

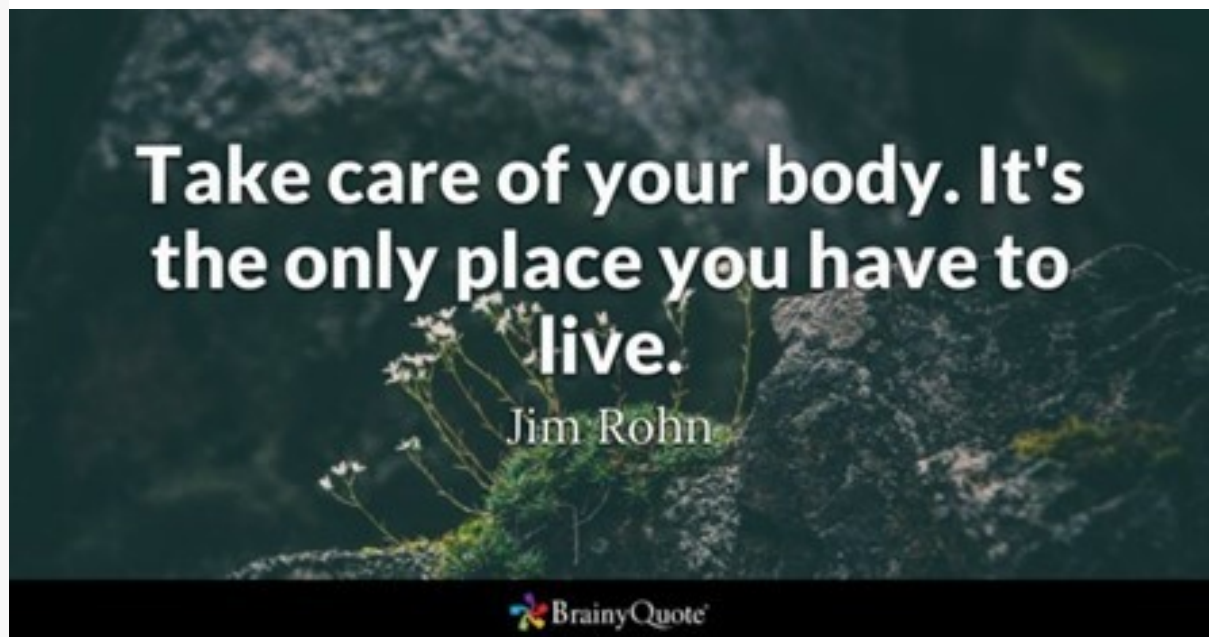


October 2021

Dear Go Natural Friend

We sincerely hope you are well.

Good news, finally spring is here and now that we enter this new season in terms of climate, lets also seriously consider entering in a new season in terms of how you will take care of your most valuable and precious asset, your earthly vessel, your body. Enjoy the below quote from Jim Rohn.



If you read my [book](#) and [testimony](#) how I've survived and recovered from advanced MS, you will soon realise there is a wicked agenda to make people "DIS-EASED". The "system" has a well-oiled business model. My book is an attempt to wake people up and to present a proven, alternative health model fortified with an affordable diet and lifestyle that will help you to sidestep all the efforts of the faulty food and medicine system to enslave you to their products.

HEALTH ADVICE lower down, an article on FERMENTED FOOD and the RATIONALE.

We have more good news, all our [SUPER-GEAR juicers](#), the ANGEL and GREEN STAR juicers are back in stock. We also offer a new model, the [SOLO-STAR juicer](#) similar than an Oscar, but superior in performance in terms of juicing yield due to its two stage auger extraction process.

More GOOD NEWS, we can gather again and our last Go Natural for the LOVE of TRUE FOOD seminar and workshop for 2021, will be held on 3 November 2021, linked the [invitation](#).

Remember to order your PASTURE REARED 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 seminars, workshops, and events



Our LIFE SAVING and LIFE CHANGING events are on the roll again.

This [INVITATION VIDEO](#) will give you an idea of what to expect.

Also more detail to [READ](#) regarding our events.

BOOKINGS

[Linked](#), find the dates and invitations for the rest of the year, you will see we have two events hosted on Saturdays.

You are welcome to book online with QUICKET. Limited seats are available, book in advance to spare the disappointment.



Calendar

More Information

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.

Testimonies

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.

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:



First and foremost, there is no better way as to start with your GUT health.

A. The NEED for FERMENTED food?

Today it is common knowledge that your health starts in the gut.

Inside the gut there is an ecosystem called your microbiome consisting of a vast variety of trillions of microorganisms that help you to digest and assimilate your food.

A natural requirement for having a healthy microbiome is to be a full term (\pm one year at least) breast-fed baby. But, sadly, many of us were not breast fed and those individuals already have a compromised GUT microbiome. On top of that most of us have used antibiotics, drinking chlorinated water, or sterile processed foods containing chemical toxic preservatives in the past, the mentioned variables could have highly disrupted the microbiome and possibly injured the gut and now many have a leaky and irritable gut with devastating health consequences, i.e.

- Allergies
- Food intolerances
- A weakened immune system
- IBS - irritable bowel syndrome

- Auto immune disease conditions
- Leaky Gut syndrome
- A compromised gut that causes poor nutrient assimilation
- Candida overgrowth
- Nutrient deprived.

GOOD NEWS

There is hope, not only is the fermentation of food a proven ancestral way to preserve and store in-season food, but most importantly added to that, fermented foods have many health and healing properties:

For the full TEACHING click the button below.

Latest Teaching

B. Enjoy mostly TRUE FOODS

True foods contain so much immune boosting nutrients, amongst 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. This brings me to the next topic - SUPPLEMENTATION. The long and the short, the more you GO NATURAL and is nourished with nutrient dense foods, the less one need to supplement in the long term. 200 Years ago, the supplement industry did not exist, our predecessors did not take pills and powders, read more about it in our Go Natural book.

C. Remember to supplement with the following food 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 - [View Video](#) by Dr Ryan Cole what he recommends re the virus and Vit D.
3. Zink your immune boosting mineral. One tablet 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/>"