

GO NATURAL

WISDOM FOR HEALTHY LIVING

—by Johan Jacobs



10 STEPS TO HEALTH

GO NATURAL'S NUTRITIONAL PLAN

To ensure that your body is optimally nourished, the following foods and principles can gradually be implemented in your daily diet:

- Pure water to flush out waste and toxins
- As staple food, traditional processed and prepared nutrient-rich grain foods
- Pure animal protein; the prime building block
- Sprouted seeds, which supply enzymes - the sparks of life
- Blending
- Fermented foods for superior gut health
- Dehydrated foods
- Oils & fats
- Super foods
- Juiced vegetables and herbs, to make your own 'medicine'.

When Johan Jacobs was diagnosed with the incurable disease, Multiple Sclerosis (MS), at the age of 30, he decided to "choose life" (Deut 30:19). He set about searching for the root cause of the problem. After a period of four years, he was declared medically unfit for work. Feeling hopeless, with no hope of recovery, God's grace led him to the discovery of a better way of living and eating, at the 11th hour. He also discovered multiple root causes and deceptions for his condition. Once these were removed, he began the journey to recovery. Johan is convinced that MS is one of the many man-made conditions that is preventable but as experienced, also curable.

He is a walking testimony

Today, Johan is celebrating almost 11 years of recovery from progressive MS. He takes no medication and has not been back to a Neurologist during this time. Johan's incredible recovery journey taught him that sickness ('dis-ease') is no accident.

Other benefits from adopting the Go Natural lifestyle, are that he now possesses a far stronger immune system, vibrant energy levels, a good physique and a stable body weight.

Johan and his beautiful wife, Alicia, are thankful for three children, Carli, Ruan and Lindi, none of whom have ever been to a doctor or used antibiotics, or any other medicine.

Johan can't keep quiet about his amazing discoveries and now feels compelled to share this life-saving information with as many people as possible. Therefore Johan has written Go Natural to empower people to take control of their own health.

Giving the body what it needs

Why do we eat? Most people give answers like the following, to this question:

- I am hungry; it is nice to eat; I enjoy it
- I need energy; I do a lot of sport.

The majority of people have very little understanding of the body's requirements and intricate workings, at cellular level. As a result, they fail to appreciate the need to feed the body optimally.

Most people severely underestimate, or even ignore, the marvel of our fearfully and wonderfully designed bodies, made up of trillions of highly complex cells. There are three good reasons why it is essential to eat

good food, that will provide quality building blocks:

1. The self-growing body

Your body grows from the existence of one cell, 9 months before you are born, to about 100 trillion cells by the age of 20. This

grow, self-maintain and self-heal. Truly the best 'doctor' comes from within.

These millions of new cells are built by the nutrients or building blocks, which we supply by what we eat. To optimally perform the three critical functions mentioned above, the non-negotiable conditions are

The body is marvellously made according to God's design and is continuously searching within itself, to ascertain where it needs to grow, maintain condition and heal.

equates to a growth of almost 20 million cells per day. This is astonishing! As the story of the three pigs demonstrates, you are either going to build your house (your body and its systems) out of straw, sticks or bricks.

2. The self-maintaining body

We were created with the capacity to continuously replace old cells with new cells. As an example, our outer skin cells are completely replaced within about 6 weeks, and our heart cells within \pm 6 months. If one lives on the modern, nutrient-deprived diet one replaces the old cells with inferior cells, which sets the stage for accelerated ageing and 'dis-ease'.

3. The self-healing body

The ultimate Healer, the Creator God, designed automatic healing in our genes. When a scratch or wound heals, we take this principle for granted. The same principle applies to your internal body. My CNS healed when I removed the root cause of the problems and supplied the correct building blocks.

Implementing wise principles

Your body knows exactly what to do with its daily supply of building blocks, i.e. to self-

simple. We must ensure that the body is daily optimally fed with natural, clean, fresh and whole food - in other words, 'real' food.

Avoiding foods that harm

Good and real food does not come in boxes with cleverly worded packaging. In fact, packaged, processed foods made by machines may pose the following risk factors:

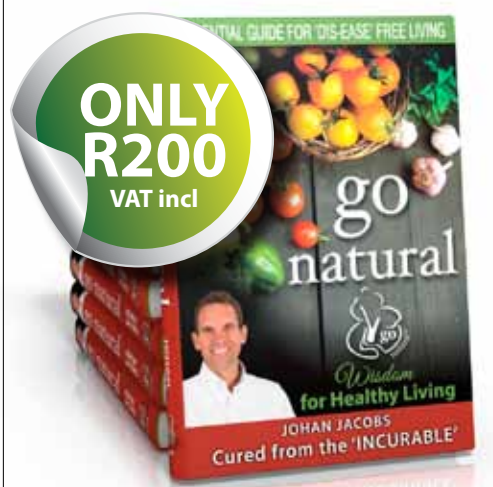
- They may contain refined, nutrient-poor ingredients, (inferior building blocks), which are normally rich in empty carbohydrates. These are seen as a negative food, which should be eliminated from your food chain.
- Preservatives, Colourants, Flavourings, Taste enhancers, Sugar etc., which are not natural and not conducive to good health.

Over the years, we have deviated so far from natural foods, and artificial quick-fix foods have become the norm. Statistics on disease show that we now reaping the bitter fruits of an adulterated food chain, whereas God once perfectly designed this food supply for mankind. Perhaps it is time for you to take the first step and Go Natural! ■

For more information see 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

