



September 2018 Newsletter

Dear Go Natural Friend

With longer days and the warming sun approaching, we will soon be able to head outdoors again to jog, walk along the beach or up the mountain, breathe in fresh air as we cycle, pack a healthy picnic basket for a fun-filled family day, take out those braai and salad recipes and invite friends over! Yes! Let's put our health first this Spring!

Cape Town is bursting with Spring! If you don't live here, why not arrange to visit family or friends and at the same time attend our For the Love of Real Food Seminar and Workshop in Somerset West. Put the Wednesday aside to invest in your well-being and take home an abundance of knowledge, recipes and inspiration to continue your journey to healthy living. This month's workshop is about how to make Essene bread, made from sprouted wheat berries. The healthiest but also the most cost-effective bread available. (See more info in the newsletter.)

Enjoy this month's 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 thrilled to share with you two amazing [testimonies](#) from customers who, like me, recovered from Multiple Sclerosis (MS).

1. **James Healey**

On my recommendation, James went to Dr Huggins in The USA in 2006. This year marks 12 years on his road to recovery and stabilization from advanced MS. The first time I met James he could not lift his hand to greet me, he could hardly walk and was unable to drive. Today he can do all these again!

2. **Janco Moolman**

Trading hours

Mondays-Fridays: 09h00 - 17h30

Saturdays: 09h00 - 13h00

All Public Holidays: CLOSED

Jaco was fortunate enough to discover my book the same day of his diagnosis. He recovered quickly after the root causes for his condition were removed and with the introduction of real food *al la Go Natural*. On top of his MS recovery he lost a whopping 20 kg and is more energetic than ever.

These testimonies confirm that the body is designed to WIN. 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.

September Special



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



SEPTEMBER 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



[View Dynapro Online](#)

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Take Care of Your Body - It's the Only Place You Have to Live In

What can I do and where do I start to change my diet and life style?

In our book, GO NATURAL Wisdom for Healthy Living, we have so much to offer. If you have not read our best seller yet (more than 5000 sold to date), then we strongly recommend that you consider it. We look at healthy living in 3 dimensions: body, mind and soul. If, and when, all 3 dimensions are nourished optimally then healing and homeostasis is normally the result. My book is a good starting point. See our book promo here



TWO HEALTHY LIVING TIPS

THINK ABOUT IT ... What crosses our lips most frequently?

1. WATER

Whether you drink a glass of water, tea, coffee or consume water in food, everybody ingests approximately 3 litres of pure water per day. Water is a medium that cleanses the system, it should not be a medium that pollutes the delicate systems of the body. With a water distiller you are 100% sure that the water you consume, is pure. An extra bonus is that it tastes delicious.

2. STAPLE FOOD

Make sure the food you eat is real food and without chemicals. One of the most affordable and healthy breads one can enjoy is the age-old tradition of sprouted ESSENE bread. The recipe is in my book. You can also visit us at our shop in Somerset West or book your seat for next month's seminar and workshop where one of the 4 recipes demonstrated will be the ESSENE bread. We teach you how to bake a nutrient dense loaf for less than R10 per loaf.

Watch our seminar and workshop promo here <https://www.youtube.com/watch?v=LswhdsBi-Zw>

The importance is not where you start, but it is important that you do start somewhere.

Interesting TV Interview with Johan on 'DIE GROOT ONTBYT'.

Johan Jacobs - Genesing van MS - 21 Aug 2018

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

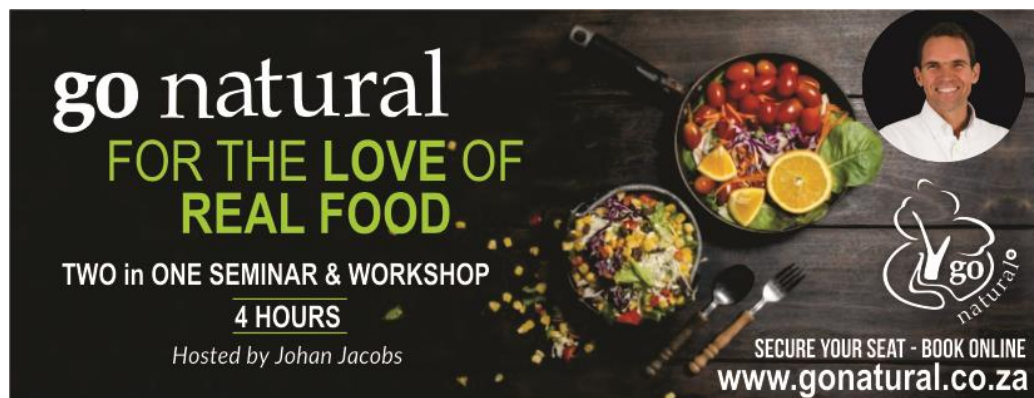
Cannabis Oil - Right or wrong?

[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



Wednesday, 19 September 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.

<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. Vitamin C Cocktail as Ginger Lemonade
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.

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To secure your seat, please **book here** no later than **10h00 on Tuesday, 18 September**, 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. In the September JOY! magazine, discover how cancer is not necessarily a death sentence by reading this profound and beautiful testimony of recovery by Hendrik Cloete who conquered Melanoma in the lungs (stage four), the natural way.

Since the article is a summary of his testimony, you can read his full account **[here](#)**. We praise the LORD for his saving grace by granting Hendrick FULL recovery and giving him a second chance on life.



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!

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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**.

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 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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