



## May 2018 Newsletter

Dear Go Natural Friend

After a long day, nothing compares to taking a shower – even if it is only a two-minute shower during a water crisis. You step out of the shower feeling clean, refreshed and invigorated. When you get rid of toxins in your body, it has the same effect: you feel healthy and energized! So, read all about how to detoxify your body and environment in this month's issue.

This month's [seminar and workshop](#) is on **16 May**. Don't miss out on scrumptiously healthy recipes like pizza made from living grain. 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. GO NATURAL'S antidote is captured in the phrase: **FOR THE LOVE OF REAL FOOD.**

## May Special

Empower you  
INNER DOCTOR  
to Self-Heal

**MAY SPECIAL**  
**ANGEL 5500 JUICER**  
**LESS R1000** Limited Stock  
May Only

**The best JUICE comes from the best JUICER**

CLINICALLY TESTED:  
Juice contains up to 300% more nutrients than other juicer technologies.  
The ANGEL gives unparalleled (MORE THAN DOUBLE) juice yield.

### Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED

## Go Natural's TESTIMONY for This Month

We are thrilled to share with you the amazing recovery of Duncan Haig who suffered from severe gluten intolerance. Today, Duncan has the liberty to eat bread and other wheat containing foods like pizza, pasta, rusks, etc. again, but only if it is the fresh and the real deal as explained in my book.

[Read Testimony](#)

## Monthly Advice

### PRACTICAL DETOX POINTERS

Today, I want to share a few quick tips on how to reduce the toxic burden on your body and to support your body's natural healing and detoxification processes from the inside out.

1. **Make sure your water is pure and drink enough of it.** Why is purified water so important? Our bodies are created and put together so amazingly. It consists not only of a self-healing system, but also has a self-cleansing system. All four of our elimination systems i.e. the bowel, kidneys, sweat glands and lymphatic system use water as a key ingredient to continuously flush out waste and toxins at cellular level. But how can water clean the system if the water itself has become an actual source of toxins, polluting the body and its delicate systems? Some toxins are fat soluble and possess the ability to accumulate in the body. Impure and polluted water makes the body a very expensive filter with devastating effects that is only noticed years later. This was the case when I was diagnosed with Multiple Sclerosis at the age of 30. Four years later I was clinically declared medically unfit for work, expecting the worst since I had advanced MS symptoms. All of this was unnecessary and completely preventable. Read my book, Go Natural, for my full testimony as well as a plethora of advice and natural suggestions to live "dis-ease" free.

### The Water Distillation SOLUTION

During my search for better health I discovered that distillation is the only consistent, infallible and effective water purification process. It transforms contaminated water into pure life-giving water. It uses the hydrological cycle of evaporation and condensation, just as our Creator purifies sea water to make pure rain water. This cycle turns salty sea water into fresh and usable water for us to use. A water filter cannot filter out toxic particles like dissolved ionic matter.

I've learned that only distillation can remove all bacteria, industrial chemicals, sewerage, pharmaceutical drugs, toxins, bad tastes, odours, and any other undesirables from your water! It is the only natural, flawless process available. With a distiller you can have unpolluted "rain" water in an uncontaminated atmosphere in your own home. As a bonus, you will be stunned at how refreshingly pure, distilled water tastes.

A litre of distilled water costs just over one Rand on your electricity bill. It is the cheapest, but also the purist water to drink. Having a water distiller is a small premium

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to pay for drinking pure water with peace of mind and plenty of cost savings for years to come.

2. Maximize your plant foods with phytonutrients and anti-oxidants. Eat whole, real foods, especially cruciferous veggies like broccoli, Swiss chard, kale and Brussels sprouts to maximize your dietary phytonutrients and increase your body's ability to detoxify. Choose foods high in antioxidants like dark, green leafy veggies and berries. Garlic and onions can also help you detoxify.

**JUICING:** If you need more nutrients when going through a healing crisis, it is advisable to juice vegetables to bolster your immune system. If you juice you can enjoy more veggies and nutrients with better and quicker results.

3. Avoid plastics. I recommend non-leaching stainless steel water bottles and glass containers like Pyrex to store leftovers. Instead of buying water in plastic bottles that pollute our beautiful planet, get a water distiller and make homemade, unpolluted "rain" water.
4. Detox your home and body. Stick with natural, simple products. Household items like vinegar, hydrogen peroxide, and baking soda can be used to clean your kitchen. Use natural skin care products or, even better, homemade cosmetics. Remember, if you can eat it, you know it's safe to put on your skin! It is advisable to check out [EWG's Skin Deep Guide](#) or detailed information on safe ingredients for both home and beauty products.
5. Stop eating mercury. Stick with smaller fish like sardines or cold water fish like salmon that have lower mercury levels. Check out this site: <http://saynotomercury.com/the-problem/mercury-in-the-food-chain/>. "Large predatory fish like marlin, swordfish, tuna, mackerel and shark should be avoided due to high mercury concentrations." Choose organic fruits and vegetables to minimize environmental toxin exposure. The EWG has a list of fish that are low in mercury, plus you can use their [Dirty Dozen and Clean 15](#) lists of fruits and veggies to cut out other toxins from your food.
6. Exercising and sweating help rid your body of toxins. Rebounding is a miracle exercise. It is a three in one workout: 1. it gives you a full body workout, 2. It makes you sweat enough plus 3. the lymphatic fluid is stimulated to move and to clean at cellular level.
7. Take high-quality supplements to support detoxification.
8. Get chelated. Chelation therapy can lower mercury, lead, arsenic, and other toxic metals. A suggestion: at the back of my book find my Recovery Protocol with three safe but powerful chelating methods/protocols to rid yourself from heavy metals. It is critically important to be on the correct diet and follow a lifestyle that supports the effective removal of the unwanted chelated elements. One crucial aspect is that you cannot chelate properly if bowel movement frequency is not at least once a day.

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9. Address toxicity in your home. If you suspect lead or other poisons in paint, floors, or insulation, consult an expert to remove these safely. Mercury thermometers are dangerous, make sure children never play with it.

I hope these detox tips will help you cultivate a cleaner life for yourself and your family. Combining a real, whole and fresh food diet with a less toxic environment and healthy lifestyle choices is sure to support your journey to vibrant, long-lasting wellness.

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



**Wednesday, 16 May 2018**

We invite you to our next life-saving, life-changing workshop (3 hours), plus an informative seminar session (1 hour).

#### **25% 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**

1. Pizza from living grain
2. Real Tomato Sauce
3. Vitamin C Cocktail as Ginger Lemonade
4. Raw Chocolate: Go Natural's 3-in-1 One 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, 14 May**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

**Previous attendee feedback.**

### 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.

### 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 JOY Magazine entitled, **HEALTHY EATING IS EASY**. Now available in stores.



### 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.

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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.

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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