



GO NATURAL PRESENTS

FOR THE LOVE OF TRUE FOOD

2-IN-1 HEALTH SEMINAR & PRACTICAL WORKSHOP

Hosted by Johan & Alicia Jacobs



**SUPERFOOD
OAT CHOCOLATE
ROTSIES**
*A versatile
superfood
delight.*

“STEP OUT OF THE MATRIX

One powerful day to question what you know
about food—and rediscover what *truly nourishes*.

PART 1 • THE STORY THAT CHANGED EVERYTHING

Declared medically unfit to work
after a diagnosis of advanced
Primary Progressive Multiple
Sclerosis, Johan Jacobs began
a journey that transformed
his life.

22 YEARS OF RECOVERENRY

26 years since diagnosis—
and a lifetime of lessons to share.

A TRANSFORMATIVE HEALTH SEMINAR

FIRST, DO NO HARM.

LET FOOD BE THY MEDICINE.

Explore how modern food and lifestyle
exposures may affect wellbeing—and
how informed choices, optimal nourishment,
and addressing root causes can support
natural healing.

Author and founder of Go Natural,
Johan shares the practical principles
that shaped his journey.

PART 2 • FROM KNOWLEDGE TO KITCHEN

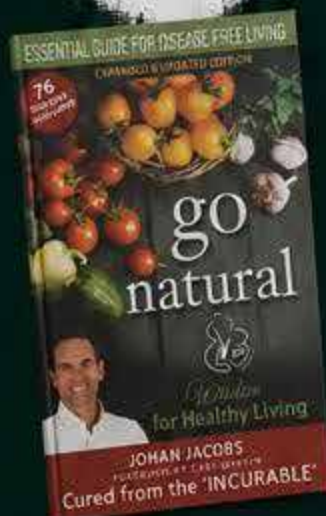
3-HOUR PRACTICAL WORKSHOP

See traditional staple foods
come to life through practical,
live demonstrations.

Discover the traditional background
and rationale behind staple foods.



**100%
WHOLE-WHEAT
SOURDOUGH**
*Whole,
freshly
milled
grain.*



YOU'LL LEAVE WITH MORE THAN INSPIRATION

Recipe and notes booklet • Go Natural sourdough starter •
Carrot juice • Tastings of all prepared food

SATURDAY • 10 OCTOBER 2026
08:45 ARRIVAL • 09:00–14:00

GO NATURAL @ VREDENHOF
*Organic Estate, Bredell Road,
Firgrove, 7130*

R700 PP
BRING A FRIEND • R650 PP FOR 2+ TICKETS
RSVP BY 10:00 • 9 OCTOBER 2026

READY TO SEE FOOD DIFFERENTLY?

SECURE YOUR SPOT • WHATSAPP **066 275 5125**