



March 2020

Welcome to our monthly newsletter filled with truth, advice, testimonies, hope, and empowering lifesaving and -changing events.

We sincerely PRAY and hope you are well amidst this outbreak and LOCKDOWN period.

In [last month's newsletter](#) we discussed how to boost your immunity, however this month we will discuss what to do if you become infected with the virus.

OPEN, yes, we are OPEN and are certified as one of the ESSENTIAL BUSINESS / SERVICE's. Our online shop is also working, our couriers is are also open and we are thankful that they are delivering all across our beloved country.

GO NATURAL'S TESTIMONIES

We are humbled to present a new profound testimony of one of our customers.

This month we celebrate with Viv Woollon in how she recovered from debilitating Fibromyalgia. Her [testimony](#) is once again proof that our bodies are engineered to win and heal; we just need to do our bit to create the correct environment for healing. Today, more than ever, in our modern world 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 be done on or to your body.

Remember, if you want VITALITY

1. Always remove and eliminate all **ROOT CAUSES** of "DIS-EASE"

If you have not seen the empowering movie "ROOT CAUSE" send us a clean USB stick and we will upload the full movie for you. [Click here](#) to view the "ROOT CAUSE" movie trailer.

2. **FIRST DO NO HARM** and

3. **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 life “DIS-EASE” free.

These natural and common-sense principles offer you - freedom from the shackles of ‘dis-ease’ and symptomatic treatment with medicine whilst the root causes remains unaddressed. Spoil and motivate yourself and discover all our [testimonies](#).

GO NATURAL's Advice

1. Natural remedies to help overcome the effects of the COVID-19 virus

We recommend the following if you suspect or are positively diagnosed with the COVID-19 virus or as a matter of fact with any virus:

- I take daily 3 drops of **Lugol's Iodine**, it is an Iodine supplement, most modern people are deficient of this critical immune boosting trace element. In case of an infection take 3-7 drops in ½ cup of pure water, 35 minutes before a meal. You need to read this [article](#) regarding Iodine and Dosage Recommendations.
- Immediately up your dosages of Vit C, higher and more frequently. For myself weighing in the mid 70's kgs, I would take my Vit C cocktail (clean / distilled water, 300ml, with 1 level tsp of Vit C as sodium ascorbate, plus ¼ - ½ lemon juice, ½ an inch of freshly grated ginger root, tsp of honey, pinch of Himalayan salt) three times per day/ ½ an hour before your meal. The complete recipe is in my book. If the fever remains high and you are sweating a lot, I recommend you use more of these Vit C cocktails, up to 5-7 times per day. Make sure you do not overdo it and induce a Vit C flush, the aim is to introduce as much Vit C as what your body's gut can tolerate, called bowl-tolerance. Woman and children will tolerate less, small children ¼ tsp, woman ½ tsp. You will quickly discover how much to take, if your body needs it you will be surprised how much you can ingest.
- Ensure you stay well hydrated, and drink plenty of **warm** herbal teas. This virus does not like heat.
- As a matter of fact, if you have fair vitality, work with the fever, it is part of your immune system's defence mechanisms to overcome a viral attack. But, remember, the key is to stay well hydrated and to have enough antioxidants and vit C in your blood to assist your immune system to overcome the invader.
- It is advisable that a parent, family member or friend assist with this treatment, to ensure that the patient remains optimally fed and hydrated in her/his ‘dis-eased’ and troubled circumstances.
- In my book you will find a Vegetable juice recipe (Johan's recovery juice), enjoy this twice a day, and use it possibly as a meal replacement. Freshly squeezed vegetable juice is flooded with all the immune booster nutrients.
- Always add more herbs like ginger and Garlic in your Vit C cocktail, herbal teas and food.
- With your meal, take a Zink supplement, and Vit D3, as both are proven to boost your immune system.
- Furthermore, we have two POWERFUL herbal formulas, the one is INTRAVENE and the other one is OZONIDE to help your immune system to overcome the virus.

- There is proof that Chicken broth also help to boost the immune system.
- In severe acute cases, I strongly recommend visiting your nearest functional doctor and get your daily intravenous (IV), Vit C drip.
- Rest and sleep enough.

2. “IATROGENIC” = ‘Illness caused by medical examination or treatment’ (over 783K people die per year)

I was not aware of this condition, until I received a newsletter from Ty Bollinger. “Did you know that according to a 2004 report authored by multiple medical doctors (entitled “Death by Medicine”), the total number of deaths caused by conventional medicine is an astounding **783,936** per year?

In other words, more people in the USA die **EACH YEAR** from “iatrogenic” causes than died the **ENTIRE** Civil War!

We have an entire chapter on “iatrogenocide” in our eye-opening book entitled [Monumental Myths...](#)

Even the mainstream media outlets are reporting that “medical mistakes” are one of the top 3 causes of death in the USA.”



By Ty & Charlene Bolinger Authors of **THE TRUTH about CANCER**. Sadly, it is clear that money has corrupted a once noble profession.

The safest option remains - ‘LET FOOD BE THY MEDICINE’ and get informed, you can take control of your health.

3. FOOD is your FUTURE

Remember we are what we eat!

Literally, your food is your future, it becomes part of you. Food is not only for energy, every day you replace millions of cells with new ones, as cells only have a certain shelf life. Make sure you are geared for a good future where you replace the old cells (tissue, approx. 20 million cells get replaced daily) with equal or better building material, by ingesting whole, clean and true nutrients.

Our book [GO NATURAL Wisdom for Healthy Living](#) explains it in detail and presents the proven GO NATURAL hunter gatherer diet and lifestyle that empower people to live “DIS-EASE” free.

4. Your immune system is part of your 'INNER DOCTOR'S' control system.

Your immune system operates better if your ENDOCANNABINOID SYSTEM (ECS) is optimally nourished. Read these articles to better understand your ECS:

Endocannabinoid System

Marijuana & Hemp

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

The one that I have seen to work over-and-over again 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.

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

GO NATURAL recommended events

go natural
FOR THE LOVE OF TRUE FOOD
Two in one seminar & workshop
5 HOURS
HOSTED BY: JOHAN & ALICIA JACOBS
Secure your seat - www.gonatural.co.za

BOOK ONLINE

go natural

1. GO NATURAL's seminar and TRUE food workshop

In light of this pandemic and uncertain times ahead, we have cancelled the event for April. We sincerely trust and PRAY for mercy, that this virus will be something of the past soon. We will keep you posted with our newsletter and on Facebook of all our future events.

[Linked](#) find GO NATURAL'S 8 remaining "For the Love of TRUE Food" events scheduled for 2020. We have changed our calendar from only presenting on Wednesdays, to having some on a Friday, Monday and even on a Saturday. We have seen many attendees come from far and we believe that these new dates will make it easier to fit our events in your busy schedules.

Click on our video invitation below to see what you can expect from our "For the Love of TRUE Food" event.



If you haven't attended one yet, you are missing out on a huge injection of wisdom and know-how required for your health and vitality. [Read this latest review](#) by one of the attendees .

Invitation & Programme

Remember the Go Natural 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 (approx. 20 million cells get replaced daily) with equal or better building material, by ingesting whole and true nutrients.

[CLIENT FEEDBACK](#)

Our EVENTS page

You can now plan and book ahead for all our upcoming 2020 events. [Linked](#) our Seminar and Workshop Schedule.

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.

Product List

JOY & JUIG Articles Filled with More Advice

and Testimonies

We offer lots of advice in our monthly [articles](#) and/or testimonies in the JOY! and JUIG! magazines. [Read Go Natural's article](#) on the **IMPORTANCE OF SLEEP** in the JUIG! magazine March / April issue.



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/>"