



# October 2020

It has been a while but welcome to our monthly newsletter, filled with truth, life-changing and -saving advice, events, testimonies, and HOPE.

## 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 testimonies.

All these testimonies are proof that our bodies were engineered to win, heal and improve. We just need to do our bit 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:**

- 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. 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.
  - 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, send us a clean USB stick, and we will gladly upload the full movie for you. Linked find the ROOT CAUSE movie trailer [here](#).
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.

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 New Advice

### 1. CANCER - How to PREVENT it, plus NATURAL TREATMENT SUGGESTIONS

Cancer is one of the biggest thieves in our contemporary society. It is demonstrated that cancer is preventable, and according to research a manmade disease.

This means that CANCER is a set-up!!

If one also looks at the stats, in my opinion, cancer is arguably the biggest health crisis raging on this planet and qualifies as a realistic INTERNATIONAL PANDEMIC and needs far more attention than it receives. The health priorities are manipulated and are skewed in my opinion.

In my journey to health from advanced multiple sclerosis (MS), I've also learnt an immense amount of information about deceptive foods, bad practices, plus how to naturally prevent and treat this condition. I've also witnessed first-hand that cancer is not necessarily a death sentence, but then we need to remove all the ROOT CAUSES that cause this disease.

Sadly, mainstream and conventionally, the system proceeds with aggressive and dangerous treatments while all the ROOT CAUSES remain in place. This is a recipe for a disaster and in my view a crime against humanity.

To help my fellow humans, I thought it necessary to document what I've learned regarding cancer and put it out there as an alternative action plan.

#### **CANCER - Treatment Suggestions from Go Natural.**

Read the linked article to find out how you can benefit from the natural and/or alternative approaches.

I hope and PRAY that this document will reach the right people and be of help to them.

### Treatment Suggestions

**Four inspirational cancer testimonies of customers who were helped:**

1. [Anna Harrington](#)
2. [Wolfgang Spath](#)
3. [Tiaan Swart](#) - Somerset West
4. [Hennie Cloete](#) - Was in Cape Town now in New Zealand

## **2. EMF - AWARENESS and 5G Cell phone technology**

We are not against new technology; we are for technology that has been proven safe.

This dimension is yet another possible obstacle that poses a big threat which could undermine our long-term health.

This year the establishment wants to release the 100-times faster and better technology called 5G mobile network - as if people are not happy with 4G.

As explained by some mobile device producers that advice their users, that 4G is already harmful if you are not using it in wisdom.

This new 5G technology uses 60 GigaHertz millimetre wave technology, which is known as a military frequency. Many informed doctors and scientists are extremely concerned about this untested technology that is busy getting implemented in society without safety testing.

Below are some interviews and research that proves something is wrong and the public are flying 'blind' regarding this technology.

### **1. Doctors call for delaying the deployment of 5G due to health risks | NTD**

5G 5th generation technology promises faster download speeds and conveniences that most of us have never dreamed of. But we will also be blanketed with a new type of radiation called "millimetre waves." Health experts are warning about the rising risks with a 5G rollout.

To view click [this link](#) or the Youtube image below.



### **2. 5G APOCALYPSE - THE EXTINCTION EVENT**

A full-length documentary by Sacha Stone exposing the 5G existential threat to humanity in a way we never imagined possible!

To view click [this link](#) or the Youtube image below.



### **3. 5G, Wireless Radiation and Health: A Scientific and Policy Update,** by Dr Devra Davis.

To view click [this link](#) or the Youtube image below.



#### What shall we do?

1. Go and verify the presented information.
2. Help to spread facts and TRUTH regarding this technology.
3. Become an active and responsible citizen and do your part for the much-needed awakening.
4. It is also been said - "TO MEASURE IS TO KNOW"

Once you know what is dangerous you can avoid most of its exposure.

[Linked](#) on our online shop find a small device that can measure 3 different types of EMF radiation exposures.

5. Live in wisdom with all the new information and data.



### 3. FOOD is your FUTURE

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

Good and true foods are the supply of building blocks for your body, to build sturdy bodies plus long-lasting natural immunity.

Your food is your future; it becomes part of you. Food is not only for building and energy; every day you also 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 empowers people to develop to their full genetic potential and to live "DIS-EASE" free.

4. 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:

<https://gonatural.co.za/wp-content/uploads/2018/08/THE-ENDOCANNABINOID-SYSTEM.pdf>

<https://gonatural.co.za/img/cms/Marijuana-and-Hemp-Right-or-Wrong-Jan2019.pdf> .

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**

Introducing you to the IMPROVED and stronger full-spectrum, whole hemp leaf extract oil. 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](#) and order it online.

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

Meduca Brochure

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

Many of the frustrated and desperate people that we have helped to RECOVER from “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 [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/>"*

[Sender\_Name]

[Sender\_Address], [Sender\_City], [Sender\_State] [Sender\_Zip]

[Unsubscribe](#) - [Unsubscribe Preferences](#)