



## May 2020

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

Slowly things return to normal, meanwhile we sincerely PRAY and HOPE you are well and that the LOCK-DOWN will soon be something of the past.

Go Natural is OPEN and is certified as one of the ESSENTIAL BUSINESSES/SERVICES during South Africa's lockdown. You can also order from our online shop; our couriers are open, and we are thankful that they are delivering orders all across our beloved country.

### GO NATURAL'S TESTIMONIES

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

Therefore, this month we celebrate with a youthful client on how he drastically and spectacularly improved in cognitive and physical strength and ability since he introduced the GO NATURAL diet and lifestyle, containing whole foods plus specific brain foods in his diet.

[His beautiful and powerful testimony](#) is once again proof that our bodies are engineered to win, heal and improve; we just need to do our bit to create the correct 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 be done on or to your body.

**Remember, if you want VITALITY:**

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

Spoil and motivate yourself and discover all our testimonies

<https://gonatural.co.za/content/34-testimonies>

## GO NATURAL's Advice

1. The winter has finally arrived with a blast of snow and cold in the Western Cape. Suggestions to keep healthy, strong and warm in the cold?

Enjoy a nice warm and spicy bone broth round the kitchen table in the presence of your loved ones this season.

Why should you consider enjoying the traditional super food - bone broth?

- Improve and strengthen your bone health,
- Strengthen your teeth,
- Improve digestion,
- It provides collagen to repair skin and joints,
- Improved skin elasticity,
- Boost immunity,
- Improve mineral and amino acid imbalance, to name but a few.

We have a fantastic bone broth and bone soup recipes in our book [GO NATURAL - Wisdom for Healthy Living](#) (p. 394-396).



**Breakfast suggestion:**

Neutralise those crisp mornings with a warm bowl of milk porridge (p. 403).

Our recipe in our book has two milk options, one is a nut milk and the other is from pasture-reared organic full cream milk.

\* All page numbers are from [Go Natural - Wisdom for Healthy Living](#), 2nd edition.

## **2. FOOD is your FUTURE**

**Remember, we are what we eat!**

Good and true foods build long lasting natural immunity.

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.

3. 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:

[The Endocannabinoid System](#)

[Marijuana and Hemp - Right or Wrong](#)

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.

### **Meduca**

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](http://www.canamere.com/gonatural) and order it online.*

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

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

Many frustrated and desperate people that we have helped to RECOVER from all sorts of terrible and dreaded “dis-eases” and conditions have spent thousands of Rands, wasted a lot of time, but were still in agony with no lasting results and freedom of “dis-ease” and medicine.

At a consultation; Johan shares advice, contacts of relevant health and/or alternative and functional medical specialists, plus facts gained in 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 of natural - self healing.

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 Koup 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/>"*