



June 2021

We just received a new consignment of fermenting crock pots, here is the [link](#) to see what is available.

The ETA for the ANGEL JUICERS is 6 July, delivery probably before 9 July, we have a couple of units still available.

GOOD NEWS, our Go Natural for the LOVE of TRUE FOOD seminar and workshop, will be held for the first time on a Saturday, the next event is scheduled for 3 July 2021, have a look [here](#).

Remember to order your meat before Wednesdays every week, you can contact Alicia, by email alicia@gonatural.co.za or mobile 082 297 9700.

Stay focused on your immune system, we share a couple of good ideas later on to bolster your innate immune system.

GO NATURAL'S TESTIMONIES

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

Do you know 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 and profound testimonies.

All these testimonies are proof that our bodies were engineered to win, heal, and improve. We just need to do our part to create the right environment for healing and homeostasis. Today, more than ever, you need to have the wisdom and discernment to decide what you will allow your body to ingest and also what practices and procedures you will allow to have done on/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, self-cleaning and self-growing (for kids). 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 as one of the most dangerous operations ever invented by man, send us a clean USB stick, and we will gladly upload the full eye-opening movie / documentary 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 by showing you how to sidestep all the "hidden health landmines".

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 seminars, workshops, and events



Our LIFE SAVING and LIFE CHANGING events are on the roll again.

The INVITATION VIDEO link below will give you an idea of what to expect.

Also more detail to [READ](#) regarding our events.

Click the "Seminar and Workshop Schedule" button below to find the dates and invitations for the rest of the year, you will see we have two events hosted on Saturdays.

You are welcome to book online with QUICKET. Limited seats are available, book in advance to spare the disappointment.



Invite 3 July

Seminar and
Workshop Schedule

Book Here

Meat to Order

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

Linked is our [product list](#).

Contact Alicia at alicia@gonatural.co.za or 082 297 9700 to order.

GO NATURAL's New Advice

A. FERMENTED FOOD and GUT health

WHY IS FERMENTED FOOD IMPORTANT IN YOUR DAILY DIET?

HEALING STARTS IN THE GUT!

One key reason is to heal one's intestinal gut and the delicate micro biome that in many cases become injured from:

1. not having or not enough breast milk for at least the first six months in your first year on this planet,
2. too many antibiotics due to a compromised immune system resulted from a faulty modern diet and
3. from a candida overgrowth due to, too many sugars and refined carbohydrates in the modern adulterated food chain.
4. There are many more modern/chemical reasons as explained in our book.

In our book [GO NATURAL WISDOM for HEALTHY LIVING](#), you will see at the back of the book at "Johan's RECOVERY PROTOCOL" one of the many recipes, you will find it on page 466, the signs of a healthy gut and signs of an unhealthy gut. Do yourself a big favour and do the quick analysis to see if your gut is healthy.

Two of the most critical functions of the GUT

The rest of this article is available at HEALTH TOPICS on our website.

Here is the [link](#) for the full article.

We received new stock of FERMENTATION CROCK POTS earlier this week, have a look on the link below .



New Stock

B. Enjoy mostly TRUE FOODS

True foods contain so much immune boosting nutrients, amongst many other health benefits. This is well explained in our book [GO NATURAL Wisdom for Healthy living](#). The book contain a 10-point plan on how to enjoy only nutrient dense true foods plus 76 recipes and skills to make scrumptious yet nutrient dense true foods for you and your family just as our ancestors used to enjoy hundreds of years ago.

C. Supplements to boost your innate immune system for coping with the pandemic.

The following three supplements will help you to build up your innate immunity to protect you naturally against viruses and this health crisis.

1. Vit C, a suggestion is the Ginger Lemonade Vit - C cocktail in our book. Twice a day, if sick 3-5 times per day.
2. Vit D - [Listen](#) to Dr Ryan Cole what he recommends re the virus and Vit D.
3. Zink your immune boosting mineral. One tab daily for maintenance, if sick double up until recovery.

Need HELP? Get ADVICE from Johan Jacobs in a

CONSULTATION

As an MS (So called incurable dis-ease) Survivor and known as the DOT CONNECTOR to remove the ROOT CAUSE's that cause all these modern illnesses.

Many of the frustrated and desperate people that we have helped to RECOVER from modern “dis-eases”, have 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 on the **Consultations** button below.

Look at our profound spread of testimonies (Testimonies button below) of “dis-ease” conditions that were turned around.

[Consultations](#)

[Testimonies](#)

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/>"