

Wisdom for Healthy Living

A TOTAL ONSLAUGHT on your health

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Let's dig deeper into why we, as civilised people, are facing the darkest hour ever with regards to our health statistics and the disease trends. It saddens me to see that people all around us that gets sick, incapacitated and pay the ultimate price prematurely. I was nearly part of the statistics 15 years ago. Currently we have the best technology fortified with modern medicine but still, the masses are so sick and 'dis-eased'?

The TRUTH MATTERS – is there **A TOTAL ONSLAUGHT?**

If I look back at what happened to me the last 19 years, since my diagnosis with Multiple Sclerosis (MS), and my exponential growth and exposure to information; I am shocked and distressed at the level of misinformation, false propaganda and deception in our food and health industries. I am surprised that we are not more 'dis-eased', which just show how feisty we were designed.

Here are some examples of how our contemporary lives affect our health:

- Our water is polluted with chlorine, aluminium, heavy metals, pesticides and pharmaceutical drugs. Water is the foundation to good health, as water is meant to detox the body, but now this essential element has become the very medium to pollute and toxify your most valuable asset, your body. For more info <u>https://gonatural.co.za/img/cms/PURE-WATER-the-FOUNDATION-togood-HEALTH.pdf</u>
- 2. Our STAPLE foods (grains) are being corrupted in many ways.
 - a. In South Africa, our maize is generally treated with RoundUp and are genetically modified. The active ingredient in RoundUp, Glyphosate, disrupts our GUT microbiome and causes a leaky gut and a compromised digestive tract.
 - b. On top of this, the food industries remove the bulk of the nutrients by removing the germ and the bran. The best parts, that provide nourishment for your body, is now introduced to animal fodder with growth stimulants and hormones so that the poor feedlot animal can grow exponentially bigger and faster, while we are getting more malnourished day-by-day. This is propagated as a solution for feeding the masses, as these nutrient-sterile and toxic quick foods are forced onto the population. For more info https://gonatural.co.za/img/cms/TRICK-or-CHEAT-How-to-Prevent-Obesity-and-Diabetes-April-2019.pdf
 - c. This is also true for most commercial wheat grain products like bread, breakfast cereal, pizza, pasta, buns, pastry, rusks, cookies etc.



- d. This renders our staple as nutrient sterile therefore empty carbohydrates. Hundreds of years ago these foods were acceptable and enjoyed every day. Diabetes and obesity were also never a problem.
 For more info <u>https://gonatural.co.za/img/cms/Gluten-and-wheat-intolerances-exposed-JOY-article-December-2015.pdf</u>
- e. We've made our STAPLE toxic. The industries provide shelf life for your convenience, by adding preservatives to the bread and other flour-related foods with calcium propionate and other chemical preservatives.
- f. Be warned: "The whiter your bread, the quicker you're dead." White bread is not natural, it is made of an isolate (mono-nutrient – empty carbohydrates), and should be strictly avoided. For more info <u>https://gonatural.co.za/img/cms/The-Great-White-Sharks-of-Health-JOY-Mag-May-2016.pdf</u>.
- NUTRITIONAL INJURIES Tooth decay IS the first visible injury! Because of this nutrient sterile, 'SAD' diet, we develop injuries that eventually lead to destruction. We are first injured and then poisoned. For more info:

https://gonatural.co.za/img/cms/Origin-of-Tooth-Decay.pdf

- 4. DENTAL PATHOLOGY The INVISIBLE DRAGON <u>https://gonatural.co.za/img/cms/DENTAL-PATHOLOGY-Aug-2017.pdf</u> Once bitten by the dragon you are climbing the toxic ladder.
- 5. HARMFUL medicine like VACCINES Some are calling it the WAR ON OUR CHILDREN <u>https://www.naturalnews.com/2019-08-22-bombshell-new-video-exposeshorrifying-crime-of-vaccine-mandates.html</u> TESTIMONY - Harvard Lawyer's Vaccine Injured Son: <u>https://youtu.be/YrfKE0FPFHk</u> <u>https://thevaccinereaction.org/2019/08/harvard-lawyers-vaccine-injured-son/</u>

Like mercury amalgams and root canals, toxic vaccines seem to be another crime against humanity, it becomes evident that facts get squashed, manipulated and concealed by the mainstream media.

There are many more ROOT CAUSES; like sugar, heavy metals, chemical food preservatives and toxins, etc. that cause 'dis-ease' and illness. But as far as I am concerned dental pathology, surpasses them all by a mile.

Do yourself a favour and watch the ROOT CAUSE MOVIE trailer: https://rootcausemovie.com/

For the full documentary click here: - https://youtu.be/kueBlr0reAc

If you take cognisance of the above, it is clear that there is a total onslaught against our health.

THE SOLUTION



Wisdom for Healthy Living

I believe GO NATURAL provides a proven solution.

Ancient wisdom, discernment and common sense is the foundation.

Read our book *Go Natural Wisdom for Healthy Living* and discover the natural methods and protocols to recover and prevent 'dis-ease'. Our book and/or our five-hour seminar/workshop is the catalyst to release you from the grip of 'dis-ease' and from symptomatic medicine, which is being prescribed while the root causes of 'dis-ease' are still present.

TESTIMONIES - <u>https://gonatural.co.za/content/34-testimonies</u>

We are humbled to present our profound testimonies that prove that our bodies are engineered to win and heal; we just need to do our bit to create the correct environment for healing.

Remember:

- 1. FIRST DO NO HARM
- 2. PREVENTION is better than cure.
- 3. Apply WISDOM and DECERNMENT

Yours in health

Johan