

NATURAL HEALING

PRACTICAL ADVICE & COMMON

SENSE FROM GO NATURAL

—by Johan Jacobs



Johan Jacobs, Founder and author of GO Natural

Three key principles of common sense natural healing:

1. The body is a self-healing entity

First of all, the ultimate Healer, the Creator God designed auto-healing in our genes. As a scratch heal or any injury for that matter, we

take this principle for granted. The same principles apply for your inside. Self-healing proves that the body continuously wants to be in a state of harmony and no 'dis-ease'.

2. The root cause effect - Toxicology

With most 'dis-eases' or harmony disrupted conditions, there is almost always a root cause. A crude example is that a stab wound that will never properly heal of its infection if the rusted and broken off blade of the knife is not removed. The 'spanner in the works' principle. This principle is equally applicable at the invisible cellular level.

For example, what happened with me is

Your body operates on nutrient rich foods that provide building blocks for the body.

the toxic effect of mercury atoms with my nerve cells. It is well documented that mercury causes brain neuron degeneration inhibiting the cells to function as it was designed to do. We give the specific group of symptoms a name. Whether it is the 'dis-ease' MS, Alzheimer's, ALS or Parkinson's the root cause, mercury or any other nerve (typical a fat soluble) toxins, cause brain neuron generation.

The brain is so complex, with trillions of nerve cells, wherever the toxin eventually

settles, that specific cell or area and its function will be affected. This is without considering the amplified toxicological effect of multiple toxin exposure. Consider mercury from amalgam fillings in combination with aluminium from water and cookware and MSG as food preservative and taste enhancer. The synergistic effect of these toxins could cause one plus one to be three or more instead of two. This could easily cause an amplified or varied biological affect that manifest with new symptoms.

3. Nutritional imbalances

A diesel engine is not designed to run on petrol and visa-versa. Your body was created to operate on clean, natural and nutrient rich foods that provide building blocks for the body (as discussed in January issue) for:

- Self-healing
- Self-maintaining
- Self-protecting
- Self-growing for our children

As with an engine, it is common sense that your body can and will not run smoothly if it is not fed the correct building blocks.

Our building blocks come from our food chain that was designed thousands of years ago by the Creator; it was made perfectly, and we cannot improve on what God made. All these plastic, quick-fix box and packet foods do nothing but disrupt the body, preventing it from functioning optimally and causing us a lot of preventable pain. For more than a century, we have effectively become masters in upsetting the delicate, fine balance in the human body.

The problem is that our perception of 'natural' has become so corrupted and twisted because we are brainwashed by cleverly marketed packaged foods. Most people have become accustomed to a completely

unnatural, artificial and modern world invaded with quick-fix solutions with very promising claims, but the unnatural in a box simply does not deliver.

You've been deceived

Have you ever seen food that hangs in boxes, bottles or packages on plants? These box foods are filled with empty calories, thus limited building blocks. If this is not sad enough, modern quick-fix foods could sadly contain foreign chemicals, i.e. food preservatives stabilisers, colourants, fillers, taste enhancers and more.

Therefore modern food causes:

- Malnourishment

Taking care of your body will enable it to heal and empower you to live a quality life.

- Toxic build up, not to mention bad fats and all the other thousand evils.

Natural living is the only long-term and sustainable way to ensure optimal health and vitality. All foods should originate from raw, living, fresh and clean (organic) ingredients.

4. Detox and cleansing of the body

This part is vitally important and it is explained in detail in my book over approximately fifty pages. The 'Archer - Arrow' principle explains that the origin of the pollution and the toxic waste that needs to be cleaned up. This topic will be discussed in the July issue. If a detox is done correctly then the individual will recover, however if done without wisdom the individual can experience severe trauma.

My experience has taught me, there is always a cause and effect, what you sow is what

you will reap. It is a principle of nature. I experienced it, and in hindsight recognise that I reaped what I had sown. Ironically and rather unfairly God is often blamed for the seemingly unnecessary sickness or premature death of a loved one. This is done in spite of the fact that in many cases we ourselves are partly, even wholly responsible for our own ill health or condition.

The way forward:

We must think differently, with a clear understanding of how nature and our bodies are interlinked. It is important that we accept the responsibility to ensure that our body is naturally fed and optimally nourished. An optimally-nourished body in a natural, healthy condition is equipped with a strong, empowered immune system that is far more resistant to viruses, bacteria and 'dis-ease'.

Have fun, glorify God

Healthy living, the 'Go Natural' way, is a journey full of exciting experiments, taking you back more than a century ago, far beyond industrialisation of our food chain. Go Natural will empower and educate you with skills to prepare and enjoy those real unadulterated, natural and nutrient dense foods just as our ancestors once did.

Soon healthy living becomes second nature, with little or no extra effort. Healthy living empowers you to live a quality, productive and full life to outlive your godly purpose for His glory. Simply make a family decision to take control of your health because you can.

By grace I received a second chance, I took it, and experienced self-healing. Now, I challenge you to take your second chance and 'Go Natural'.

Take Control Of Your Health



SUGGESTIONS:

1. Empower and equip yourself with information, read reputable health literature and become empowered to make wise health decisions.
2. Make healthy living practical in your home by prioritising and investing in equipment that will make it easy to do so.
3. Ensure that the body is optimally fed with the proven hunter-gatherer diet and life style as recommended in my book, 'Go Natural'.
4. Remove all the root causes: When all the unnatural 'spanner in the works' and variables are removed and replaced with natural alternatives the body is empowered to self-heal, the best doctor is within.

JOHAN'S recovery journey from primary progressive multiple sclerosis taught him that sickness and 'dis-ease' are no accident, there is a root cause. For detailed and life-saving information to achieve dis-ease free living, order his book by going to: www.gonatural.co.za

