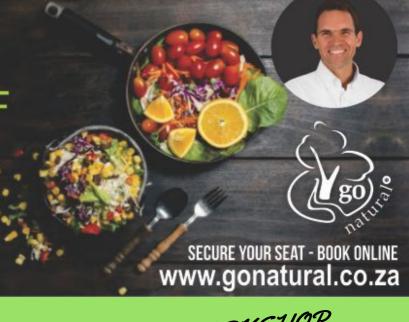
go natural FOR THE LOVE OF REAL FOOD

TWO in ONE SEMINAR & WORKSHOP

4 HOURS

Hosted by Johan and Alicia Jacobs



The 1 hour SEMINAR 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

The 3 Hour WORKSHOP

INCLUDES!

PART 3

FOODS to be Demonstrated and Prepared

- 1. Pasta
- 2. Pesto
- 3. Ginger Lemonade
- 4. Raw Chocolate Go Natural's 3 In One Anti-Aging

Snack

INCLUDED

Carrot Juice and testers of all the prepared food.



PART 2

10. GRAIN FOODS

11. Grain Anatomy and Wisdom

12. Wise Grain Practices

Soaking

Sprouting

Fermentation

Natural preservation and storage

Fresh processing methods

HOW TO BOOK

Date: Wednesday, 7 February 2018

Time: 09h00 - 13h00

RSVP: Monday, 5 February 2018

Venue: 10 Swallow Crescent, Vredenberg Estate,

Bakkerskloof St., Somerset West

Booking: On our website (essential with QUICKET), at our

shop, or phone 021 852 2744

Price: R400pp