



Wisdom for Healthy Living

YOU'RE INVITED FOR THE LOVE OF TRUE FOOD

— 2-IN-1 SEMINAR & WORKSHOP —

Hosted by Johan & Alicia Jacobs

STEPPING OUT OF THE MATRIX

A life-changing, interactive day of learning, cooking & inspiration for your health revival.

Learn from a survivor of an incurable disease (Multiple Sclerosis), how to navigate this modern SEA OF DECEPTION and restore your health with HOPE & a PLAN.

PART 1

TRANSFORMATIVE HEALTH SEMINAR

3 X FOCAL POINTS OF THE
GO NATURAL RE-EDUCATIONAL SEMINAR:

- 1 "Each patient carries his own doctor inside him.
We are at our best when we give the doctor
within a chance to go to work." – Albert Schweitzer
- 2 "FIRST DO NO HARM"
- 3 "Let Food Be Thy Medicine,
and Medicine Be Thy Food"
– Hippocrates

PART 2

FERMENTED FOODS

THE 3-HOUR WORKSHOP INCLUDES:



1. DEMONSTRATION: Traditional Sauerkraut



2. KEFIR: A traditional probiotic-rich,
runny yogurt



3. THE GO NATURAL GUT RESET – PROTOCOL
Flushing out Candida & hostile gut bacteria
and then reintroducing & repopulating a
healthy microbiome.
Both signs of a healthy gut & unhealthy gut
will be discussed.

GUT RESET PROTOCOL

A 2-PHASE PLAN FOR A HEALTHY GUT

PHASE A – THE VITAMIN C FLUSH

- ✓ Deep cleanse to clear out harmful bacteria,
parasites & toxins
- ✓ Relief within hours
- ✓ Detox & reset



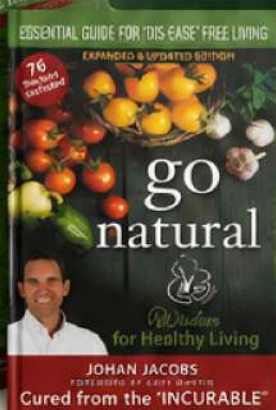
PHASE B – REPOPULATE & RESTORE

- ✓ Rebuild a healthy microbiome with
probiotic-rich foods
- ✓ Fermented foods: sauerkraut, kimchi, kefir
- ✓ Supplements & spore-based probiotics
- ✓ Ketogenic, sugar-free, nourishing foods



INCLUDED IN YOUR DAY:

- A Go Natural booklet with recipes
& note-making space
- Carrot Juice & testers of all
prepared foods



DATE:
Saturday 5 September 2026



TIME:
08:45 for 9h00 – 14h00



RSVP BY:
10h00, 4 September 2026



VENUE:
GO NATURAL @ VREDENHOF
Organic Estate, Bredell road,
Firgrove, 7130

PRICE
R700pp

(Discount on 2 or
more tickets –
R650pp, bring
a friend ☺)

SECURE YOUR SPOT
AND LOOK UNDER 'EVENTS' ♥



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*Your Health.
Your Future.
Your Choice.*