



Wisdom for Healthy Living

PREVENT and REVERSE Obesity and Diabetes

The No 3 Killer in the USA is Obesity and Diabetes. South Africa follows close behind this disturbing trend.

As BACKGROUND, join host, Jon McMahon, as he presents the brand new,
Exclusive Screening of iThrive:

Rising from the Depths of Diabetes and Obesity - A Compelling 9-Part Series

[Documentary-trailer - https://go.ithriveseries.com/watch?oprid=22039](https://go.ithriveseries.com/watch?oprid=22039)

Jamie Oliver also revealed the status of the world and the destruction caused by sugar, processed and refined foods in his TED talk. https://youtu.be/go_QOzc79Uc.

THE RESULTS:

“The Black Plague of the 21st Century.”
Dr. David Mathews, Oxford University, 2017

“The leading cause of death and disability combined in Mexico.”
Global Burden of Disease project, 2017

“Now the third leading cause of death in the United States.”
Boston University, University of Pennsylvania, 2017

Q: What caused this universal plaque of obesity and diabetes?

I urge you to be open to the truth and unleash your COMMON SENSE and DISCERNMENT.

A: ‘TRICK FOODS’- yes ‘trick foods’ cause this global epidemic.

‘Trick foods’ are “foods” that are not really food. The food conglomerates have engineered and legalised many man-made nutrient sterile foods which I call ‘**trick foods**’. These ‘foods’ trick and essentially cheat your body as it delivers no nutrients / building blocks to your multi trillion cell investment, your body. You see, one of the reasons for eating, is to continuously supply nutrients / building blocks to replace old cells with new cells. This is one of the profound design features to self-maintain all our body’s cells and systems. Cells can only live so long, they become ‘worn out’ and then need replacement. The medical world calls it apoptosis which is the natural process of programmed cell death which naturally occurs in multi-cellular organisms. We replace approximately 20 million cells every day. However, ‘**trick foods**’ render your



body in a perpetual state of craving for building blocks (nutrients to build new cells). Your body, with its intelligent design, knows when it lacks these much needed building blocks and it will therefore remain in search mode for nutrients which results in your inner control system activating a survival reflex namely HUNGER CRAVINGS. Many people are overfed but are starving and malnourished. There is no difference between starving and craving but craving is a good reflex or messenger to ensure you survive and have your much needed building blocks to continuously repair and replace old cells.

'Trick foods' are always only a short-term and incomplete solution to hunger because after an hour or two, at max 3, you start starving/craving again. 'Trick foods' only give you momentarily relief of the craving / starving reflex as one unknowingly keeps on cheating or tricking your body.

What are 'TRICK FOODS'?

"Foods" that contain the below ISOLATES / SUBSTRATES are high quantities of:

1. Food containing sugar e.g. sweets, soda pop, snack bars, etc
2. Refined white flour products
3. Processed foods
4. Fast foods and many more unnatural 'food' solutions

Basically, every quick fix 'food' found in packets, boxes, cans and bottles.

Think about it, with the cognition of apoptosis, we could argue that by definition 'TRICK FOODS' cannot be classified as a food. It is perhaps food-like, it is presented and propagated as food, and it mimics food, but in essence 'TRICK FOODS' are an abomination, are nutrient sterile and not worth being called a food because it is in short supply of nutrients and it does nothing good for the body. 'TRICK FOODS' are an ISOLATE / SUBSTRATE which is a nutrient in isolation: the opposite of synergy and causes chemical and nutrient imbalances.

True food as presented by nature, designed by our CREATOR, will BLESS the body with nourishment in abundance and synergy. True foods contain natural occurring nutrients in synergy and always cause homeostasis and vitality. However, 'TRICK FOODS' or JUNK FOOD deceives your body and leaves it more nutrient deprived after a meal than before a meal.

You see, research has proven that 'TRICK FOODS' pull and suck on nutrient reserves from your body to process the unnaturally high amount of empty carbohydrates which quickly converts to ultra-high blood sugar levels. As if that is not enough damage, 'TRICK FOODS' are presented with a whole collection of toxic chemical preservatives, taste enhancers and bad fats that further place an immense burden on your immune system. JUNK FOOD also unnecessarily depletes the antioxidant and nutrient reserves from your body. 'TRICK FOODS' therefore only poison and harm the body with temporarily filling capacity.



Wisdom for Healthy Living

We live in a drugged society: drugged on sugar and refined carbs.

To topple this, 'TRICK FOODS' are highly addictive and habit forming. It is proven that SUGAR is a drug, since it is addictive. Think about it, every time you eat 'TRICK FOODS' you actually practice substance abuse. Furthermore, 'trick foods' are presented with addictive, artificial chemical taste and aroma enhancers, colorants, propaganda on the packaging that make them even more irresistible, and users soon become enslaved to it. Serotonin, the feel-good hormone is excreted, but this feeling and sensation of bliss is short lived. One or two hours later your blood sugar levels drop, craving / starvation clicks in and this destructive snow ball cycle repeats itself again.

Skin deep one's body stores the energy plus daily unwanted fat is added on a weakened body structure. Sadly, the victim's organs also become nutrient deficient and cannot control the continuous high blood sugar levels any longer, and soon diabetes knocks on the door.

OBESITY and DIABETES are both preventable and reversable

NB – ALWAYS REMOVE THE ROOT CAUSE

'TRICK FOODS' are FAKE and DESTRUCTIVE to the core and should be avoided at all cost.

Be aware that 'TRICK FOODS' are like chameleons and are well camouflaged. A supporting documentary is 'THAT SUGAR FILM' https://youtu.be/SY_tmt5QhWs. If you have not seen it, do yourself a favour and watch it, show it to your children and loved ones - spread the good news and prevent man-made 'DIS-EASE'.

THE SOLUTION

1. Go Natural

The solution is in nature, if you GO NATURAL and produce all your food with living, true and fresh ingredients, then you remove the guesswork and the complexity of label reading on packaged foods. I have never seen an obese and diabetic animal on this planet if it enjoys the original food chain. This is exactly what we should do: revert back to our original TRUE foods. This is where our book **GO NATURAL Wisdom for Healthy Living** comes in handy. It exposes all these 'TRICK FOODS' but also gives you the natural solution as well as recipes for true foods.

2. EDUCATION

We've been cheated, which means we seriously need to re-boot our faulty paradigms. To soften the argument is that many people have grown up on 'TRICK FOODS' all around us and it has become the new norm to eat unnatural and destructive foods. This has left us in a void of discernment. Trusted



Wisdom for Healthy Living

information and teaching are much needed. My suggestion is to start implementing the solution with parents and then the kids, or in parallel with each other.

GO NATURAL presents **FOR THE LOVE OF TRUE FOOD SEMINARS AND WORKSHOPS**. It is really advisable to attend one of these as people leave empowered with information and skills to take control of their health.

I fully agree with Jamie Oliver that True Food education should be taught at school level. We've lost too many skills in the past century, like food preparation. It is one of those critical skills that we have lost and needs urgent attention.

If you need help, I suggest you book an advisory CONSULTATION with me <https://gonatural.co.za/content/37-consultations>.

In parallel, if you have diabetes or blood sugar problems, consider food supplements that support the pancreas to produce insulin again. We have many suggestions to help victims with diabetes and obesity to return to homeostasis and vitality.

Read our remarkable **TESTIMONIES of customers who recovered naturally**. <https://gonatural.co.za/content/34-testimonies>, in particular James Matthews' testimony about recovering from Type 1 Diabetes. <https://gonatural.co.za/img/cms/James-Matthews-RECOVERY-from-Type-1-Diabetes.pdf>