



October 2018 Newsletter

Dear Go Natural Friend

Pink October is Breast Cancer Awareness Month. Ladies, apart from doing the right thing by going for a THERMAL body scan instead of a dangerous Mammogram, also choose to start, or continue, to eat living, healthy foods that make our bodies strong and give it the nutrients it needs to self-heal. In the newsletter I will discuss THERMAL IMAGING as opposed to a Mammogram. More importantly I discuss the link between oral pathology (root canal treated teeth and dental jaw cavitations) and cancer.

Wednesday, 24 October is our second last workshop and seminar for 2018. So, please book early to secure your place. Taking a day's leave to attend will be an excellent investment in your and your family's health since you will leave with plenty of knowledge, health tips and delicious recipes to make wholesome dishes and real food for the whole family to enjoy.

As always, this month's edition is 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 TESTIMONY

We are so excited about this month's testimony. Pam Evans completely recovered from hair loss. It is a must-read testimony.

Her testimony confirms that the body is designed to WIN. Healing is engineered in our genes. Remove the root causes (the spanner in the works effect), especially toxicology, and you too can experience the miracle of self-healing and freedom from the shackles of medicine.

[Read More](#)

SPRING SPECIAL

Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED



10% Discount on our
DYNAPRO VACUUM COMMERCIAL
SUPER BLENDER

Blending for the health of it!

Make your own refreshing

- HEALTH SMOOTHIES
- RAW SOUPS
- COCKTAILS
- ICE CREAM

under a VACUUM without OXIDISATION

go
natural

SPRING SPECIAL

www.gonatural.co.za

VACUUM BLENDING is here to stay!


We want to introduce our new revolutionary VACUUM blender.

This Spring make your smoothies even better under VACUUM. Tribest is ushering the world into a new era of blending under vacuum. (See more here https://youtu.be/rb6FuC_9ujA.)

Why? It has been found that your smoothies taste far better, but more importantly, are also more nutritious as there is limited oxidization when you blend at high speed under vacuum. Blending is an ultra-high-speed food processing method. In the blending jar you literally introduce a hurricane of oxygen to your food with devastating results. However, when it is done under vacuum you preserve all those fragile nutrients.

The New Tribest Dynapro Commercial Anti-oxidation Vacuum Blender

See the blender in action by clicking on the Youtube button below, or view it online in our shop.

	View Dynapro Online
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Monthly Advice

IODINE: The Missing Micro Nutrient, but With Major Ramifications

Some people report that even after they have tried everything in the book, they still suffer from a 'dis-ease'. Continue reading and discover this wonderful nutrient and what a critical role it plays in one's health.

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It is found that most of the modern, Western population are severely deficient in this fundamental trace mineral. The documentaries below will empower you to take control.

I am amazed by the side effects of IODINE deficiency and the benefits when supplanting IODINE correctly.

'Dis-ease' Symptoms of Iodine Deficiency include:

- | | |
|-----------------------|--------------------------|
| 1. Obesity - Fat | 8. Depression |
| 2. Lethargic | 9. Thyroid problems |
| 3. Mental retardation | 10. Hormonal problems |
| 4. Lower IQ | 11. Dry eyes and skin |
| 5. Skin problems | 12. Miscarriages |
| 6. Cancer | |
| 7. Chronic Fatigue | The list goes on and on. |

The Powerful Health Benefits of Iodine - Dr Edward Group (Featured Interview)

Did you know that over 90% of people and pets in the U.S. are mineral deficient? And most of those people are deficient in iodine? In this video, we check in with Dr. Edward Group as he discusses the health benefits of Iodine.



Iodine for Optimal Performance & Cognition

In this video, you'll learn the nootropic brain benefits of Iodine, including different forms of Iodine like Lugol's solution, and why supplementing with Nascent Iodine is a waste of time and money.



Iodine, the Ultimate Healing Trace Minerals for Cysts, Thyroid, PCOD and more (Dr Eric Berg DC).



Cancer and Iodine Levels

Dr. Bob DeMaria talks about how iodine might keep cancer in check. Find out what you need to know about how iodine can help you!



The Best Way to Get More Iodine Is....

Dr. Sherri Tenpenny talks about some of the best ways to increase iodine levels. She also talks about a test you can take to find out if your body needs more.

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Iodine: Bringing Back the Universal Medicine



Iodine: Why You Should Start Taking This ASAP



How to Perform the Iodine Patch Test

This method is a crude test method but will give you a good idea.



Iodine Skin Patch Test for Iodine Deficiency and Slow Thyroid

March 20, 2015: Trish Causey. "Today, I explain the home iodine skin patch test for iodine deficiency. Being low in iodine will wreak havoc on your thyroid, and I believe this is why I have had such a hard time losing weight."



Dosage Recommendations

Find below powerful recommendations and suggestions in Dr David Brownstein article, [**DOSAGES of Oral IODINE.**](#)

The Biggest HEALTH RISK on This Planet Yet Again Exposed

Watch the movie trailer and the followed documentaries.

The **ROOT CAUSE MOVIE** trailer

<https://rootcausemovie.com/>

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I am so excited to see that more and more people are waking up to the truth. Every root canal operation is a failed operation and acts as an incubator and haven for anaerobic bacteria since the blood supply and immune system have been removed and shut off. Think about it, it is the only operation on this planet where a dead bone is left in the body after the operation.

Safe Alternatives to Root Canals



Dr. Hal Huggins explains why root canals are dangerous and offers a safe alternative.

Do You Need a Root Canal? You'd Better Watch This First!



Dr. Diane Meyer discusses the safety of root canals and why they can't ever be truly sterilized. She talks about safe removal of root canals and how that can improve your overall health dramatically.

You'll Never Have a Root Canal After Watching This

Dr. Thomas Levy discusses a topic from his recent book on root canals. Find out why he thinks the common procedure can be very dangerous and can lead to serious health problems down the road. He mentions some interesting studies and examples that might make you think before getting a root canal yourself.



Say NO to Root Canals - Damaging to your Health



One of the biggest medical cover-ups in history involves root canals. The biggest mistake I ever made with my own health was listening to a dentist who told me I needed a root canal. This damaged my immune system for years. It also set me on a search which lasted more than a decade to figure out that the health of my whole body was damaged as a result of a root canal.

This topic is well documented in my book which also offers many solutions and alternatives. My book can be bought [here](#).

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THERMAL IMAGING is Far Better Than a Mammogram

Mammograms Cause Breast Cancer - Dr. Ben Johnson



Mammography vs. Thermography (video)

By Dr. Veronique Desaulniers



The Link Between Oral Pathology and Cancer

Interestingly, the following research proves that in 100% of the cases of research done by **Robert H. Dowling, D.Sc**, the breast affected by cancer is always on the same side of the root canal treated teeth. He also notes in his book that **"If you don't have oral pathology you won't get cancer or a degenerative disease."** p 164, **CANCER cured the coming STORM - Am I dead? or do I just feel like it?** by Fred Hughes Researched by Robert H. Dowling, D.Sc.

Oral Pathology = A Root Canal treated tooth and / or a Dental Jaw Cavitation (NICO - infection) where a tooth was removed without removing the periodontal ligament. This is well explained in my book. In my book I also help and guide you how you can have oral pathology removed correctly.

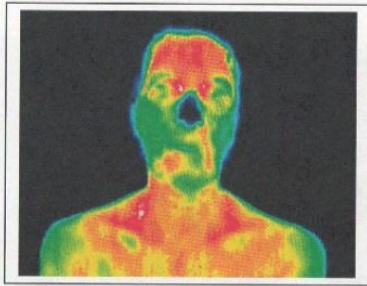
Look at the thermal image / photo and read his comments below it.

Trading hours

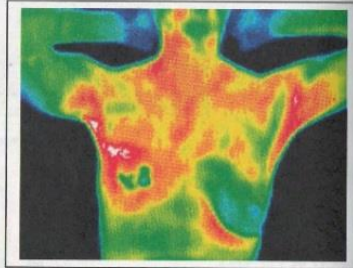
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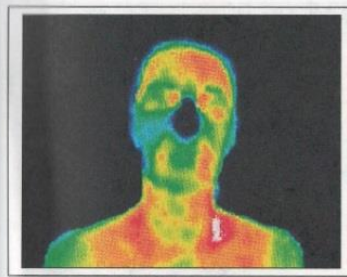
All Public Holidays: CLOSED



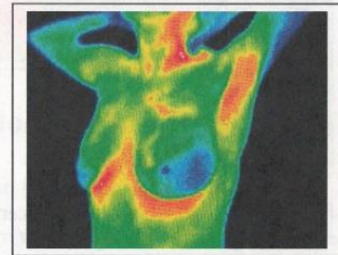
Watch out for those root canals



This thermal scan (left photo) shows oral pathology on the right side of the mouth and a tumor in the right breast (right photo). "If you have a root canal on one side of your mouth, you'd better start watching that side of your body. It never crosses over," says Dowling.



Mammograms are no match for thermal scans



Thermal scan (left photo) shows oral pathology on the left side of the mouth and a 2 centimeter tumor in the left breast (right photo). "A mammogram would not have seen this tumor for 10 years," says Dr. Dowling.

See below how Robert H. Dowling, D.Sc research correlates very well with Dr Josef Issels

"Dr Jones claims that toxins from the bacteria in an infected tooth or jawbone are able to inhibit the proteins that suppress tumour development. A German physician reported similar findings. Dr Josef Issels reported that in his 40 years of treating 'terminal' cancer patients, 97 percent of his cancer patients had root canals. If these physicians are correct, the cure for cancer may be as simple as having a tooth pulled, then rebuilding your immune system. Root-canaled teeth are essentially 'dead' teeth that can become silent incubators for highly toxic anaerobic bacteria that can, under certain conditions, make their way into your bloodstream to cause a number of serious medical conditions – many not appearing until decades later." Visit <http://humansarefree.com/2014/02/shocking-connection-97-of-all-terminal.html?m=0> for more information

If you have oral pathology and a health challenge / 'dis-ease', get a copy of my book and if what you read, relates to you, you are welcome to book an advisory session with me so that we can strategize a plan of action that will empower your inner doctor to do what it does best – 'SELF HEALING'. I invite you to have a look at all our testimonies. There are no incurable 'dis-eases'.

Lastly

BUILD your IMMUNITY with your GUT health. Here are powerful suggestions.

Top 13 PROBIOTIC FOODS by Ruben Jordan and Dr Axe

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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.

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

Wednesday, 24 October 2018

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

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



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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. Traditional Sour Doug bread
2. Muesli Bars
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, 23 October**, 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.

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. For the Afrikaans readers in the October JUIG! magazine, discover how fluoride is a nerve toxin and a health hazard.

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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 more than 5,500 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**.

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

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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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