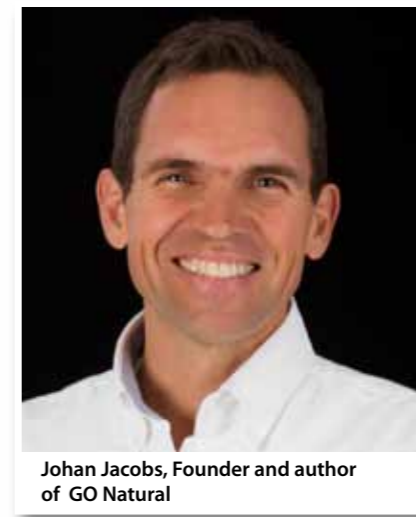




# The Kitchen: The Engine Room of the Family

Wear your family off the modern diet of processed convenience foods

—by Johan Jacobs



Johan Jacobs, Founder and author of GO Natural

Mounting evidence presented in Go Natural demonstrates the importance of real, whole fresh and organic food and the degeneration and destruction that results from a modern diet of processed foods.

In order to help you live healthily and naturally in a modern environment that is jam-packed with quick-fix boxed food solutions, altered food, dirty water, and other 'evils', we

eating REAL FOOD is well documented and explained in my book. Once you understand the rationale for quality food and the critical role it plays in your body to experience daily optimum health, you will think twice in consuming junk food. Our Creator did not design us to eat pre-processed and adulterated quick-fix foods.

If your family embarks on this journey to

With a few changes in your family's eating habits and some practical adjustments in your kitchen, you can take control of your health and honour God by being a good steward of your body.

have developed ten basic guidelines to gather, produce and freshly prepare REAL FOODS and pure water that will optimally nourish the body.

## Renewed perspective on health

Healthy living requires a paradigm shift that begins in the mind. The rationale for

make and prepare your own foods the Go Natural way, it will be an exciting, educational, empowering and enjoyable experience for you all. REAL FOODS are not only far more palatable and tasty but also contain a much higher nutritional value, similar to what our ancestors once enjoyed. Following is Go Natural's nutritional ten step plan:

Hmmm...REAL FOODS are made with LIVING ingredients

## 1 Water

Pure water is a human being's number one basic need. The body is comprised of approximately 70% water. One of the most important functions of water is to flush out toxins from the body. But how can water clean the system if the water itself has become an actual source of toxins, polluting the body?

### Recommendation:

- Every house should harvest rain water in big storage containers; boreholes are not recommended.
- Distillation is the only consistent, infallible and effective water purification process. It transforms contaminated water into pure life-giving water.

## 2 Grain - Foods

A super staple food if it is freshly milled or rolled. Intolerances disappear, vitality is regained and excess body weight melts away. Grain foods like bread, pizza, pasta, etc. should only be enjoyed if it was hand made from freshly milled, living and organic grains.

Banting advocates are unfair and ill-informed in their judgement of grain. One cannot compare white refined flour with a whole grain seed. They have rightfully exposed the evils of refined carbohydrates, but neglected to expound the virtues and even necessity of unrefined, organic, freshly milled grains. Because of this half-truth and lack of discernment many are being misled and robbed of vital, life-giving nutrients and cost effective food types.

Always stone-mill living grain fresh immediately prior to preparation of the food. This ensures that the fragile essential fatty acids and amino acids (protein) in the germ of the grain is fresh, thus good.

## 3 Animal protein

The prima building blocks: Meat, seafood, milk products and eggs are vitally important

foods. Not only is it difficult to obtain adequate protein on a diet devoid of animal products, but such a diet often leads to deficiencies in many important minerals and nutrients as well. It is important to know what the food chain of the animal you are going to eat consisted of. We need to apply common sense and pay a lot more attention to our food sources, types, and quality. Only buy meat and other animal protein

Healthy living requires a paradigm shift in the mind. Once you understand the importance and value of eating quality food, you will think twice about consuming junk food.

products from a supplier that is well known for supplying organic pasture-reared meat, eggs, milk, etc., with no growth stimulants, GM containing fodder and hormones.

## 4 Juicing of vegetables

When one extracts the juice from a vegetable or herb, the result is a very concentrated and powerful nutrient substance. Some people even call it medicine. The advantage of juicing raw vegetables lies in separating the juice from the fibre, so that you retain the bulk of the nutrients in the juice. Because the fibre has been removed, these fresh, living nutrients in the juice enter into the bloodstream at cellular level within minutes, eliminating the time-consuming and energy-depleting process of digestion.

## 5 Sprouting

Adding sprouts to your diet is an easy way to gain mega loads of the living building blocks needed for vitality and good health. For their size they offer a tremendous number of nutrients.

## 6 Fermented foods

Fermentation as a process to naturally preserve raw foods is a vital traditional skill that has been lost and forgotten by modern society.

Homemade fermented foods are filled with natural probiotics, enzymes and a plethora of healthy gut bacteria.

## 7 Blending

A blender is a wonderful kitchen aid to be utilised, but we need to use it in moderation and with wisdom. Chewing is vitally important to stimulate jaw bone development and the

excretion of the correct digestive enzymes for proper digestion. More detail in my book.

## 8 Dehydrating of products

Dehydrating is a natural process to preserve and to produce snacks and foods. Blowing hot dry air over certain foods will dehydrate and remove the moisture from the food product, leaving the preserved enzymes, vitamins, and minerals intact, to be used at a later date.

## 9 Oils and fats

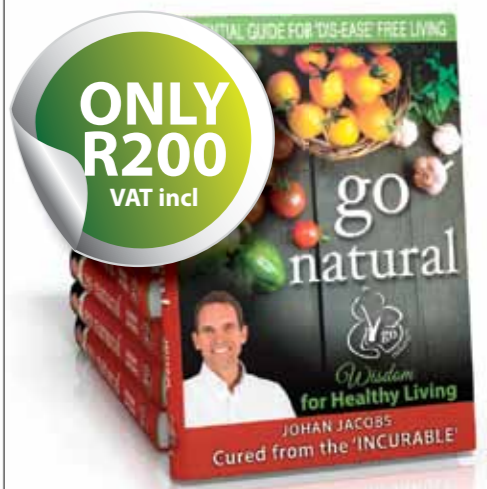
Indispensable for the absorption and utilisation of nutrients. A vital nutrient essential for a healthy central nervous system, skin, etc.

## 10 Super foods

Extraordinary nutrient-dense foods that boost health and vitality. Examples are; whole cacao beans, chia seeds, cayenne pepper, etc. In the recipe section of Go Natural, you will find a selection of recipes to make handmade chocolate, snacks, deserts from whole and fresh super food ingredients. This list of nutritional suggestions is the theory of the Go Natural diet. To discover how you can take control of your health, your most valuable asset, order the book on: [www.gonatural.co.za](http://www.gonatural.co.za)

Full article can be found on [www.joymag.co.za](http://www.joymag.co.za)

GO NATURAL  
WISDOM FOR HEALTHY LIVING



The most complete & comprehensive health book that you will ever read. This book will guide you to 'dis-ease' free living.

INCLUDES 72 RECIPES!

## THE BOOK'S PURPOSE

The body is magnificently created. The non-negotiable conditions for it to function effectively are proper nutrition and the elimination of all toxins. In his book, Johan shares his healing journey; a remarkable "long walk to health freedom". This journey has empowered him to share ways to side-step modern health landmines, enabling people to live completely 'dis-ease' free.

## JOHAN'S DISCOVERY LED HIM TO REALISE:

- That a healthy diet and lifestyle is essential for the body to function naturally, 'dis-ease' free and optimally
- Only when a healthy diet and lifestyle is followed, will the body have the capacity to self-heal, self-maintain and self-protect
- Go Natural exposes the hidden dangers lurking in our mouths, food and environment, which could potentially be the root cause of our state of 'dis-ease'
- In Go Natural, Johan also explains why the 'hunter-gatherer' lifestyle provides superior nutrition for optimal health
- Go Natural will help you understand the difference between a 'dis-ease' and condition - and show how to take control of your health
- Go Natural will explain the reasons for (and the solutions to) physical degeneration, accelerated aging and unnecessary weight gain.

NEW

Available online at  
[www.gonatural.co.za](http://www.gonatural.co.za)