



November 2018 Newsletter

Dear Go Natural Friend

Even though the year comes to an end, our journey to a healthier and more energetic lifestyle continues daily. There are so many healthy habits and recipes we can use to prepare yummy summer holiday meals, especially those special meals at the Christmas or New Year table where we spend time with loved ones and friends.

If you haven't done so yet this year, please join us for our last Seminar & Workshop on 21 November. We will demonstrate and prepare Essene Bread, Hummus (Traditional), Kefir (Fermented dairy) and our famous Go Natural Raw Chocolate 3-in-1 Anti-Aging Snack. All these will be enjoyed by attendees afterwards.

Enjoy this year-end edition filled to the brim with healthy advice. We give you excellent, practical and cost-effective ideas about priorities in your diet and lifestyle.

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.**

NEW Go Natural TESTIMONIES

We are excited to introduce two profound testimonies and share the joy of recovery experienced by Hendrik and Wolfgang. They are a must-read, filled with a lot of hope and help.

1. [Hendrik de Bruto](#) who recovered from gluten and grain intolerances.
2. [Wolfgang Späth's](#) cancer and pain recovery testimony.

These two testimonies confirm that the body is designed to win and heal. Healing is engineered in our genes. Remove the root causes (the spanner in the works affect), especially toxicology, and you too can experience the miracle of self-healing and freedom from the shackles of medicine.

[Read More](#)

Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED

Christmas Special



Christmas Special: Less 5% on
GO NATURAL'S STONEMILL COLLECTION

*Give your body only the original and best with
FRESH AND WHOLE home-made FLOUR*

Grain intolerances disappear | Melt away excess body weight |
Gain vitality | Blood sugar levels normalize | No more constipation
Your affordable staple food (bread, pizza, pasta, porridge) solution
(1 kg traditional stone milled bread costs less than R8)

GO NATURAL and empower your INNER DOCTOR to self-heal

www.gonatural.co.za

Our **VISION** is for every house to have its own home stone mill.

Why?

With a home stone mill you have access to the ultimate and affordable STAPLE FOOD solution the traditional and healthy way - a family can ensure they eat only freshly ground whole grain foods every day whether it is their favourite kind of bread, pizza, pasta, porridge etc. Even cake made with whole grain is filled with nutrients.

[Click here](#) for more info on whole grain

[View Stonemills](#)

Find approximately 20 grain related food recipes like bread, pizza pasta, porridge, crumpets muffins, pancake, rusks, biscuits, chocolate cake, etc. in our book **GO NATURAL Wisdom for Healthy Living**.

[View Book](#)

Monthly Advice

STOP CONSUMING & BEING EXPOSED to ROUNDUP – GLYPHOSATE

This universal carcinogenic toxin and challenge EXPOSED in the below studies.

VIDEO - Genetically Modified Children

Here is shocking footage of maimed children. The thing is, we can prevent it.

“This movie describes the severe health issues that afflict the children of agricultural workers who live surrounded by glyphosate-resistant tobacco crops produced for sale exclusively to the **tobacco** company, Philip Morris. The farmers who were interviewed readily admitted that Philip

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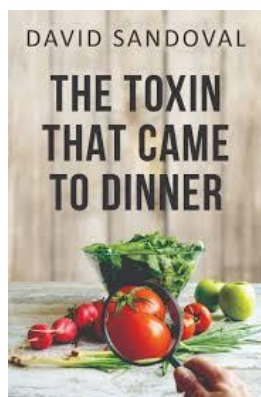
Morris would most likely reject their product if they did not use glyphosate to control weeds and Bayer's insecticide Confidor to control insects.

The documentary reveals the severe physical deformities, mental disabilities and **cancers** the children of these tobacco farmers are experiencing, and it offers the rather audacious hypothesis that glyphosate is inducing genetic mutations in the children of these farmers. Could they be right?

In the remainder of this article, I will first describe some of the serious health issues of the children who live near the tobacco fields, as portrayed in the documentary. After a short section about correlations between glyphosate and various diseases, I will discuss, in the following three sections, both the evidence that glyphosate causes birth defects, infertility, developmental issues, **DNA damage** and cancer,"

<http://www.greenmedinfo.com/blog/genetically-modified-children-free-viewing-limited-time>

The book **THE TOXIN THAT CAME TO DINNER** by DAVID SANDOVAL is worth reading.



CANCER Verdict

Is this the beginning of the end of the sad history of denial, death and destruction of harmful glyphosates?

<http://www.greenmedinfo.com/blog/bayer-stock-crashes-after-monsanto-cancer-verdict-upheld-judge-analysts-estimates>

Here is the glyphosate factual data sheet. It makes for interesting reading.

<http://pan-international.org/wp-content/uploads/Glyphosate-monograph.pdf>

Here is an extract:

"It has been detected in drinking water, wine and beer, and even in non-food products derived from GM cotton. The extent of human exposure is reflected in the widespread presence of glyphosate in human urine wherever it has been tested, principally in Europe. It has also been found in urine and breast milk in the USA"

You need to understand the background and history of both BAYER and Monsanto. Watch this video below produced by independent media site Corbet Report - <https://www.corbetteport.com/bayer/>

The TRUTH About CANCER Presents – Cancer Causes

Bayer + Monsanto = A Match Made in Hell

<https://thetruthaboutcancer.com/bayer-monsanto/>

Video <https://youtu.be/khfdjPbecwM>

The recent social media outcry against Monsanto's deadly herbicide Round up (Glyphosate) stands to reason after damning USA Court findings and the huge drop of the Bayer share price who bought Monsanto out. Below the countries that started banning it

https://anhinternational.org/2018/10/24/glyphosate-dependency-syndrome-a-preventable-condition/?utm_source=The+Alliance+for+Natural+Health&utm_campaign=f13c5aaaa1-EMAIL_CAMPAIGN_2018_10_24_06_52&utm_medium=email&utm_term=0_aea8a87544-f13c5aaaa1-84980833

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The effects of glyphosates in vaccines is also extremely worrisome as you view expert Dr Seneff's interview below. See 21 minutes into this discussion.

<https://www.youtube.com/watch?v=CmAsTrsUjBc>

GLYPHOSATE CAUSES CHANGES TO DNA FUNCTION RESULTING IN CHRONIC DISEASE, ACCORDING TO STUDY

<https://globaljusticeecology.org/glyphosate-causes-changes-to-dna-function-resulting-in-chronic-disease-according-to-study/>

Below is another independent scientist challenging Monsanto's allegedly fake science.

<https://www.youtube.com/watch?v=BPhfJx0o38o>

DECREASED BEE POPULATIONS

Latest Texas studies indicate that glyphosate also kills bee populations. Surely, urgent attention is needed to relook its use and safety to humanity and our environment and a move to safe organic alternatives.

GLYPHOSATE - HEALTH RISK

"About 70 different commonly consumed food crops are sprayed with glyphosate, so just because a food is not genetically engineered does not mean it's free of glyphosate. As previously discussed in many articles, glyphosate and glyphosate-based weed killer formulations such as Roundup have been linked to a wide variety of human health consequences, including:

Non-Hodgkin lymphoma ²
Impairing your body's ability to produce fully functioning proteins ³
Inhibiting the shikimate pathway (found in gut bacteria)
Interfering with the function of cytochrome P450 enzymes , required for activation of vitamin D and the creation of nitric oxide
Chelating important minerals ⁴
Disrupting sulfate synthesis and transport ⁵
Interfering with the synthesis of aromatic amino acids and methionine, resulting in folate and neurotransmitter shortages ⁶
Disrupting your microbiome by acting as an antibiotic ⁷
Impairing methylation pathways ⁸
Inhibiting pituitary release of thyroid stimulating hormone, which can lead to hypothyroidism ^{9,10}

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Alas, humans are not the only species suffering the effects of this widespread use of glyphosate. According to researchers at the University of Texas at Austin, glyphosate may also kill bees by altering the bacterial composition in the bees' guts, making them more prone to fatal infections.¹

https://articles.mercola.com/sites/articles/archive/2018/10/09/glyphosate-kills-bees.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20181009Z2&et_cid=DM239131&et rid=439764665

We have become so used to these QUICK FIX products and it is so convenient to use. I SUPPORT the above findings. It is clear that GLYPHOSATE and ROUNDUP are dangerous and evil to the core. We as humans must stop using these obviously toxic substances that are sold to us through fake science and propaganda.

How can we protect ourselves?

Make informed decisions with your money. Do not buy a product if there are possible risk factors. We as humans should realize we are not bullet proof against toxins. Today stop using and consuming any products that support the use of ROUNDUP. I.e.: GE maize is the main ingredient in maize containing boxed breakfast cereals. Most soy bean products are also GE. Remember, most non-organic mass-produced crops and products may contain glyphosate any other product where ROUNDUP was used as a weed killer. Support the organic home-grown movement.

At the same time, inform others. Together we can change the world to be a better place for all.

Eggs – Diabetes and VITALITY

“For decades, mainstream media has demonized foods like eggs and meats, claiming they cause all sorts of metabolic diseases. The truth is, they were wrong all along, and the science has consistently proven this in recent years - although pasture-raised is the most important choice for max health benefits.

But let's look at something even more specific: the relationship between **eggs and diabetes**.

A study performed at The University of Eastern Finland and published in the American Journal of Clinical Nutrition studied the diets of men aged 42 to 60 and followed them for 20 years on average to find out if they developed Diabetes. The study concluded that people who ate an average of 4 eggs per week had a **37% lower risk** of developing type 2 Diabetes compared to people that only ate 1 egg per week. (Hmm, I wonder how much lower the Diabetes risk would have been for people eating 10-20 eggs per week!)

They also concluded that egg eaters had lower blood sugar levels on average. As a health researcher, this doesn't surprise me at all... **eggs are almost a perfect food** (especially if they're pasture-raised), and are loaded with appetite-controlling protein, a plethora of vitamins and minerals, powerful antioxidants, healthy cholesterol and saturated fats (yes, HEALTHY fats!), and other nutrients that all help to benefit your hormones and control blood sugar levels.

In fact, other studies have shown that people who eat eggs for breakfast (instead of carb-based breakfasts like cereals, muffins, or bagels), have **reduced appetite levels** for the remainder of the day, and **less cravings for sugar and carbs**, thereby successfully losing or maintaining weight easier.

And speaking of blood sugar & diabetes... If you think that Type 2 Diabetes is irreversible like many misinformed doctors will tell you, then you need to read some of the proof below on how to naturally

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reverse Type 2 Diabetes... Although eating "paleo" or even low-carb is a good first step, you'll also see below other techniques on just how simple it can be to "fix" your diabetes, control your blood sugars, and lose all of that excess fat sitting on your stomach."

More on EGGS

"In a recent clinical study of 65 type 2 diabetics, the consumption of 2 eggs per day resulted in a reduction in: blood pressure, insulin, glucose, hemoglobin A1C, total cholesterol and raised blood levels of folate and lutein.

This is astonishing to the conventional mainstream which has traditionally punished eggs because of fear of elevating blood cholesterol levels. Many nutritionists such as myself who consider themselves far from mainstream dogma have known for years that consuming eggs has little to no effect on blood cholesterol levels. This study reveals something that I have witnessed clinically: cholesterol-rich eggs actually *lower* your blood cholesterol!

More importantly, for these type 2 diabetics, consuming eggs also reduced their glucose, insulin and hemoglobin A1C values, which is critical for controlling and reversing insulin resistant diabetes.

Even more amazing was the elevation of blood lutein and folate levels. Lutein is an antioxidant from the carotenoid family. Lutein is protective of eye health, helping to reduce the risk of developing cataracts. Diabetics are particularly at a risk for developing eye diseases.

Preparing Eggs

On average I eat between 2-4 eggs per day. I feel best when I eat them raw and uncooked. I prefer eating most of my protein foods in a raw or very rare state. To me it is very important to consume non-heat damaged amino acids and nutrients.

There has been some debate over whether or not eating raw egg whites is healthy. Some people claim that the biotin in eggs binds with the avidin, causing a biotin deficiency. I personally think this is not true. Many studies are conducted in a test tube and foods don't necessarily behave the same way in the human body.

The next best way to eat eggs is by poaching them and making sure that the yolks are still runny. I avoid recommending frying eggs because of the carcinogenic effects that can form at high temperatures as well as the fact that much of the amino acids are extremely heat sensitive. This is especially true for the Sulphur amino acid L-methionine." Author: Michael McEvoy

<https://metabolichealing.com/powerful-new-study-reveals-eggs-lower-blood-pressure-glucose-insulin-cholesterol/>

by Jeff Hays

I eat 3 raw eggs per day. I call it 'liquid chickens'. In my book is a recipe called "Protein Booster Smoothie". It literally tastes like a chocolate smoothie with no hint of egg. I can't wait for my daily protein-booster smoothie.

Your brain is under attack!

We literally live in an era of the **EPEDEMIC of the BROKEN BRAIN.**

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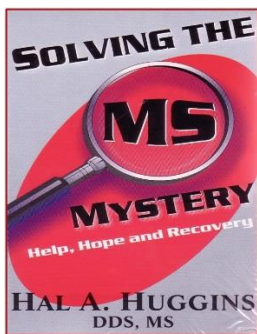
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Link to <https://brokenbrain.com/trailer/>

Degenerative neurological disorders and / or 'dis-eases' like, Alzheimer's, Autism, Dementia, MND, multiple sclerosis (MS), Parkinson's, plus 'dis-ease' conditions like depression, anxiety, migraines, ADD, ADHD, memory loss, epilepsy and other are MORE prevalent than ever before.

My experience with MS is proof that the medically prescribed drugs that I used were a complete failure, as I was declared medically unfit for work while I was taking the medication. But, this month is my 14 years and 7 months celebration of recovery from advanced MS. In hind sight these medical drugs were only designed to treat the symptoms and to manage the discomfort while the root cause of the 'dis-ease' was not removed. I've been to Dr Huggins, an incredible man who exposed so many deceptive root causes to neurological diseases.



But, there is HOPE, it is NOT lost!

Except for autism, I've experienced and researched that most brain 'dis-eases' and disorders start many years before they're diagnosed.

My book ***GO NATURAL Wisdom for Healthy Living*** will teach you the best ways to prevent these neurological 'dis-eases' and disorders plus to avoid other modern diet and lifestyle 'dis-eases', i.e.: obesity, diabetes, dental caries, cancer, etc.

The problem is that most of us don't know what is natural anymore as we were born and raised in this processed and packed food environment. This is where my book comes in handy as it will reformat your faulty paradigms and perceptions.

Cannabis Oil - Right or wrong?

[Read this article and discover](#) the fact that everybody has an endocannabinoid system (ECS) as well as how cannabis works and enhances healing and homeostasis inside the body. It seems like the hemp plant is one of the master herbs created for our benefit. Discover how, despite having been misinformed, we can take control of our health.

Yes, you can supplement and support your ECS with organic hemp leaf cannabis oil with no side effects.

You are welcome to contact us to discuss this revolutionary health product and its plethora of health benefits. Alternatively, if you want to order, or become an affiliate marketer, visit the Go Natural affiliated website www.canamere.com/gonatural.

More on Cannabis and Hemp

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What is CBD? The Amazing Benefits of CBD Oil by Thomas De Lauer

<https://youtu.be/CwN-LByRLcw>

Cannabis & CBD Benefits, Truths and Medicinal Uses w/ Dr. Axe + Q&A

<https://youtu.be/UTkeWfrHUAac>

Doctors Speak Out On The Benefits Of CBD (Cannabidiol)

<https://youtu.be/Fh-s64RNtz0>

CBD Oil Benefits for Pain, Anxiety and More (with Dr. Billy Demoss)

<https://youtu.be/oSiSUQYEXGw>

Raphael Mechoulam on the Benefits of Medical Cannabis MUST WATCH!

<https://youtu.be/Orr2gyYILcg>

Answers - Expert on the Spot: Medical Marijuana

https://youtu.be/-N_S1EYhMCs

Cannabis Professor Raphael Mechoulam - Discovery of THC in 1964

<https://youtu.be/pzFyq1vpLNE>

A doctor's case for medical marijuana | David Casarett

<https://youtu.be/0ygtX2nyexo>

Hemp with CBD is my preferred choice as supplement for your ECS.

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

go natural
FOR THE LOVE OF REAL FOOD
TWO in ONE SEMINAR & WORKSHOP
4 HOURS
Hosted by Johan Jacobs
SECURE YOUR SEAT - BOOK ONLINE
www.gonatural.co.za

Invitation & Program

Trading hours

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Wednesday, 21 November 2018

We invite you to our next and last life-saving and life-changing two-in-one seminar (1 hour) and workshop (3 hours) for 2018.

Watch our new “For the Love of Real Food” video invitation.

<https://www.youtube.com/watch?v=LswhdsBi-Zw>

20 % 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. Essene Bread
2. Hummus – Traditional
3. Kefir - Fermented dairy
4. Raw Chocolate: Go Natural's 3-in-1 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, 20 November**, allowing us enough time to prepare for the correct number of people. Limited seats are available.

Read how previous attendees benefitted from the workshops.

Our EVENTS page

You can now plan and book ahead. Linked is our [Seminar and Workshop Schedule](#) for the rest of 2018.

Other recommended Events**Trading hours**

Mondays-Fridays: 09h00 - 17h30

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National CANAMERE Presentations

The BENEFITS of Cannabis Sativa (Hemp)

See the [linked invitation with the various locations.](#)

Topics covered:

1. Your [Endocannabinoid System \(ECS\)](#)
2. Medical Marijuana & Hemp legality
3. How to revive the body's own doctor
4. Avoiding the dangers of cannabis in SA

Presented by **Tiaan Swart**, founder of Canamere.

Information & Booking: christiaanempowers@gmail.com

You are welcome to contact us to discuss this revolutionary health product and its plethora of health benefits. Alternatively, if you want to order or become an affiliate marketer visit the Go Natural affiliated website @ www.canamere.com/gonatural

JOY & JUIG Articles Filled with More Advice and/or Testimonies

We offer much advice in our monthly informative [articles and/or testimonies](#) in the JOY! and JUIG! magazines. In the November JOY! magazine, read about Fluoride: is it helpful or harmful?

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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.
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**.

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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 linked price list.

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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