing similar to cannabis oil.

[Read the brochure](#) for more info.

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

##### 2. Einkorn

The world's purest, best tasting and most ancient form of wheat.

We received our first batch of Einkorn wheat in June.

Read this extract from Shanna and Tim Mallon's The Einkorn Cookbook:

##### All About Einkorn

"Einkorn may not be a household name today - but that wasn't always the case. An ancient grain with origins dating as far back as 7600 BCE, einkorn has been around as long as wheat has been cultivated. In fact, einkorn wheat is simply the earliest variety of cultivated, also known as triticum monococcum L., which is why it's sometimes referred to as 'original wheat.' It has a more developed root system than modern wheat, which enables it to uptake more nutrients - Iron, iron, phosphorus, potassium, thiamin, and vitamins A and E, to name a few." (p. 9)

##### WHEAT the KING of GRAINS

"Refined Westerners have forgotten that ancient slaves were capable of building the great pyramids on a diet of WHEAT and vegetables"

p 306, ENCYCLOPEDIA of FOODS and their HEALING POWER, George D. Pamplona-Roger, M.D.

##### 3. KoMo Mio 400 Watt Stone mill

The most affordable, durable and beautiful 12-year guaranteed stone mill on the market. Mill your grains such as einkorn fresh and ensure none of the essential oils and nutrients get spilt before you ingest it.

Bless your body, bless your food.

#### View Online

#### Be Informed

##### The 5G Dragnet

This documentary short by James Corbett about the implications of 5G technology is the best that I've seen on the topic.

Many of us are rightfully concerned about the dangers to human health posed by the 5G networks' numerous, "small cell" millimeter wave transmitters placed every 500 feet in all directions' around us.

Like the previous generations of wireless communications, 5G has not been adequately tested for health safety. But as legitimate as such

if we think Google or Facebook have mismanaged our personal data, multiply the quantity of that data and the personal security aspects - and then replace our Silicon Valley overlords with the Chinese Communist Party.

Huawei is the current leader in the development of the 5G infrastructure and their software has been shown to be laden with backdoors and zero day vulnerabilities, as if intentionally engineered to enable cyberattacks.

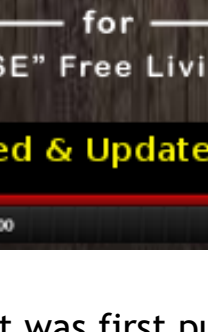
So, what's the rush, for every new object we buy to present another opportunity to be hacked, robbed or spied-upon, especially if opting out of this surveillance grid is not an option?

Corbett says, "The 5G-enabled Internet of Things is a necessary part of the creation of the system of total control; physical, financial and political that the technocrats have been lustung over for a century now..."

the world of the technocrats, the world of the smart grid and the world of constant real-time surveillance of everything would not be possible without the 5G network that is being installed right now."

Add quantum computing-powered artificial intelligence to this system of total surveillance and remote control and we will soon have a world that is unrecognizable.

#### FORBIDDEN KNOWLEDGE



Also, Don't Miss the 5G (wireless) Crisis Summit!

Join us at the 5G Crisis summit to discover:

- 5G defined: research, facts and awareness
- Science about the dangers of 5G and EMF radiation
- Sources of wireless radiation and "dirty electricity" in your home
- Link between 5G, AI and global surveillance
- How groups and individuals are successfully opposing 5G
- Simple, empowering actions you can take, here and now
- Individual solutions and, safer, revolutionary technologies
- And more!

## 5GCRISIS

### AWARENESS & ACCOUNTABILITY

Understand the risks of 5G Wireless  
and learn how to implement better  
solutions in your community!

**FREE & ONLINE FROM AUG 26 - SEPT 1**

**ATTEND**

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

#### go natural

## FOR THE LOVE OF TRUE FOOD

Two in one seminar & workshop

5 HOURS

Hosted by Johan and Alicia Jacobs

SECURE YOUR SEAT - [WWW.GONATURAL.CO.ZA](http://WWW.GONATURAL.CO.ZA)

#### Invitation & Programme

Book online with [Quicket](#)

#### Our EVENTS Page

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

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

We offer much advice in our monthly informative [articles](#) and/or [testimonies](#) in the JOY! and JUIG! magazines. In the July issue of JUIG! and the August issue of JOY! Magazine, read about: MY 15-YEAR RECOVERY from MS.

### New Edition of the Go Natural Book

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 more than 6 300 books since it was first 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. Improved quality
  1. Better bind, with thread sewn sections.
  2. 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 information 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 Koup district in the Karoo. We also stock freshly frozen, vacuum-packed meat products, i.e. beef, lamb and chicken.

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 <https://gonatural.co.za/content/34-testimonies>

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".