



Wisdom
for Healthy Living

Johan Jacobs



Go Natural! Wisdom for Healthy Living

First edition © 2014 by *Go Natural Media*

Second edition © 2016 by *Go Natural Media*

Typeset by Naómi Kok

Editor Noeline N Neumann

Cover designed by Naómi Kok

Photos used by permission of *The Price Pottenger Nutritional Foundation* (www.ppnf.com).

Unless otherwise indicated, Scripture quotations are taken from the King James Version

New King James Version®. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION® NIV®.

Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™.

“NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™.

Printed and bound by Shumani Mills Communications, South Africa

ISBN 978-0-620-59875-0

E-book ISBN 978-0-620-59877-4

Kindle ISBN 978-0-620-59876-7

PDF ISBN 978-0-620-70288-1

© All rights reserved. No part of this book may be reproduced in any form without the permission in writing from the author, except in the case of brief quotations embodied in critical articles and reviews.

Disclaimer

The content of this book and protocols are purely for information and not intended to replace the advice of a qualified healthcare professional. The information provided is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

Contact Details

Go Natural Media

P O Box 5053, Helderberg, 7135

Tel 021 8522 744 Fax 021 852 3847

Email books@gonatural.co.za

www.gonatural.co.za

Contents

<i>Disclaimer</i>	13
<i>This book is dedicated to ...</i>	15
<i>Acknowledgements</i>	17
<i>Foreword by Gary Martin, ND. AFAIM</i>	19
<i>Foreword by Dr Isak Burger</i>	21
<i>Foreword by Dr Carel Bredell</i>	23
<i>Definitions</i>	27
<i>Introduction</i>	29
Part 1	
My Story	31
• <i>The Wolf at the door</i>	31
• <i>My house of straw</i>	32
- <i>Johan Jacobs' mother shares his childhood background and medical history</i>	32
• <i>Fighting Fires: My burning house</i>	35
- <i>My physical strength deteriorated</i>	36
• <i>Rebuilding my House: The breakthrough</i>	44
- <i>Four health fundamentals</i>	47
- <i>The modern dilemma</i>	48
- <i>Toxins</i>	49
- <i>Allergies</i>	49
- <i>Cravings</i>	49
- <i>Reasons for 'dis-ease'</i>	50
- <i>God in my disease</i>	53
- <i>Toxins in our environment explain why sickness is no accident</i>	55
- <i>The 'system'</i>	56
Part 2	
Our Changed Environment	59
• <i>The Modern food industry: Adulterated food with no nutritional value</i>	60
- <i>Pesticides</i>	62
- <i>Processed foods and chemical preservatives</i>	63
- <i>Mass production</i>	64
- <i>Multiple toxins and the amplified effect</i>	64
• <i>Farming: From subsistence to industry</i>	65
- <i>The natural biological process</i>	66
- <i>The modern agricultural process</i>	67
- <i>Picking time</i>	68
- <i>Genetic Modification (GM)</i>	70
- <i>The industrial versus the natural</i>	73

- A word on 'organic'	74
- Free-range or pasture-reared	75
- How to obtain healthy food	76
- Education and authorities	78
- Soil fertility	79
- Artificial fertilisation	81
- Pesticides	81
• Why the need for food supplements?	82
- The supplementation industry under the spotlight	82
- The food supplement controversy	82
- Reasons to supplement	83
- The short-term solution	84
- The long-term solution	85
• Dental health and procedures: The ills in your mouth	85
- There are four reasons why healthy teeth are important	86
- Why does dental decay plague our society?	87
- Toxicology: The after-effects of dental decay	91
♦ Dental fillings	93
♦ Root canal treated teeth	98
♦ Dental Jaw Cavitations	103
♦ Dental Implants	106
♦ Orthodontic braces	110
• Medical ideology	113
- 1. Trauma treatment	113
- 2. Medicinal treatment	113
• Medical toxicity: Can medicine make you sick?	116
- The amplified effect	117
- Vaccination	117
- Antiseptics	121
- Medical drugs in our drinking water	121
- Antibiotics in our drinking water	122
• Other modern toxins all around us	123

Part 3

Why Do We Need To Eat?	127
• The self-growing body	128
- The building plan phase: Conception	129
- The foundation phase: From conception to birth	130
- The building phase: From babyhood to adulthood	130
• The self-maintaining body	131
• The self-protecting body	132
- The double-edged sword against the body's Rambo	133
♦ The sleeper dilemma	133

- ♦ *The 'no ammo' dilemma* 134
- *The self-healing body* 134
- *Your body needs energy* 135

Part 4

Choose Your Diet: Selecting the Correct Food Chain for your Building Blocks

- *Modern diet options* 138
 - *The 'healthy' person's diet* 141
- *The Biblical Diet* 143
 - *Meat eating under the spotlight* 147
 - *Arguments against meat eating* 148
 - ♦ *Science above religion* 148
 - ♦ *The question of 'Red Meat'* 149
 - ♦ *Can we now eat anything?* 152
 - *Some Christians are demanding a miracle* 152
 - ♦ *The question of a vegan diet* 153
 - ♦ *Fasting* 153
- *The ancestral hunter-gatherer diet under the spotlight* 157
 - *Proteins* 160
 - *Bone loss and osteoporosis* 162
 - *Longevity* 162
 - *What about vitamin B12?* 162
 - *Meat eating and cancer* 163
 - ♦ *Other critical factors regarding red meat and animal protein* 164
 - *The quality of modern animal products* 164
- *Cholesterol: The great myth* 164
 - *Cholesterol is a 'gauge'* 166
 - *Cholesterol and genes* 166
 - *Cholesterol in your diet* 167
 - *Cholesterol and cancer* 169
 - *Cholesterol and heart disease* 169
- *The fundamentals of the hunter-gatherer diet* 171
 - *Whole food* 171
 - *Organic food* 172
 - *Fresh food* 173
 - *No processed or fast foods* 173
 - *In-season food* 173
 - *Pasture-reared animal products* 173
 - *Non-GM and hybridised produce* 174

Part 5

The Kitchen: The Engine Room of the Family	175
Go Natural's 10 Step Nutritional Programme	177
1. Water	178
- <i>The need for pure water</i>	178
- <i>How to purify water</i>	179
2. Grains: A super staple food	188
PART 1 - Basic Grain Principles	188
- <i>Gluten containing grains</i>	189
- <i>Non-glutinous grains</i>	189
- <i>Freshness</i>	190
- <i>Wholeness and whole foods</i>	191
- <i>Grain Anatomy</i>	192
- <i>The dangers of white flour products</i>	195
- <i>Modern farming practices</i>	199
- <i>Producing flour</i>	200
- <i>Grain storage</i>	202
PART 2 – Fermentation, Soaking and Sprouting of grains	202
- <i>Why is soaking, sprouting and fermentation of grains important?</i>	202
- Go Natural's wise grain practices	206
3. Animal protein	207
- <i>Meat</i>	207
- <i>Seafood</i>	210
- <i>Milk and dairy products</i>	210
♦ Go Natural's four dairy rules	211
♦ <i>The 'system' uncovered</i>	211
♦ <i>The dangers of modern milk products</i>	212
- <i>Eggs</i>	215
4. Juicing	216
- <i>Why Juice?</i>	216
- <i>Johan's favourite recovery juice recipe</i>	218
- <i>There are five juicer types that we will investigate</i>	219
1. <i>Centrifugal juicers</i>	219
2. <i>Hydraulic juicers</i>	221
3. <i>Single auger juicers</i>	222
4. <i>Twin-gear juicers</i>	223
5. <i>Angel juicers</i>	224
5. Sprouting	225
- <i>Reasons for incorporating sprouts into your diet and lifestyle</i>	226
- <i>How to sprout</i>	226
- <i>Important sprouting considerations</i>	227
6. Blending	227
- <i>Homemade beverages</i>	228

- Shelf life	228
- Digestive enzymes	228
- Jaw formation	229
7. Dehydrating of products	230
- Typical foods suitable to be dehydrated	230
8. Fermenting of foods	231
- Why should we ferment food?	232
- Typical types of fermented foods	233
♦ Sauerkraut	233
♦ Kefir	233
♦ Cheese	234
♦ Kapusta	235
♦ Borscht	235
♦ Kimchi	235
- How to ferment vegetables	236
- Other important lacto-fermentation considerations	236
9. Oils and fats	237
- Why do we need oils and fats?	237
♦ Digestion and absorption	237
♦ Fertility	237
- Recommended oils and fats for daily use	238
- Oils and fats we do not recommend	239
- Other important oil and fat considerations	241
10. Super foods	242
- What is a super food?	242
- Why should super foods be incorporated into the diet?	243
- Typical vegan super foods	243
- Traditional super foods	245

Part 6

Common Sense, Natural Healing	249
• 'Dis-ease' is no accident	250
• Disease or condition?	252
- The Archer-Arrow principle	259
- The remedy for cells to detox and recover	260
- Johan's healthy cell concept	260
- Nutrients that support detox	262
- Pure water to dilute toxins	263
- Cell dish-washing effect - The lymphatic system	263
- Empower your purification (DETOX) system	264
- The over-flowing TOXIC BUCKET	264
- 'Dis-ease' Conditions can be reversed	266
• 'Dis-ease' conditions and its development	266

- The modern hunger cycle	267
- Obesity	267
- Type two diabetes	268
- Heart 'dis-ease'	269
- Cancer	270
• Treating the root cause	278
• The fundamentals of detoxing	279
- The big question: Are you detoxing or are you re-toxing?	279
- Detox fundamentals	281
♦ Prevention is always better than cure	281
♦ Close the toxic taps – change your diet and lifestyle!	281
♦ Boost the immune system with good food	281
♦ Ensure that the elimination channels work	282
• Your health – Your responsibility	283

Part 7

Wisdom from a Variety of Perspectives	285
• The holistic approach – <i>NEWSTART-Plus</i>	286
- Nutrition	287
- Exercise	287
- Water	288
- Sunlight	289
- Trust in God	289
- Air	290
- Rest	290
- Temperance in the good things	291
- <i>PLUS</i> – means – Toxicity Freedom	291
• Ancient nutritional wisdom	293
- Ancient people's attitudes	293
- Special nutrients before, during and after pregnancy	294
- The spacing of children	294
- The physical degeneration of modern child-bearing women	296
- Fertility	296
- Primitive control and cures for dental caries (<i>Decay</i>)	297
- A case study – The way	300
- Quality of dairy	300
- Improved cognitive abilities	301
- The fat-soluble combination	302
- Alkaline and acid producing foods	303
• Go Natural's extra wise healthy living tips for the modern person	304
- Eating patterns and digestion	304
- Suggestions for better digestion	305
- Wise food combination practices	307

- Meat	307
- Food portions	308
- Consume food when you feel relaxed	308
- SLAP	308
- Salt	308
- Grain storage and self-sufficiency	309
- Cookware	309
- Burnt foods become carcinogenic	310
- Baking powders	310
- Soy bean products	310
- The hidden dangers of administering high doses of vitamin B12	311
- Toothpaste alternatives	312
- Antiperspirants and deodorants	312
- The omnipresent microwave oven	312
- Shower with de-chlorinated water	313
- Spices	314
- Personal hygiene products	314
- Laundry detergents	314
- Protein powders	316
- Aspartame - Sweet poison	317
- Cosmetic products and Facial 'skin apartheid'	319
- Genes, obesity and ill health	320

Part 8

Spiritual and Emotional Health	323
• Possible spiritual and emotional causes of 'dis-ease'	324
- Diseases with spiritual roots?	325
- Auto-immune diseases and MS	327
- Emotional issues	328
- An important look at self-esteem	328
- Children and self-esteem	330
- How to deal with spiritual and emotional injuries	332
- How to live pure in the modern world	332
- Go Natural's total health philosophy	334
• The thorn in my side and my journey to truth	334
- Self-hate	337
- What's in a Name?	339
- A people pleaser	340
- The small, weak one	340
- Tried and tested - HIS son	341

Part 9

Health Truths and Wisdom from the Bible	345
• The Source of life and wisdom	346
- <i>God's character</i>	348
- <i>The God of love</i>	348
- <i>God's Word – His guidance</i>	349
- <i>God's plan – Our purpose</i>	350
- <i>The temple of God – Our responsibility</i>	351
- <i>A lack of wisdom and knowledge</i>	353
- <i>The sow and reap Biblical principle</i>	354
- <i>The father of lies and destruction</i>	355
- <i>Satan's strategy</i>	355
- <i>Even the elect will be deceived</i>	357
- <i>How can you protect yourself against the onslaughts of the devil?</i>	358
- <i>Guard your tongue and heart</i>	359
- <i>God's timing is not ours!</i>	360
- <i>Free will – our responsibility</i>	362
- <i>Salvation</i>	363
• Children have no say	368
• There is hope for the suffering!	370
• External factors affecting the modern person's emotional health and paradigm	374
• The birth of Go Natural's vision and logo	378
• The TRUTH will set you FREE!	381
• GOD wants HIS children to soar and prosper	382
• SUMMARY - Build a house of stone	383

Part 10

Recipes – Skills	385
• Wise Go Natural food guidelines	386
• Recommended guidance for recipe development	387
• Planning	387
• Stone Mill Tips	388
• Go Natural's suggested daily diet and supplement plan	389
• RECIPES – SKILLS	393
- <i>Animal protein</i>	393
- <i>Breakfast</i>	398
- <i>Cakes</i>	408
- <i>Desserts</i>	411
- <i>Fermented foods</i>	416
- <i>Grain foods</i>	420
- <i>Juicing and drinks</i>	441
- <i>Miscellaneous</i>	447

- *Sauces and condiments* 448
- *Side dishes* 452
- *Snacks* 454
- *Treatment protocols* 463
 - ♦ *Johan's recovery and detox treatment plan for accumulated toxicity* 463
 - ♦ *Chelation Protocols* 473
 - ♦ *Go Natural's Sinus-Flush Protocol* 481
 - ♦ *The Vitamin C-Flush Procedure* 482
 - ♦ *Pre and Post Dental Operative Protocol* 484

Part 11
Recommended Resources 489

Part 12
Index 495

Disclaimer

The sole purpose of this book is to supply readers with information and advice that will empower them to be able to live healthy lives. This information is not intended to replace the advice of a qualified healthcare professional. I can, however, assure you that if this natural diet and lifestyle is followed faithfully, almost all diet and lifestyle diseases will at the very least improve, and at best disappear. We live in a society plagued with unnatural, artificial, toxic food sources. Modern food processing introduces new toxic and harmful variables such as preservatives, colorants, taste enhancers and other evils. These can be completely eliminated when you apply a sound mind together with the wisdom gained from this book and similar resources.

Perfect health should be our natural inheritance. The principle is simple, and can be observed in nature. You will not find wild animals eating contaminated, empty or toxic food. Therefore wild animals do not reap the bitter fruits resulting from tampering with the original formulation of their food resources. They are perfectly healthy. Animals do not suffer from conditions such as diabetes, obesity, cancer, or other diet and lifestyle illnesses.

Our food chain is deprived of nutrients. It is contaminated by foreign chemical substances as a result of modern food production, as well as food processing modalities.

It must be emphasised that the advice in *Go Natural, Wisdom for Healthy Living* will only be of partial benefit if a haphazard approach to health is practised. This book advocates a comprehensive, holistic approach to healthy living.

Our family have followed this diet and lifestyle for the past decade, with immense health benefits for all of us. During this time I haven't had to consult a neurologist, and our three children have never been to a doctor. They are strong and happy. For us the *Go Natural* diet and lifestyle is a sustainable and affordable way of living in today's fast-changing, unnatural, polluted environment. This diet and lifestyle offers long-lasting and endless health benefits, as well as improved quality of life.

The author and publisher are not responsible for any health damages as advised, misinterpreted and/or offered in *Go Natural, Wisdom for Healthy Living*. They expressly disclaim all liability in connection with natural diet and lifestyle changes that could cause damage, loss, or expense to a person or property arising from advice followed as presented in this book.

This book is dedicated to ...

- 🍏 All the people who suffer unnecessarily, not enjoying sustained good health due to; a lack of understanding, knowledge, wisdom and good judgement
- 🍏 Those eager to learn more about healthy living in order to recover from illness, or simply to enjoy optimal health
- 🍏 People who recognise the failures as well as the dangers of our modern industrialised food and health care system
- 🍏 Parents who are misinformed or misled by mass media and false propaganda. This book will change your paradigm regarding healthy living and it will empower you to make wise decisions to nourish your most precious children optimally
- 🍏 Children who have no say. They naively eat almost anything offered to them. Young children do not yet have the full capacity to discern between right or wrong; good or bad. It is the responsibility of parents, family and friends to nourish them properly, educating them in healthy living in order to ensure their normal development. But how can the 'blind' lead the 'blind'? I trust that parents will take up this challenge. Empower yourself with the necessary information and equip others, especially your children, to do the same. I believe all children should read this book before they leave school
- 🍏 All Multiple Sclerosis and neurological sufferers – there is help, hope, and the very strong possibility of recovery. I strongly recommend reading – *Solving the MS Mystery: Help, Hope and Recovery*, by Dr Hal A Huggins in conjunction with this book.

Acknowledgements

I thank God for His mercy that He has shown to all humankind through His Son, Jesus Christ. I thank Him for the everlasting truth in the Bible. I am grateful to Him for showing me a better, healthier way of living, and delivering me from the death sentence of an incurable disease. I also thank my Creator for allowing me to go through the trials and tribulations of sickness. Even though painful, I in turn am now able to comfort and help others who walk the same road. I thank God for the precious truths learnt during my journey to recovery.

Thank you to my beautiful wife, Alicia, who faithfully stood by me, helped and encouraged me throughout, but above all, who prayed for me. While I was at my lowest, she prophesied that I would make it through and that I would help other sick people. God gave her a Scripture, *"Instead of the thorn shall come up the cypress tree, and instead of the brier shall come up the myrtle tree; and it shall be to the Lord for a name, for an everlasting sign that shall not be cut off"* (Isaiah 55:13). This prophecy was the first step, or the inception of the vision that the Lord repeatedly emphasised to us as we adopted the **Go Natural**; or rather the 'Go God's way' ideology.

I must admit that I didn't anticipate such a radical turn of events, but I praise God for my wife's faith and hope, despite the dismal, seemingly hopeless situation.

I am also grateful to Alicia for managing and successfully running our lifestyle centre – **Go Natural** – while I was writing this book. "Words are not enough to express my appreciation for you, Alicia. Without you burning the candle at both ends this assignment would have been impossible. In you, God has given me a genuine, virtuous Proverbs 31 wife!"

I am so grateful to my precious and beloved children, who allowed me to work on this book, even though it meant lengthy periods of time away from them. They have provided me with a noble and eternal purpose: To raise and equip them to live up to their full God-given potential.

Thank you to my father and mother, who lovingly raised me, teaching me by example. From them I learnt the importance of a relationship with God, to care for my fellow man, as well as to live a righteous life of integrity, courage and truth.

I also thank God for leading me to Gary Martin and Dr Hal Huggins, who were greatly instrumental in my healing process. Their wisdom and knowledge literally saved my life.

Thank you to the following people for their assistance: Noeline Neumann – editor. Linda Heckroodt – co-editor. Annegreth Rautenbach – integration of

the Afrikaans and English texts. Also to Paul Zietsman, co-editor, who assisted me in the writing of this message. I thank Paul for his valuable input pertaining to farming.

Dr Izak Burger, thank you, for your motivation and inspiration, which we needed so badly, during the process of kick starting this assignment.

Thank you Alet Ferreira (MSc in Biochemistry, University of Port Elizabeth, 1990) who helped me with valuable insights in Part Two, the Grain Foods section.

Last and by no means the least, I wish to express my deepest gratitude to my family, friends and Church family. They prayed for me, faithfully supporting me and my wife during very troubled times. Thank you to them for enabling me to travel abroad for treatment – a possibility that at the time was well beyond our reach. Through you, God provided for us and made a way where there seemed to be no way.

Foreword by Gary Martin, ND. AFAIM

Johan Jacobs visited Living Valley Health Retreat in Australia in April 2004. He was in a desperate situation, suffering with advanced Multiple Sclerosis. With no hope of recovery he had been declared medically unfit for work. He received four weeks of therapy and health education as he embraced the concept that the body is designed to win. Johan focused on finding the cause of his 'dis-ease', and correcting certain unhealthful conditions. He embarked on a journey to ensure that his body had the very best chance for a full recovery. He verified the information presented to him, and searched deeper for more truth. Today Johan says, "The truth has set him free!"

I encourage you to read this book from cover to cover. It is full of treasures and truths for every household. **Go Natural** will teach you how to remove the root cause of 'DIS-EASE' and experience the miracle of natural healing. **Go Natural** will change your life. Your children will develop to their full potential. Imagine – no more sickness, no more pain, abundant energy, mental clarity, success!

As a Naturopathic Doctor, I agree with Johan – "sickness' is no accident". **Go Natural** exposes the deceptions that fuel the modern 'DIS-EASE' pandemic, while teaching the readers how to take responsibility for their own health. In my view this book should be in the school curriculum.

Go Natural is also one of the few books that exposes how dental pathology (root canal treated teeth, mercury amalgam fillings, dental jaw cavitations, etc.) in many cases is the tipping point between health and a dreaded 'DIS-EASE'. **Go Natural** also exposes most of the 'hidden health landmines' as Johan calls them.

Johan is a pioneer and an avid researcher who is not afraid to expose harmful practices. Throughout his desperate healing journey he has studied many reputable books. In **Go Natural** he has condensed the most important information, combined with his own life experiences, into one powerful volume. He has done humanity a great favour in producing and publishing this masterpiece.

Go Natural is a must read book for everyone, if you are seeking perpetual wellness and longevity, this book is for you. It is the logical starting point. It is indeed an ESSENTIAL GUIDE for 'DIS-EASE' free living.

At the back of **Go Natural** you will find scrumptious recipes using living ingredients. You will even learn how to create super foods, including nutrient-rich, guilt-free chocolates.

Healthy living is exciting, start now, be proactive, it is the right thing to do.

Foreword by Dr Isak Burger

I met Johan Jacobs a few years after his miraculous recovery from Multiple Sclerosis. We spoke for a while and he shared a part of his journey to recovery with me. As one who has been exposed to many theories regarding the secrets pertaining to healthy living, I recognised the authenticity and logic of Johan's story. I was looking at a man who was physically brimming with good health, and whose 'theory' was indisputably confirmed by his life and personal testimony. Some of my friends who had previously met Johan and followed the basic principles of *Go Natural*, also experienced a healthy and energetic life at an age when many others were restricted to merely existing in an old age home.

I became convinced that the principles of *Go Natural* should be shared as widely as possible. That's why I encouraged Johan to put his heart and personal experience in writing. I'm so glad that he did.

Anyone concerned about healthy living – who battles with weight problems or health-related issues, and who has done some reading in this regard – knows that the area of lifestyle and diets is indeed a minefield. While most of the diet and lifestyle principles that Johan discusses in his book will be widely accepted, there are certainly some 'feathers that will be ruffled'.

The book covers a wide spectrum of diet and lifestyle-related matters. There are a number of aspects to this book that I personally appreciate. His writing style is easy to read. The way in which he has interwoven the story of his own journey towards recovery and healthy living stirs hope. His story gives the book a special blend of humanness and authenticity. It soon becomes clear that the content is not merely subjective opinion, but that thorough and respectable research was part of the preparation to produce such an authoritative publication.

I appreciate his unashamed Christian testimony and respect for the clear guidelines for healthy living as recorded in the Bible. Science has increasingly confirmed that no one knows the dietary needs of His creatures better than the Creator Himself. The Bible gives abundant evidence of this fact, as Johan boldly points out.

The bottom-line of the secret to healthy living lies in these words: *Go Natural*. The challenge is to come as close as possible, to a diet that is as natural as possible. Johan aptly coined this 'the hunter-gatherer diet and lifestyle'. Human interference with the natural 'building blocks' for healthy bodies has to a greater or lesser extent contaminated and intoxicated the wonderful bodies God created us with.

Natural organic food enhances the body's inherent ability to take care of itself, to resist harmful bacterial onslaughts, to recover and to continuously restore itself. What we eat or drink will either facilitate or impede this natural ability of our bodies.

We tend to become what we eat. Sometimes people request prayer when their unhealthy diet and lifestyle has undeniably brought them to a place of discomfort and illness. In a certain sense we put God to the test when we ask Him to heal us from a condition we have brought upon ourselves. If I have eaten myself into an illness, I can most likely eat myself out of it.

I believe this is a must-read book. Whether you agree with everything in it or not – it will challenge you and help you to attain a better quality of life.

Foreword by Dr Carel Bredell

Take away the cause, and the effect ceases.

– Miguel de Cervantes (1547-1616)

I came across this quote recently, and I often use these words (based on a saying by Susan Jeffries): *“If you keep on doing what you did, you’ll keep on getting what you got.”* It seems logical to apply this principle when things go wrong, so you don’t end up with the same result.

As basic as it may seem, this is often forgotten when dealing with health, and mostly ignored when dealing with sickness. As medical students, we were taught to focus on the patient’s history, their symptoms and what we found by examination to decide what special course of action was needed. This helps us to make a diagnosis that paves the way for the choice of treatment, usually either medicine or a surgical procedure. Once we identify a treatable problem, little attention is paid to the underlying cause or the functional abnormality that led to the problem in the first place.

A good example is cancer. Once the diagnosis is made, the treatment includes surgery, radiation and chemotherapy. After these procedures the cancer is hopefully eradicated and the patient is ‘healed’. Cancer is, however, not an illness: It is the symptom of an immune system that is too weak to identify and attack cancer cells. A detoxification system that is too clogged-up to remove cancer-causing toxins. A body that is not receiving the necessary nutrients for the cells to keep themselves cancer-free.

Furthermore, once the patient has received chemotherapy, radiation and/or surgery, the body’s systems will be even more strained. We all know of family or friends who were cleared of cancer only for it to re-appear some time later. This being said, I am not proposing that the above modalities should not be used – they have saved many lives. But make use of them only when they have a reasonable chance of success and the benefits outweigh the toxic side effects. Also make sure to pay great attention to the underlying causes.

A patient of mine recently remarked that eliminating symptoms with the use of medicine is as ridiculous as a mechanic trying to fix the flashing oil level light in your car by removing the bulb. The temporary relief will eventually lead to disaster. Medicine has an immense role to play, especially in acute situations. But when it comes to chronic conditions, I believe that medicine often interferes with, and even prolongs the healing process. This is where one should look at adjusting one’s lifestyle and nutritional intake; pay attention to detoxification, stress management; and focus on spiritual as well

as mental health, in order to return to optimal health.

I have been practicing medicine for more than 30 years. During this time I have seen a noticeable shift in illnesses and symptoms in patients. As a student, the news of a patient with Multiple Sclerosis in the teaching hospital spread like wild fire. It was such a rare occurrence. We saw cancer patients, but not many. Auto-immune diseases were still relatively scarce. Diabetes, heart attacks and hypercholesterolemia were important conditions, but not in the numbers we see today. Medical diagnostic technology, the sophistication of anaesthetics and surgery techniques have all improved tremendously. Many of the things we did not understand then are now much clearer. The MIMS (Monthly Index of Medical Specialities) has grown more than three times in size; there are many more drugs available. Yet, the average person I observe is more tired, gets sicker more often, has more symptoms, takes longer to recover and simply isn't as vivacious as 30 years ago.

Keeping with my motto, I want to do something about this situation, to prevent more of the same happening. The world we live in today is very different from the one I grew up in. Although there are too many changes to mention, some of the most influential include all things technological, mechanical and political. There is also a huge increase in the speed with which things happen. Most people will agree that stress has increased in our daily lives. The one thing that stands out for me that has changed drastically, even though it has happened subtly over the years, is our food. I can recall buying vegetables that were harvested the same day, or at most, the day before. We even had our own backyard vegetable garden. Growing up we ate fruit directly from the tree. Our milk was delivered in glass bottles. Alternatively, we could go directly to the farmer and buy fresh, unpasteurised milk. My mother baked her own bread. A chicken would naturally grow big enough for my grandmother to be able to feed seven of us from it, and then have leftovers. Municipal water had a pleasant flavour. There was no such thing as margarine. Egg yolks were a dark orange colour. The closest thing to fast food was the fish and chips shop between the greengrocer and the butcher. The term 'junk food' didn't exist.

I am drawing your attention to the above concepts because Johan's book will highlight the most important underlying cause of ill health: Sick nutrition. Nutrition is the foundation of a normal, functional body. No builder can construct a sturdy masterpiece, even if he has perfect plans, when the material he is using is substandard. Even worse if some of the materials are missing or replaced with something else! I am flabbergasted by the fact that we continue living the way we do. What marvellous machines our bodies must be to keep going and continue to make building blocks from substandard

materials. The problem is that we spend so much energy on adapting and repairing that there is little left at the end of the day for prevention of illnesses. We hardly have enough energy to handle daily life, with no reserves available to really do enjoyable and fun things.

This book addresses something that most advocates of other forms of diet never do: The importance of the source and quality of the food recommended. They do not discuss the vast difference between variant sources of carbohydrates, proteins, fats and oils; fruit and vegetables; and water. Think about these different scenarios: A cow that was fed on grains and food pellets, given repeated antibiotics and hormonal stimulants, with little to no exercise – is taken to an abattoir to be slaughtered, while its tissue is still being pumped with stress hormones and inflammatory molecules. On the other hand a hunter returning with the meat of an Eland that was killed instantly while grazing on grasslands early one morning. Imagine the difference between the food value gained from a chicken that was kept cooped up in a small cage for 28 to 32 days, while being fed everything and anything needed to ensure that it grows big enough to be ‘harvested’ quickly; and a hen walking around freely, eating worms, crickets, larvae and the tips of leaves and sprouts. We have surely all tasted and experienced the difference between a glass of tap water smelling of chlorine, and the refreshing water scooped directly from a crystal clear mountain stream.

Johan goes into detail about what to eat, how to prepare it, and what to look out for. He explains what is good and what is bad. This information is backed up by many references and has been around and working for thousands of years. He points out how we can balance modern life, its increased demands on our time and finances with going back to the basics of ideal nutrition. It can be done and will most definitely save money in the long run, lessening potential future suffering to a great extent.

Your first wealth is after all your health.

I believe there is a huge weight carried in what we eat and how we eat it. A cup of brewed espresso made from freshly ground coffee beans savoured whilst enjoying the company of a good friend is worth much more than an Americano coffee ordered ‘to go’, then gulped down while reading the alarming and often embellished half-truths in the newspaper.

Many patients tell me that if they could live their life over again they would take much better care of themselves. The important thing to realise is that it is never too late to start taking care of yourself. What is done is done and cannot be undone, but you can control what will happen in the future. A large part of your body regenerates itself every eleven months, so by dedicating a year to looking after yourself you can put yourself in a much better position. Ask

yourself where you would like to be in a year or two from now, and then work towards that. If you don't you might still find yourself in the same rut years from now.

You learn many lessons in life, many of which come through adversity. You can either choose to succumb to tough times and be miserable, or decide to see them as an opportunity to learn something new and to grow as a human being. The latter is most definitely the more difficult of the two options! As he explains in his book, Johan went through a trying time. He would be dead if he hadn't decided to take complete responsibility for his own health in order to regain his life and the quality thereof. Through this experience a whole new world opened up. It encouraged him to read many books and meet many people in the medical and nutritional fields. It was a time of trial and error as he learned many lessons – the hard way. But the beauty of it all is that through his experience, which he shares in this book, he is able to save many people from going through the same ordeal. The correct lifestyle and nutrition will make a huge difference in your life.

I congratulate Johan on doing what he has and I thank him for sharing it with us. I trust that he will abundantly reap the love and care that he has sown.

Dr Carel Bredell, M.B., Ch.B. DA (SA)
Integrative Medical Practitioner

Definitions

Hunter-gatherer

Our ancestors were agriculturalists, herdsmen, or both. They were often pioneers who had to use their knowledge and skills to make a living wherever they happened to be. For variety, and to add to the food supply they derived from their crops and herds, they often hunted and harvested foods from the wild. These people of old lived hardworking, healthy, physical lives, and their diet was basic, but healthy. Essentially all their foods were natural, organic, fresh and whole. No foods were pre-processed or preserved. This diet and lifestyle can be traced back more than two centuries.

The following terms 'people of old', 'historic man', 'primitive man', and 'traditional man' can also be related to the 'hunter-gatherer'.

➔ **Take note:** that these terms are in no way referred to in an evolutionary context, as is so often the case in secular writings. They are used merely in contrast to modern, urban, industrialised, consumer-driven man (or people). Refer to the *Recommended Resources* at the end of this book for further studies on the fallacies of evolution and overwhelming evidence for creation.

The modern person

This modern person is characterised by a new set of variables:

- 🍏 Fast food
- 🍏 Quick fixes
- 🍏 Industrialisation
- 🍏 Convenience foods
- 🍏 Mass produced foods
- 🍏 Processed foods
- 🍏 Preserved foods
- 🍏 Urbanisation and city life
- 🍏 Consumerism
- 🍏 Mass entertainment and over-stimulation
- 🍏 Over-work.

I call it the quick-fix diet. There is simply no time to be wasted as there is always a plethora of activities and pleasures to pursue.

Introduction

I have written this book as an expression of gratitude for what happened in my life. It is a synthesis formed through events that took place; equipping me to understand and appreciate that my health is one of the greatest gifts from God, our Creator.

This book contains a wealth of information that I have accumulated over the years. It began when I was diagnosed with Multiple Sclerosis (MS). Muscular degeneration and suffering followed, and then an amazing journey to recovery. I could not keep the precious lessons that I learnt or the information that I gathered to myself. I felt compelled to share it with as many people as possible, so I took up my pen and documented the message in this book for you.

I invite you to join me as we take a closer look at our modern, ever-changing environment. We will also look at our eating habits, lifestyle, and the way we work with food. Specific attention will be paid to the food industry, health philosophies, the health industry, and farming practices.

We will move on to discover the modern toxins and deceptions we are exposed to and then uncover the effects they have on us.

Next, I will shift the focus to solutions. We'll discuss the natural healing principles and capabilities of the body, and our responsibilities in assisting this process. Today there are thousands of diets and fads available, but we will wisely sift through them all. The kitchen is the engine room of the house, and a detailed explanation of the ten most important health contributors in the kitchen will be covered. I've discovered that spiritual and emotional health are vital to safeguard physical health. We will look at the wisdom we can draw from anthropological studies and other sources. After laying this important foundation, we will broaden our vision in order to gain a fuller perspective on a complete lifestyle, using the holistic approach.

A great number of tips from various sources on wise living are also included. There is a bonus section with recipes ranging from favourites such as biltong and dry wors; desserts and also healthy snacks. The book concludes with a recommended reading list providing further information on the above-mentioned topics.

Lastly, this book contains my history from birth, through childhood up until today. I've included my personal testimony in order to help people going through similar situations. I've made many mistakes, due to modern variables, but on the bright side, these empowered me to learn and record

lifesaving information. I hope that my testimony will give health challenged readers the encouragement needed to begin the process of living naturally. This ***Go Natural*** diet and lifestyle will unlock your body's ability to self-heal.

My journey has empowered me to expose and share ways to side-step modern health 'landmines' enabling people to live 'dis-ease' free.

Literally the principles contained in this book gave me a second chance. A decade ago I took it and now I am healed and free from the shackles of medicine. I invite you to take your second chance!

To God be all the glory.

~ Johan Jacobs