

# Why you keep getting SICK...

*And why you don't need to be!*

—by Johan Jacobs



Johan Jacobs, Founder and author of GO Natural

Why are so many people “dis-eased” today? Be ready for a profound paradigm shift! My book ‘Go Natural’ carefully exposes our changed environment from various angles, including the modern altered food chain, our water, dental health, personal care products any much more.

‘Go Natural’ presents plentiful practical advice on how to take control of your health despite all the unnatural, harmful, toxic

indication that something is desperately wrong. My experience with MS, along with my eleven year recovery journey, opened my eyes to our drastically altered environment. I now know my sickness was no accident.

There is hope and help, despite many of the diagnostic verdicts today. I had no hope of recovering from MS – a seemingly incurable disease. But, by God’s grace, and with the help of health experts and

our ancestors, even as recently as a century ago. The plants and trees then bore real food. The fruit of those plants did not hang pre-processed and cooked in boxes. Today, man lives on a ‘scissor-diet’ - we cut open boxes and packets with a pair of scissors and we think we are eating healthy food. Our staple foods are processed in factories, chemically preserved and flavoured, and stripped of all nutrition in these destructive industrial processes.

### We have been deceived

With clever marketing and cunningly designed packaging, we are made to believe that we are still enjoying ‘pure’, wholesome foods. Convenience has become the decisive factor for most consumers. Our quick-fix, boxed food, ready-made meals contain predominantly empty carbohydrates that may fill us, but they are void of nutrition and substance, resulting in mal-nourishment, weight gain, diabetes, obesity, toxic overload, chemical imbalance and underdevelopment.

toxicologists, I fully recovered and now live a life of vitality and vigour.

### Modern food = no nutritional value!

The reality is, the environment we live in today, differs vastly from the one enjoyed by

We live in a completely altered environment where our health is influenced by many dimensions: farming, dental health, food processing and more. Sickness is no accident, but there is hope.

variables we are exposed to daily.

### The stats are alarming

One out of three persons will be diagnosed with cancer. The drastic escalation in fatal diseases (so-called), such as cancer, is a clear

We need to embrace farming practices that will enable us to enjoy the wholesome, nutritious foods that God intended for us to benefit from. We need to put a stop to the toxic food chain!

experience the harmful effects, even instant relief of symptoms at times, we are lulled into presuming these products and procedures are safe.

My consistent experience however, is that these factors have a deadly, accumulative effects, often only visible and felt after many years of prolonged use and exposure – often too late.

### Educate others around you

Dr Weston Price, during the 1930s, was one of the pioneering anthropological researchers to meticulously document and expose some of the detrimental and deadly effects of modern living, and its relation to degenerative diseases. Yet sadly, the food and medicine industrial complex did not heed his warning.

The result is that many are suffering untold harm and hurt, even prematurely losing their lives, due to a lack of knowledge

and ultimately resulting in not fulfilling their created purpose and responsibility

### Honour God with a healthy body

My desire is to encourage and equip people to return to the natural way of living once enjoyed by many before the industrial revolution and ensuing mass production. I urge the reader to return to the way God intended for us to live and eat – i.e. proven organic, fresh, wholesome, nutritious foods

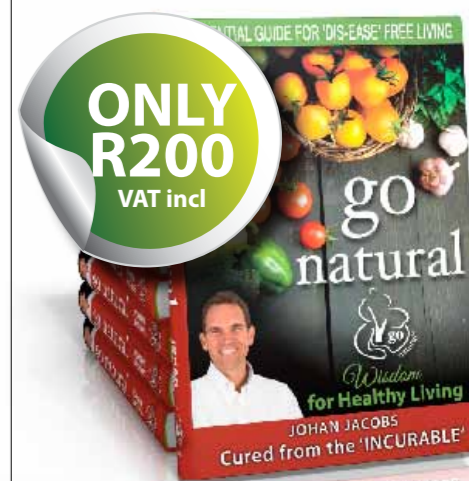
created by God to supply our body with the necessary nutrition and ammunition to maintain good health, as well as attain to good health, for those who are suffering from ‘dis-ease’.

### Read GO NATURAL and empower yourself to select wisely

I pray that the series of articles in JOY! and JUIG!, together with the information presented in my book, will encourage and empower you to pro-actively pursue healthy living, knowing that our body is a temple of the Holy Spirit. ■

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](http://www.gonatural.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)

