



June 2020

Welcome to our monthly newsletter filled with truth, life-changing and -saving advice, testimonies, and HOPE.

GO NATURAL'S TESTIMONIES

Spoil and motivate yourself, discover all our [testimonies](#) received over the years since we started this GO NATURAL movement and our natural-healing protocol.

Do you know of someone who may be struggling with health-related issues (Cancer, Diabetes, MS, Dementia, Fibromyalgia, ADHD, Rheumatoid arthritis, autoimmune diseases, etc.)? Do yourself a favour, experience the self-healing capability of your marvellous body, once all the ROOT CAUSES are removed by reading these beautiful testimonies.

All these testimonies are proof that our bodies were engineered to win, heal and improve. We just need to do our bit to create the right environment for healing and homeostasis. Today, more than ever, you need to have wisdom and discernment to decide what you will allow your body to ingest but also what practices and procedures you will allow to have done on or to your body.

Remember, if you want VITALITY:

1. **Optimal nutrition is key for your body's inner doctor to execute all its daily functions of self-maintaining, self-healing, self-protecting and self-growing. Our book will show you which diet is the most suitable and used diet over millennia. Our Go Natural book also presents a 10-Point Plan on how to get optimally nourished.**

2. **Always eliminate all ROOT CAUSES of "DIS-EASE"**

If you have not seen the empowering movie ROOT CAUSE, exposing dental pathology and dead root canal treated teeth, send us a clean USB stick, and we will gladly upload the full movie for you.

Linked find the ROOT CAUSE movie trailer at <https://rootcausemovie.com/>

3. **FIRST, DO NO HARM and work with nature.**

4. **PREVENTION is better than cure.**

You can prevent a lot of pain and agony; our book [GO NATURAL Wisdom for Healthy Living](#) will help you to live “DIS-EASE” free. These natural and common-sense principles in our book offer you freedom from the shackles of “dis-ease”, rather than most conventional treatments with pharmaceutical and chemical medicine, whilst the root causes remain unaddressed.

GO NATURAL's Advice

1. PREVENT NUTRITIONAL INJURIES

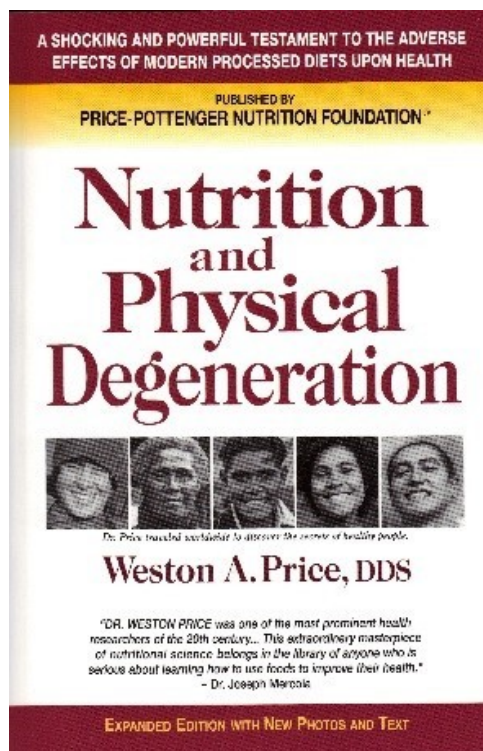
CHILDREN SHOULD DEVELOP TO THEIR FULL GENETIC POTENTIAL, AS THEY USED TO DO 200-plus YEARS AGO.

WE ALL KNOW - TO MEASURE IS TO KNOW

Therefore, how can one measure if you developed to your full genetic potential?

It is simple, hang on, the mirror will tell you, but to fully understand this dimension of ‘nutritional injuries’ it is critical that we revisit and rekindle the profound research study done by Dr Weston A. Price in 1930-1939. He then published all of his discoveries and photos in his book, *Nutrition and Physical Degeneration*, Weston A. Price, DDS. From a personal perspective, he demonstrated the fundamental basics of nutrition in this monumental book.

The basics of this book are summarised, along with other important research and literature on optimal health, in our book, [GO NATURAL Wisdom for Healthy Living](#).



One key-discovery is that the skull and dental arches of modern man has become narrower, resulting in there not being enough space in the mouth for all 16 top and 16 lower teeth. As a result, most modern children develop crooked teeth that need orthodontic treatment with braces; in parallel, there is a need to extract the wisdom teeth to make space for alignment of the teeth to get that stunning ‘magnum’ smile.

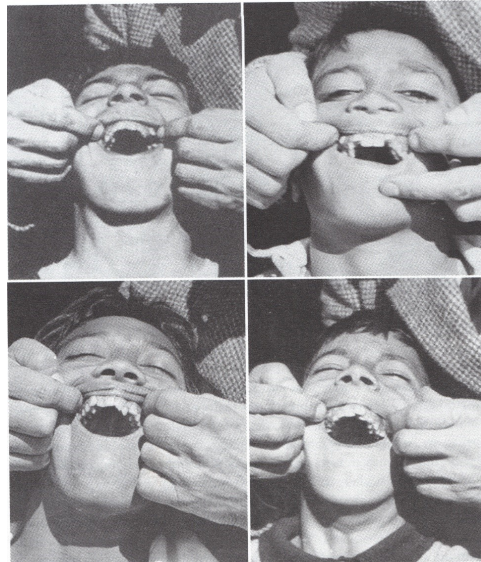
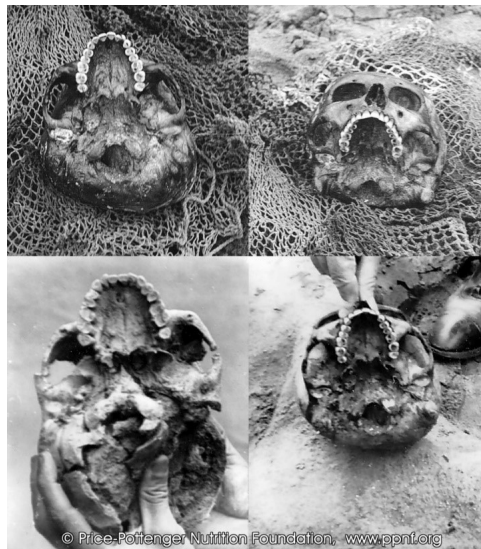


FIG. 72. In striking contrast with the beautiful faces of the primitive Maori, those born since the adoption of deficient modernized foods are grossly deformed. Note the marked underdevelopment of the facial bones, one of the results being narrowing of the dental arches with crowding of the teeth and an underdevelopment of the air passages. We have wrongly assigned these distorted forms to the mixture of racial bloods.

On the contrary, you will see in the photos presented in Dr Price's book, it is clear that all the skulls of people who lived in the pre-industrialization age and on the true hunter-gatherer diet and lifestyles presented fully developed dental arches with no crooked teeth, with all 32 teeth present and perfectly aligned. Another observation is that most people at that day and age passed on with all their teeth, with no to minimal cavities as well. There were no teeth with fillings either.



"Note the splendidly formed dental arches. In an examination of 1276 skulls in succession, I did not find one with the typical deformities of our moderns." (Fig 78, page 202)

The IMPORTANCE of your TEETH

Think about it a little bit, sadly, we are the only mammal on our planet to extract vitally important teeth. Your set of teeth is made first and foremost to eat and chew your food properly. We can also define your teeth as your milk-making equipment to ensure proper digestion. Your first food was milk, my common sense tells me, one should chew one's food to

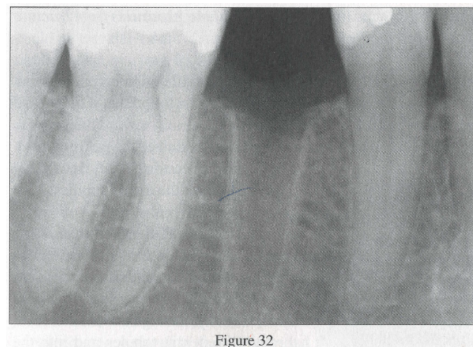
become a milk-like liquid before swallowing. If your food enters your stomach partially chewed, you can not properly digest and extract the nutrients of the ingested food. In other words, you can ingest the best food available, but if it was not chewed properly you can still be nutrient deficient as you only partially digested the chewed portions. Your teeth are the necessary equipment in the first phase of digestion, turning your food into milk, and if this process is not complete you will develop deficiencies and or digestive problems lower down in the digestion process followed with putrification and indigestion.

Fast forward 500 years, modern man is now consuming the quick fix, adulterated, refined, toxic and nutrient sterile food chain that has left us nutritionally injured, and lead us in the day and age of the exponential development in dentistry, 'panel beating', our teeth and jaws.

I would say conservatively, 75% of young people and children I have talked to had to remove their wisdom teeth, plus had to align their teeth with orthodontic braces and treatments. Not to mention repairing and placing fillings, etc. Dentistry has become a growing and roaring business and sadly, most modern children don't have the luxury anymore to develop naturally to their full genetic potential.

It is a risky business - The Invisible Jaw Infection - CAVITATION

However, sadly the problem does not necessarily stop when the wisdom tooth has been extracted and with the successful orthodontic treatment - teeth alignment process. When teeth have been wrongly extracted, whereby the periodontal ligament was not removed there is a big risk that that extraction/s could develop in incomplete jaw healing that develop in a jaw-bone infection that is called a dental jaw cavitation.



This cavitation site is filled with anaerobic bacteria that is very potent and is suppressing your immune system 24/7. This is also called dental pathology. The prevention and the treatment to clean a jaw cavitation (dental pathology) is well documented in our book.

A view from a scientist Robert H. Dowling on Oral Pathology.

“Dowling's Law: “If you don't have oral pathology you won't get cancer or a degenerative disease. Expressed another way, if you have cancer or a degenerative disease, you have oral pathology.” ”

CANCER cured the coming STORM - Am I dead? or do I just feel like it? by Fred Hughes

Researched by Robert H. Dowling, D.Sc.

ROOT CANALS are DEAD BONES

A root-canal-treated tooth, a tooth that is actually killed, is also oral pathology because the blood and nerve supply has been removed and cut off. This makes a root canal a dead porous bone in your body that will lead to an infection as it is an ideal incubator (safe haven) and environment, plenty of food for anaerobic bacteria as the dead tooth is now inaccessible to your immune system, that is in your blood. You will see in the below panorama X-Ray the two root-canal-treated (killed) teeth have pin-like inserts into the teeth. The bottom root-canal-treated tooth have an abscess and it is clear there is bone necrosis all around the abscess.

This forced infection in my experience and according new research is the biggest health risk that is currently enforced on the human race.

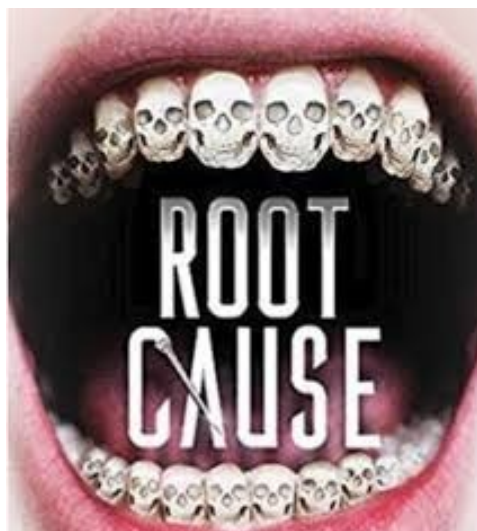


A typical modern Panorama X-Ray of one of our customers exposing multiple nutritional injuries.

ROOT CAUSE - Movie

Recently there was a documentary made that exposes dental pathology:

To see the **ROOT CAUSE MOVIE** trailer, click on the image below.



The full movie is not available on internet anymore, but it is available on request here at GO NATURAL.

I can strongly suggest a whole full-spectrum Hemp, CBD oil supplement.

The one that I have seen to work repeatedly is the Meduca oil from Canamere. There are many more benefits from taking this supplement as it helps your inner doctor at night to maintain, heal, restore and prepare your body for the next day.

Endocannabinoid System

Marijuana Right or Wrong?

Meduca

Introducing you to the **IMPROVED** and stronger full-spectrum, whole hemp leaf extract oil.

Meduca is a 30ml product with 450mg of CBD/CBDa combined with other naturally occurring cannabinoids such as CBC, CBCa, CBGa, CBG and CBN.

The full-spectrum approach gives us a wealth of terpenes and other valuable synergistic plant nutrients that you won't find in most CBD products, on the market. Most CBD is isolated-CBD (or CBD-isolate as it's known) and is inferior.

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

You are welcome to contact us should you be interested in becoming an affiliate Canamere marketer.

Meduca Brochure

ADVISE with a CONSULTATION with Johan, an MS Survivor and known as the DOT CONNECTOR to remove the ROOT CAUSE.

Many of the frustrated and desperate people, that we have helped to RECOVER from “dis-eases”, had already spent thousands of Rands and wasted a lot of time on the conventional methods which did not bring them the lasting relief they needed. At a consultation with Johan, he will share invaluable advice with you, as well as put you in contact with the relevant health practitioners and/or alternative and functional medicine specialists. Plus, he will share with you the information that he gained during his recovery journey that will empower you to take control of your “dis-ease” - and to discover the miracle of the body's built-in capacity to naturally self-heal.

Our methods and protocols are the way that should be adopted first and foremost before the conventional, symptomatic treatment approach is followed without the removal of the root causes

If you are interested, click [here](#):

Look at our profound spread of [testimonies](#) of “dis-ease” conditions that were turned around.

GO NATURAL'S seminars, workshops, and events

Sadly, in light of this pandemic, the strict lockdown rules, and regulations we have decided to cancel all our events until the lockdown is over and or we have developed a method to formulate a digital method going forward.

Meat to Order

Remember, we supply pasture-reared meat from the Koups district in the Karoo. We also stock freshly frozen, vacuum-packed meat products, i.e. beef, lamb and chicken.

Price List

Final Words

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](#)

I encourage you to never give up; ALWAYS push forward, and remember that your body is designed to win and heal. Always give your body what it was originally designed to have: real food and a clean environment. Remember, "SUCCESS IS NOT AN EVENT, IT IS A HABIT."

Blessed regards

Johan and the GO NATURAL Team

"This newsletter does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment because of something you have read in this newsletter or on the Go Natural website. If you think you may have a medical emergency, immediately call your doctor. More information on the COVID-19 Virus available here <https://sacoronavirus.co.za/>"