



## June 2018 Newsletter

Dear Go Natural Friend

Rain is the miraculous gift from God that restores balance on earth. This has been very evident after the parched Cape Town and surrounding areas received its first much needed winter rains. In the same way fermented foods restore and maintain health in our bodies, especially the gut. We decided to make this the focus of this month's product special, newsletter and workshop.

This month's [seminar and workshop](#) is on **13 June**. Don't miss out on scrumptious, healthy winter recipes like bone broth, sour dough bread, kefir as fermented dairy and Go Natural's 3 in 1 Anti-Aging raw chocolate snack - all made from living, whole and fresh ingredients. Be equipped to TAKE CONTROL of your own, and your loved ones' health, be informed to be able to make wise decisions as well as discover all the deceptive practices in our food chain and health care system. Limited seats are available.

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. Take control of your health and Go Natural.

## June Special and Advice

### Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED



## FERMENTED FOODS

### VITALITY STARTS IN YOUR GUT

Fermented foods are most important in one's daily diet, as it helps to restore and maintain GUT health. In a ferment crock pot, you can make home-made premium quality sauerkraut with a plethora of probiotics. I used to take many probiotics as supplements, but in my healing journey with MS I discovered that homemade sauerkraut and kefir as fermented dairy is much more effective in restoring one's gut health than supplements. A bonus is that it is much more affordable, becoming a sustainable food/gut medicine if you produce it yourself. Sauerkraut is food that is literally like medicine for the gut and ultimacy your health.

Extracts from my book, GO NATURAL

"Fermentation as a process to naturally preserve raw foods is a vital traditional skill that has been lost and forgotten by modern society. Fermentation is almost a sure remedy for restoring gut health that has been compromised due to modern food with preservatives and unnatural medical interventions, chlorine in our water, to name but a few. Make fermented foods a priority in your diet and lifestyle and you too can experience improved health at little additional cost.

The **Go Natural** diet rich in fibre, enzymes and probiotics, will promote and assist more frequent elimination and better gut health. Be patient, over time the body will restore itself. "

"The intestinal lining of the gut houses not only half of the immune system for the whole body, but also half of the detoxification system. Because of this, you can't completely heal any disease, regardless of its label until the gut is healthy."

- Sherry A Rogers, *MD Detoxify or Die*

My book also shows you **Signs of a healthy GUT and Signs of an unhealthy and/or Leaky GUT.**

But even better, the book has helped many customers to restored gut health by applying the Vit C flush protocol as explained in my book. In a nut shell you flush out the candida and other undesired

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bacteria and pathogens with the Vit C flush and then you repopulate your gut with beneficial bacteria from fermented foods and bone broth.

This protocol is well explained in my book, get your [copy now](#).

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



**Wednesday, 13 June 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**

- Traditional Sour Dough Bread
- Bone Broth
- Kefir - Fermented Dairy
- 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, 12 June**, 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

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

### Other Recommended Events

## CANAMERE Presentations

### The BENEFITS of Cannabis Sativa (Hemp)

See the [linked invitation with the various locations](#).

#### Topics covered:

1. Your **Endocannabinoid System (ECS)**
2. Medical Marijuana & Hemp legality
3. How to revive the body's own doctor
4. Avoiding the dangers of cannabis in SA

Presented by **Tiaan Swart**, founder of Canamere.

For bookings RSVP: [info@canamere.com](mailto:info@canamere.com)

You are welcome to contact us to discuss this revolutionary health product and its plethora of health benefits. Alternatively, if you want to order or become an affiliate marketer visit the Go Natural affiliated website @ [www.canamere.com/gonatural](http://www.canamere.com/gonatural).

### Articles Filled with More Advice

We offer much advice in our monthly informative [articles](#) in the Joy!/Juig! magazines. Read the Go Natural article in the latest Juig! magazine entitled, ***SUIWER WATER - Die Grondslag van Gesondheid***. 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.
  - Functional doctor, Carel Bredell
  - Well known preacher and author of multiple gospel books, Dr Isak Burger
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**.

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.

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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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