March 2019

GO NATURAL'S VISION
Is for every individual to be able to TAKE FULL CONTROL OF THEIR HEALTH.

The masses are being deceived, enslaved and controlled by destructive propaganda, but Go Natural has a solution for your health.

Thank you for helping us spread the good news of the solution to live 'dis-ease' free. As a result of deceptive practices in the food and health care systems we face a global catastrophe of many unnecessarily 'dis-eased' people, help us to spread the good news and to help make our world a better place with less suffering.

Our seminar / workshop is a four-hour event and is the catalyst to release you from the grips of 'dis-ease' and symptomatic medicine, while many times the root causes of 'dis-ease' are never removed.

GO NATURAL'S seminars and TRUE food workshops

If you haven't attended one yet, then you are missing out on a huge injection of knowledge, wisdom and know-how required for your health and vitality. You are welcome to join us for our next seminar and workshop on 10 April. The lifesaving information presented in the first session, the one-hour seminar is already worth the cost of the whole event. As a bonus, for the next three hours we will demonstrate and prepare TRUE FOODs, made with living ingredients:

1. Traditional Sour Dough bread,
2. Traditional Burcher Brenner Muesli,
3. Kefir - fermented dairy, and our famous cherry on the cake,
4. Go Natural's Raw Chocolate 3-in-1 Anti-Aging Snack.

All of these will be enjoyed by attendees during the event.

Remember Go Natural's philosophy: **YOUR FOOD is YOUR FUTURE**. Everything you put in your mouth eventually becomes a part of you. Make sure you are geared for a good future where

you replace old cells (daily approx. 20 million cells get replaced with new ones) with equal or better building material, by ingesting true nutrients.

Workshop Invitation

Go Natural TESTIMONY

Stephen and Clarise Hunt – a profound three-in-one testimony of a leaky gut, grain intolerance and vitality recovery.

Read Testimony

Monthly Advice

We are addicted to too much food and the wrong food.

In general, in our western civilization we live in a time of an abundance of food, gadgets, technology, etc. Not so long ago, our forefathers ate far less than our modern dispensation that is currently roaming in the 'modern artificial valley of abundance'. Most of us do not labour to produce, hunt or gather our 'food', thus we spend no effort nor energy, we merely barter with paper or plastic money. Most of us do not even walk to fetch our food, no we drive - we invented the wheel.

I mean, we all know it is really wonderful to eat food and it is indeed essential. But sadly, many of us know that the bulk of the modern food chain is corrupted and deprived of nutrients, in other words a big portion of the abundance of foodstuff is fake foods that trick and cheat our bodies and keep us (the masses) in a perpetual state of craving and hunger. This is the reason why many are overfed, overweight, or obese but they are actually starving and the survival reflex forces us to eat again and again. A continuous vicious snow ball effect that slowly erodes our health and vitality.

For more information and advice to prevent these propaganda TRICK FOODS, linked find a previous article on this matter.

The result is that more than 50% of the modern western society is overweight and or 'dis-eased' with the following modern diet and lifestyle related disorders and conditions for example; overweight, diabetes, obesity, osteoporosis, tooth decay, ADD/ADHD, heart disease, cancer, etc.

The GO NATURAL diet and lifestyle is definitely the solution, but what I recently discovered is that if you want quicker results in recovering to your normal, or shall I say your correct, body

weight, then INTERMITTED FASTING is the accelerator. Especially for us over 40 years of age that is not nearly as active as 30 years ago.

INTERMITTED FASTING PRINCIPLES
All it means is that you restrict your food intake. The fundamentals of the restriction work like this:

1. You can eat every day in a six-hour window.
2. You fast or restrict for the next 18 hours after your last meal.
3. Ideally you skip breakfast.
4. You therefore only eat in one quarter of the day, a six-hour span.

For example, you eat your first meal at 13h00 and your second meal 19h00.

5. Preferably do not eat in between.
6. Focus on quality not quantity, only ingest GO NATURAL true foods.
7. Only eat when you are relaxed.
8. Eat slowly and chew your food properly.

The reason why intermitted fasting helps is:
One eats less because physiologically we do not need so much food. One just needs to get one's mind over it and break the bad modern habit of continually over eating.
All food and nutrients come with energy, if you are not using all the ingested energy, your body will be storing it for the days of scarcity.

Additionally, in more severe cases of 'dis-ease' consider going on the Ketogenic diet.
In case of severe illness like cancer, diabetes and neurological conditions in parallel with the GO NATURAL diet and intermitted fasting incorporate the ketogenic diet.
The basic principle of going Keto is a low carbohydrates and high fat diet, consisting of approximately 25% protein. You want to switch from sugar and carbohydrates as energy to fat burning, which is a process of ketosis. Cancer cannot survive without sugar and glucose. The end product of fat burning is ketones, which is a powerful brain antioxidant. Furthermore, Ketones are a far more efficient energy source than sugar.

No fruits only berries in moderation. Limit or restrict all grain or grain containing food consumption.

To wrap up, there's lots of hope (as you will see in the research below), but to summarise, we as westerners are presently in the wrong health gear and mindset. We were born in this faulty, modern, altered and adulterated food dispensation. This has become the new norm in the valley of fake abundance with no effort, we have become used and addicted to too much food and wrong food that in many cases are not food. This is the reason why we look the way we do with the dismal health statistics. It is catastrophic.
We need to change, and I believe, GO NATURAL'S true foods in parallel with intermitted fasting will give you the desired results. It is proven that diets do not work, this is a life style.

Below find the interesting links and research that support my advice.

TRUE FOOD
What is wrong with our modern food system?

Birke, this wise young lad says; he rather pays the farmer for better food than the doctor because of bad modern 'food' - click here

Very important is to look at a solution/scenario where one work with nature and the ecological farming model.

This video's name is:
How I fell in love with Fish, but there is much more to it than fish.

Cancer Wisdom
Chemotherapy is a Waste of Money
By Dr Peter Glidden talks about the incredibly low success rate for chemotherapy as a cancer treatment. Be sure to talk to your doctor about all your options before deciding on a cancer treatment path. This interview correlates well with the video about cancer, and it's origins from Ty Bollinger.

RESULTS
The Ketogenic Diet & Brain Cancer: Brain Cancer Survivor Logan Sneed

Dr Berg interviews Logan Sneed, who developed brain cancer (Glioblastoma), the most aggressive form of brain cancer two and a half years ago. He found the ketogenic diet and intermittent fasting and has been doing very well. Tumors cannot live on ketones, so a healthy ketosis diet can improve your immune system greatly.

Spread the news and help your family, friends and loved ones to see the light, there is a far better way to treat and prevent cancer.

If you were diagnosed, what to do?

Bob Wright, founder of the American Anti-Cancer Institute, talks about some of the first things you should do after you get a cancer diagnosis.
His summary of the current state of our health care system; ‘we do not have health care we have sick care’.

Cancer is an Immune Disease

Bob Wright, director of the American Anti-Cancer Institute, talks about the immune system's role in cancer.

THE ROOT CAUSES
One of the key ROOT CAUSES that prohibit and influence your immune system not to function optimally and correct is dental pathology as exposed by this documentary.
Watch the trailer by clicking on the blue Vimeo logo below.

The full movie is available on NETFLIX.

Contact me at johan@gonatural.co.za if you need a good biological dentist to remove the primary root causes of cancer and other degenerative diseases. It is well explained and researched in our book, GO NATURAL Wisdom for Healthy Living.

More Help for Cancer Patients

Bob Wright, founder and director of the American Anti-Cancer Institute talks about how the Institute was founded and what it does to help people who are battling with cancer. I really like and appreciate the following teachings presented by Dr Darren Schmidt regarding advice on how intermitted fasting and ketosis work. He is a wonderful teacher.

Fasting kills cancer

By Dr. Darren Schmidt For more information, see the book Cancer As A Metabolic Disease by Thomas Seyfried or the book Tripping Over The Truth (which is the layman's version of the first book). This is a medical therapy that needs to be supervised by a doctor who knows how to do it.

Interview with Thomas N. Seyfried on "Cancer as a Metabolic Disease"

Dr Thomas Seyfried, Biology Department Current cancer research focuses on genetic origins of cancer, and standard treatments generally involve combinations of surgery, chemotherapy and radiation. In Cancer as Metabolic Disease, Dr Thomas Seyfried presents an alternative origin of cancer based on the theories of Otto Warburg, wherein cancer is viewed as a disease of cellular metabolic dysfunction due to damaged mitochondria. In addition to pointing to new directions of research, Dr Seyfried elaborates on a non-toxic mode of treatment, the ketogenic diet, which capitalizes on the inability of the damaged cancer cell mitochondria to metabolize ketones, thus starving them while maintaining healthy cells. Thomas Seyfried is a Professor of Biology at Boston College. He is a senior editor of the American Society of Neurochemistry's journal ASN Neuro and is on the editorial boards of Journal of Lipid Research, Neurochemical Research and Nutrition & Metabolism.

Your diet should prevent heart disease AND cancer

Steps to Achieve Ketosis to get your body to its Native State.

For a brand-new person wanting to burn fat, these are the steps in order. They can be done on a gradient basis. Don't forget to get out of ketosis daily, weekly, or every ten days so your body can use insulin once in a while.

How Much Ketosis is Good for you?

We recommend using Keto-mojo to test your blood. An easy way to gauge the effort and numbers needed to get into ketosis. Also, a proper range of glucose/sugar ratio in the blood so you can monitor your status. Increase or decrease the total grams of the macronutrients to meet your calorie needs. Purchase the Precision Xtra here:

Healthy Fats for You to Consume.

Dr Darren Schmidt starts off with a few facts missing from our shared knowledge, then he gives four lists of healthy fats.

Ketosis is not enough. Fasting, Feasting, Diet variation, Fasting Mimicking, Fasting for Women

For a new person wanting to burn fat, these are the steps. They can be done on a gradient basis. Don't forget to get out of ketosis daily, weekly, or every ten days so your body can use insulin once in a while.

Dr Schmidt's Personal Ketosis Diet

Notice there is no fasting described in this video to get into ketosis. It's not necessary but it is helpful as a healing therapy.

For the Love of Real Food 2-in-1 Seminar & Workshop

Invitation & Programme

Wednesday 10 April 2019
We invite you to our next life-saving and changing two-in-one seminar (1 hour) and workshop (3 hours).

Click on our video invitation below to see what you can expect from our "For the Love of TRUE Food" event.

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. Traditional Sour dough bread
2. Traditional Burcher Brenner Muesli
3. Kefir – fermented dairy
4. Raw chocolate: Go Natural's 3-in-1 Anti-Aging Snack

Included: Carrot juice and testers of all the prepared foods. You will also receive your own fresh sour dough starter.

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

To secure your seat, please book here no later than 10h00 on Tuesday, 9th April, allowing us enough time to prepare for the correct number of people. Limited seats are available.

Read how previous attendees benefited from the workshops.

Book Online Now!

Our EVENTS Page

You can now plan and book ahead. Linked is our Seminar and Workshop Schedule for the rest of 2019.

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 February issue of JUIG!, read about: "BEDRIEGLIKE KULKOSSE – Hoe Om Diabetes en Vetsug te Voorkom".

New Edition of the Go Natural Book

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!

We've sold more than 6000 books since it was published at the beginning of 2015. Almost daily we've seen and heard numerous life changing testimonies of healing and recovery after people adopted and implemented the natural principles and facts in the book. It just shows one 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. Improved quality
    1. Better bind, with thread sewn sections.
    2. 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 information 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 linked price list.

We also stock freshly frozen, vacuum-packed meat 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