

# go natural

## FOR THE LOVE OF TRUE FOOD



Two in one seminar & workshop

**5 HOURS**

Hosted by Johan and Alicia Jacobs

SECURE YOUR SEAT - [WWW.GONATURAL.CO.ZA](http://WWW.GONATURAL.CO.ZA)

*The 1 and 1/2 hour SEMINAR  
INCLUDES!*

*The 3 and 1/2 Hour WORKSHOP  
INCLUDES!*

### PART 1

1. The introduction to the RATIONALE of GO NATURAL
2. The link between nutrition and physical degeneration
3. Exposing modern "DIS-EASE" causing DECEPTIONS
4. Exposing the archer-arrow principle of toxicology
5. The hidden difference between a "dis-ease" and a condition
6. Explaining the SOLUTION: GO NATURAL'S 10 Step Nutritional Program
7. How to unlock your INNER DOCTOR
8. Valuable advice about sidestepping hidden modern health landmines
9. Ancient wisdom about how to take proactive care of our bodies in a modern, toxic world

### PART 2

10. GRAIN FOODS
11. Grain Anatomy and Wisdom
12. Wise Grain Practices
  - Soaking
  - Sprouting
  - Fermentation
  - Natural preservation and storage
  - Fresh processing methods

### PART 3

#### FOODS to be Demonstrated and Prepared

1. Sauerkraut - Fermented cabbage
2. Wrap / Pan Cake
3. Vit C Cocktail as Ginger Lemonade
4. Raw Chocolate - Go Natural's 3 In One Anti-Aging Snack

#### INCLUDED

**Included:** Carrot Juice and testers of all the prepared food.

Cooking with **LIVING** ingredients delivers the **REAL** deal namely **FRESH NUTRIENTS IN ABUNDANCE.**

**Date:** Wednesday, 14 August 2019

**Time:** 08h30 for 08h45 - 13h45

**RSVP:** Tuesday, 13 August 2019

**Venue:** 10 Swallow Crescent, Vredenberg Estate, Bakkerskloof St., Somerset West

**Booking:** On [gonatural.co.za](http://gonatural.co.za) (essential with QUICKET), at our shop, or phone 021 852 2744

**Price:** R500pp, 2 or more tickets R450pp (bring a friend!)

BOOK

021 852 2744