



The DETOX Dichotomy

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by Johan Jacobs – Founder and Author of GO NATURAL

Our bodies are made to run effortlessly and smoothly and are by design, self-detoxing, and or cleansing entities that contain 5 methods of cleansing every day, every second for as long as you have a breath. However, due to industrialization and the implementation of unwise modern toxic modalities in many spheres of life, modern people are overexposed to harmful and life-shortening and altering toxins and pollutants that if you are exposed to enough of certain toxins, you will become seriously injured and “dis-eased”. Let me quickly testify. I, by grace, have recovered from an incurable “dis-ease” only to discover the sophisticated medical system has written me off and declared me clinically unfit for work at the age of 34 with advanced MS, nearly bound to a wheelchair. To make a long story short, by DIVINE intervention, and I give HIM all the GLORY..., I’ve received a second chance and was led to the toxicologist Dr. Hal H Huggins in Colorado Springs, USA that was instrumental in saving my life. He told me; “Johan you did not get sick you were made sick.” After the ROOT CAUSES were removed and my body cleansed from mercury and other harmful toxins, I recovered and started to read and do some research. It shocked me what was enforced on us. It will only be a matter of time until your toxic bucket is overflowing, and one is diagnosed with a “dis-ease” caused by overexposure to all these harmful accumulative variables and or to be grossly nutrient deficient, in a severe chemical imbalance. This double-edged sword is a deadly weapon used by the serpent to create patients.

We were led by the LORD to help our fellow brothers and sisters to navigate wisely through this new dispensation the “concrete jungle”. So, we started this GO NATURAL movement from our garage, and later on, we have written a manual, our book ***GO NATURAL Wisdom for Healthy Living***, a GPS to navigate this modern life, and I believe GO NATURAL offers you a proven solution (it is my 19th year of recovery) that take you back pre industrialization. Clean food and water that will bless your body, not cursing it. Soon I realized that this modern broken world is so confused and filled with QUICK FIX DETOX METHODS, but in many cases, they are neither safe nor effective. Deceiving the masses without empowering the individual to remove all the ROOT CAUSES and to understand to navigate through a modern changed environment and not to become a victim of this MATRIX of deception and enslavement.

The NATURAL DETOX FUNDAMENTALS and METHODS in our body.

1. URINE

Every morning, first thing, we water, our kidneys removed toxins and excess unnecessary elements from the blood while we are sleeping.

2. SWEAT

As we exercise, we use our sweat as a cooling agent but it is proven that sweat is also one of the cleansing methods of the body.

3. STOOL

Preferably a bowel movement should happen once but not more than twice a day. Our liver filters our blood, dumps the impurities and unnecessary agents in our gallbladder, and then in our intestine and hopefully, within 12-18 hours it is out of our bodies. If you are not regular, you reabsorb with the snowball effect of the accumulation of toxins in your body.

4. LYMPHATIC SYSTEM

This amazing invisible system across the whole body consists of lymph -nodes, -ducts and -fluid. Unwanted elements like bacteria will be exported through the lymph fluid and ducts to the lymph nodes where your immune system will obliterate the unwanted elements. The lymph fluid enters the circulatory system via the veins and then back through the heart. The lymph ducts contain one-way valves that require body movement to ensure proper lymph fluid movement.

5. LUNGS

Our lungs are also cleansing our bodies of unwanted elements.

Indeed, our bodies are FEARFULLY and WONDERFULLY made – praise FATHER our CREATOR!!!

HOWER as discussed:

THE BROKEN WORLD INTRODUCED UNWATED ELEMENTS, VARIABLES, AND PARADIGMS THAT MADE OUR DETOX and ELIMINATION CAPABILITIES INEFFECTIVE and OVERLOADED.

Let's deal with these three issues separately:

- A. INEFFECTIVE
- B. TOXIC OVERLOAD
- C. FALSE PARADIGMS (QUICK FIXES)

A- How to curb the INEFFECTIVE NATURAL DETOXING SYSTEM?

Let us go back to our innate 5 x methods of self-cleansing as discussed above.

1 & 2

Drink enough pure water every day. You will see, all 5 methods of cleansing use water, the master solvent, and cleansing agent. Today the very medium that helps us to be pure has become the very medium that is polluting and harming your most precious body. Pure water is KEY, in my view after being treated by the toxicologist that recommend me to only ingest distilled water. He has told me 19 years ago; "if you want to stay healthy, stay pure, water is the foundation as it facilitates all the mechanisms of cleansing."

3 Stop consuming modern industrialized boxed and packaged foods. Stop eating substrates that curse our bodies and bowls to become constipated and toxic, those should be strictly eliminated. The article in a previous publication, the GO NATURAL'S GUT RESET PROTOCOL should be used to get the bowls detoxing, healed, and moving naturally.

4 SITTING too much

This causes your lymphatic system to become slow, dormant, and ineffective. You cannot sit and be stagnant for longer than 2 hours, this is grossly unnatural, get up, walk around the block in the sun and then back to work, or else get yourself a rebounder and rebound every 2 hours for two minutes. Truly a MIRACLE EXERCISE, this article is also on our website.

5. Use the lungs and start to practice deep breathing.

B – CURB the TOXIC OVERLOAD

Most of us now are born, raised, conditioned, and live in this sea of deception, designed by the evil one to cause harm, to be polluted, injured, and "dis-eased" and then only to treat the symptom and not to remove the ROOT CAUSE that was the very reason you became "dis-eased" and uncomfortable.

Our GO NATURAL book will help you in the right direction.

C - FALSE PARADIGMS (QUICK FIXES)

Typical faulty detox methods will not give you long-lasting or effective results.

DETOX PATCHES, TEAS, IV – Drips, etc.

Why will it not work to restore the body to its full functionality?

- a. Because all the ROOT CAUSES were never removed.
- b. Your natural elimination channels were not activated to work optimally.

It is all well explained in my journey to recovery from advanced MS (A poisoned and injured CNS) in our book ***GO NATURAL – Wisdom for Health Living***. Adopt those principles, live in wisdom and only ingest true and clean foods, and never allow wicked products and procedures onto your earthly temple.

If you are severely injured and the body is not functioning as it should, i.e.: you are diagnosed with cancer, autoimmune diseases, neurological diseases and or any dreaded disease then please read my book and apply those principles and at the back of the book, in particular, to add there is a recipe under TREATMENT PROTOCOLS, CALLED Johan's Recovery Protocol. The contents of the whole book and especially the recovery protocol is a self-help guide to recovery, also consider contacting me so that we can steer you faster in the right direction and to the correct alternative medical specialists that will help you to facilitate natural, self-healing. Please read our TESTIMONIES on our website, www.gonatural.co.za, and familiarize yourself with what is possible, the miracle engineered in your genes, that of self-healing. The body knows exactly what to do: **"Each patient carries his own doctor inside him. We are at our best when we give the doctor who resides within a chance to go to work."**
– **Albert Schweitzer**

I hope this advice will help you to detox naturally allowing you to experience true, long-lasting vitality and a clear mind.

Thank you and Blessed regards.

Johan

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