



May 2021

Dear Go Natural Friend

We sincerely hope you are well.

It was a real honour and joy to have presented our first Go Natural seminar and workshop on 12 May 2021 since the lockdowns were eased. We have made many new friends, and everybody enjoyed and benefited from it. Lower down the dates of our events for the remainder of the year.

Please note we expect Angel Juicers soon again. They are produced, paid for and on their way to us. Many of them has been pre ordered and booked but we still have units available, you can book yours by emailing us your order.

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

The advertisement features a background image of fresh herbs like rosemary and basil, along with a glass bottle of oil. The text is centered and reads: "go natural" in a lowercase sans-serif font, followed by "FOR THE LOVE OF TRUE FOOD" in large, bold, green capital letters. Below this, it says "Two in one seminar & workshop" in a script font, then "5 HOURS" in large, bold, black capital letters with a horizontal line underneath. The host information "Hosted by Johan and Alicia Jacobs" is in a smaller sans-serif font. At the bottom, it says "SECURE YOUR SEAT - WWW.GONATURAL.CO.ZA" in a bold sans-serif font. A small circular logo with a leaf and the text "go natural" is visible in the upper right corner of the image.

go natural

**FOR THE LOVE
OF TRUE FOOD**

Two in one seminar & workshop

5 HOURS

Hosted by Johan and Alicia Jacobs

SECURE YOUR SEAT - WWW.GONATURAL.CO.ZA

We have started our two in one Go Natural seminar and workshop again.

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. The lifesaving information presented in the first session, the 1½-hour seminar, is already worth the cost of the whole event. This is then followed by the 3½-hour demonstration on how to prepare TRUE FOODS starting with living ingredients.

Click on our video invitation below to see what to expect from our “For the Love of TRUE Food” event.



Below find the dates for the rest of the year, and for the foreigners, you will see we have two events hosted on Saturdays. Hope to see you there.

Below and linked find the three invitations for our following events, you are welcome to book online with QUICKET.

Invite 3 July



Invite 4 Sep



Invite 17 Nov



RECIPE DEMONSTRATIONS FOR THE THREE DIFFERENT EVENTS

2021/07/03
Saturday

Traditional Sour Doug bread
Bone Broth
Raw Chocolate - Go Natural's 3 In One Anti-Aging Snack

2021/09/04
Saturday

Wrap / Pan Cake
Sauerkraut - Fermented cabbage
Vit C Cocktail as Ginger Lemonade
Raw Chocolate - Go Natural's 3 In One Anti-Aging Snack

2021/11/17
Wednesday

Essene Bread from Sprouted grain
Humus - Traditional
Raw Chocolate

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.

Book online with QUICKET.

Client Feedback

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

More than ever in human history, we need to empower our GOD - given immune system with all the necessary nutrients and tools to protect ourselves against all the different onslaughts humanity are facing today.

Below a couple of suggestions:

A. Enjoy mostly TRUE FOODS

True foods contain so much immune boosting nutrients, amongst the 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.



B. REBOUNDING - The Miracle Exercise and BALANCING ACT

Why is it important to daily move and exercise?

Due to our new modern unnatural, stationary, stressed, time constraint and busy schedules with mostly sitting and passive work environments that most of us are exposed to, meaning that we became slowly but surely, unfit, weaker, and sadly congested and loaded with toxins. Modern man does not realize the full importance of movement and the consequences for the lack of it.

On the contrary, two hundred years ago, people were much more active and movement and natural exercise was part of one's daily activities. For example, to gather food, today most city dwellers do not walk nearly the same distances as our predecessors in the search for food. Since the invention of the wheel and later on automobiles we drive everywhere. It is now so easy, as we need limited to no physical effort, we either; buy online while sitting, or drive your automobile while again sitting to collect our food supply. Not so long ago, it was completely different, there was always work, movement and labour involved to put a meal on the table.

WHY - WE NEED MOVEMENT?

1. To develop and maintain strong and fit muscles to support our skeletal structure.
2. To activate one of our primary cleansing systems, called the LYMPHATIC SYSTEM.

Linked for the [full expose and rationale for REBOUNDING and the immune boosting and cleansing effect thereof.](#)

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/>"