



June 2019

With all the information surrounding the health industry, one can easily be overwhelmed and we here at Go Natural try to give you information which is relevant, practical and easy to incorporate in your everyday life. This month, we're looking at various interesting health topics ranging from the benefits of eating sourdough bread to assisting your inner doctor with CBD oil, and much more. This month we cover many topics, to reap the full benefit of this information of our newsletter, we would like to encourage you to read it from beginning till 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 have a solution for your health.

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

Our five-hour seminar/workshop is the catalyst as the chain breaker of 'dis-ease' to release you from the grip of 'dis-ease' and from symptomatic medicine while many times the root causes of 'dis-ease' are never removed.

[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 next seminar and workshop on 17 July. The lifesaving information presented in the first session, the one and a half hour seminar is already worth the cost of the whole event. As a bonus, for the next three and a half hours we will demonstrate how to prepare TRUE FOODS, starting with living ingredients:

1. Essene Bread from sprouted grain
2. Traditional Humus,
3. Kefir - fermented dairy, and our famous cherry on the cake,
4. Go Natural's Raw Chocolate 3-in-1 Anti-Aging Snack.

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

Monthly Advice

We are unknowingly been poisoned with a staple food that is polluted with poison.

The following documentary reveals the sad reality while the masses are sleeping.
In hindsight with my 15th year recovery from MS and other similar testimonies prove that:

"We did not get sick, but we were made sick".

Read my book and you will see sickness and 'dis-ease' is no accident.

Better even read my book and discover how you can live 'dis-ease' free.

SECRET INGREDIENTS

Watch this profound testimony, documentary and teaching about GMO (Genetic Modified Organisms) foods and foods contaminated with ROUNDUP (Glyphosate).

In the below documentary SECRET INGREDIENTS, you'll discover the undeniable connection between RoundUp, GMOs (genetically modified organisms), and chronic disease.



Poor Diet Kills 20% of the Population

Submitted by Dave Hodges on Sunday, April 7, 2019 - 20:18.



FDA Approved



Between GMOs, processed food and sugars, diet kills one in five Americans. What can one do? Here is the story complete with some basic tips.

SUMMARY:

1. Stop all processed foods especially boxed breakfast cereals.
2. Stop all sugar containing foods and sweets, alternatively use honey and stevia.
3. Enjoy the fresh, ancient, and original diet.

HOPE regarding anti-GMOs:

People are waking up and the wheel is turning to the truth.

Bayer rocked by record \$2 billion RoundUp verdict.

And ± 13 000 legal cases still pending.

[Read More](#)

VACCINES REVEALED

FINALLY, A SERIES THAT ANSWERS THE REAL QUESTIONS ABOUT VACCINES;

- THEIR SAFETY,
- EFFICACY, AND
- HOW THEY REALLY IMPACT YOUR HEALTH.

Please show this to all the young parents.

[Read More](#)

MAGNESIUM DEFICIENCY and SUGGESTIONS

“Several studies suggest that as much as 80% of the U.S. population is low on magnesium...

If that's not bad enough, magnesium deficiency has been linked to more than 50 health conditions...

Replenishing your body of the magnesium it's missing is vital... Your body absolutely cannot function properly without it.

Unfortunately, if you've ever taken a magnesium supplement orally, you know that it can cause uncomfortable digestive problems...

There is another option, however - without the stomach upset - and it makes getting the magnesium you need not only easier, but faster...

You just spray it on your skin, and it starts working in under 90 seconds...

Magnesium spray can relieve:

- Muscle spasms & cramps
- Muscle & joint pain
- Soreness after a workout
- Restless legs
- Sleep problems
- Stress
- Anxiety

Nearly everyone who uses this spray reports feeling noticeable effects immediately including calmness, relaxation, and better sleep.

Here's a story that a Vaccines Revealed Team member's wife recently sent us:

"I get terrible restless legs when I'm trying to sleep...but only three or four times per month, so I don't feel like it's worth it to take medication for it. The other night it started, and after several minutes of suffering and thinking I wouldn't be able to sleep until it passed, I decided to try the magnesium spray. I sprayed it all over my lower legs, waited about a minute to make sure it absorbed, and got back in bed. The restless feeling was completely gone and I even fell asleep faster than normal. I'm sold."

Knowing if you're low on magnesium doesn't take a special test... If you aren't already taking steps to replenish it, chances are you're deficient.

Muscle spasms and cramps, soreness, aches, and restless legs are some pretty conclusive signs, and a spray is especially helpful in these instances because you can directly target your

problem areas.

We thought you should know about this because it's such a simple, clean fix that can really improve your quality of life, and maybe even help you avoid medications.”

Sincerely,
The Vaccines Revealed Team

Is sourdough bread good for you?

I enjoyed and endorsed this article.



Stone Mills Online

“A: Though it’s comparable to a regular slice of white in the amount of calories, carbs, and fiber, sourdough is lower in sugar and higher in protein, which gives it a leg up.

Traditional white bread is usually made with sugar, canola oil, and dried, preserved yeast to leaven the dough.

Sourdough bread is usually made with no sweeteners or oils. It contains mostly whole wheat flour and water, and its secret ingredient: live yeast cultures, which is the “thing” that gives it that well known tangy flavour.

Not only does using live instead of dried yeast change the flavour, but it also means it stays fresh after being baked much longer than factory baked bread and doesn’t require any extra preservatives to ward off mold.

But it gets better.

Similar to other fermented foods like sauerkraut, kefir, pickles, sourdough bread is fermented by using lactobacillus cultures (a probiotic, aka bacteria, that benefits your gut).

The cultures don’t survive the baking process (bummer!), but lactic acid is created (bonus!), and that does the body a whole lot of good.

Lactic acid helps decrease the levels of phytic acid in bread (phytic acid interferes with the absorption of certain nutrients, which is a bad thing). This in turn, helps other nutrients

become more readily available, digestible and absorbable. Teamwork makes the dream work. However, before you run to the bakery, remember, sourdough bread is well...bread! I'm guessing you didn't need me to tell you that.

So, as I like to remind all of my clients, too much of (almost) anything is never a good thing. If you're gonna eat a slice of bread with your next meal, consider making the switch from your sugary, preservativey, packaged version to tangy, crunchy on the outside, soft and chewy on the inside sourdough.

But, tear off that healthy halo and put it on your head after you eat just one slice."

Source: <https://nutritiouslife.com/eat-empowered/sourdough-bread-secretly-healthy>

CANNABIS Oil

Cannabis oil and its benefits; read the below article to understand your inner doctor, nonother than the endocannabinoid system.

Read More

Cannabis right or wrong?

Read this interesting article

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 to look further. Click here www.canamere.com/gonatural and order it online.

New Products

1. EINKORN

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

We received our first batch of Einkorn wheat last month.

Listen to what the experts have to say:

If you haven't heard of einkorn yet, get ready to be excited. Easy to digest, less likely to cause gut inflammation, tolerable for those with gluten sensitivity these are just a few reasons why the ancient grain known as einkorn is quickly becoming one of the most popular grains/flours on the market--not to mention its sweet flavour and silky texture.

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.

2. 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 spoiled before you ingest it.

Bless your body, bless your food.

[View Online](#)

Be Informed

Make time and watch these documentaries till the end, they are lifesaving.

5 G - GOOD OR BAD

1. THE “IMMEDIATE THREAT” OF FIVEG



2. 9/11 & FALSE FLAGS, BAD MEDICINE, CENSORSHIP, WAR ON WHISTLEBLOWERS, JOURNALISTS, CHEMTRAILS, COLLAPSE, CRIME, GEOPOLITICS, SYNTHETIC TERROR & INTERVENTIONALIST BS, JFK

[Read More](#)

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



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 June issue of JOY! Magazine, read about: The FAST way to lose weight - THE INTERMITTENT FAST.



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 6000 books since it was published at the beginning of 2015. Almost daily we've seen and heard numerous life changing testimonies of healing and recovery after people adopted and implemented the natural principles and facts in the book. It just shows one 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](#)

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.

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".

Blessed regards

Johan and the GO NATURAL Team