

Go Natural's Fact File

Astounding facts about the human body

1. **The Self-Maintaining Body**: The human body consists of approximately ± 100 trillion cells with a unique maintenance plan. Old body cells are continuously replaced with young strong cells. E.g. Within ± 6 weeks the outer skin cells are all replaced, within ± 12 weeks all our blood new. Thus the body is continuously maintained by the replacing the old cells.
2. **The Self-Healing Body**: e.g. a cut heals, but the principle is the same for our insides.
3. **The Self-Protecting Body**: We have an immune system that protects us against dangerous and harmful viruses, bacteria and toxins, we just need to supply the nutrition to support that function.
4. **The Self-Growing Body**:

Once fully grown, we do not merely eat for energy, but also require good nutrition/building blocks to maintain, heal and protect ourselves. The same is true for the rest of the animal kingdom.

These astounding facts about the human body are the main reasons for Go Natural's firm belief in the following fundamental principles of health:

1. **A whole food lifestyle**

"Whole food is food that contains all the nutrients in the same proportions as found in nature"
Diet and Health, p140, Walter J Veith

In other words nothing removed or added to a food, offering maximum NUTRITION.

150 Year ago nobody used supplements. The human is the only species on planet earth to make its food chain empty and toxic. Then we supplement to meet all our nutritional requirements. Just remember the supplementation industry is a multi trillion dollar industry which started only a mere ± 60 years ago since we devised ways to process and preserve our foods for consumer luxury.

2. **An organic lifestyle**

- Firstly for plant based products, organic means that the soil is in better condition, thus the plant is in better condition and have more nutrients and minerals available. Thus it contains more nutrition than non organic produce.
- Secondly organic means that no harmful foreign toxins and chemicals are used in the production process. Thus essential building blocks, without foreign chemicals and toxins that hinder and adversely effect body functions. "...organophosphates are known to be carcinogenic, mutagenic, and toxic to the brain and nervous system ... unless you only eat organic, most foods contain traces of pesticides." *The Optimum Nutritional Bible, p23, Patrick Holford*

3. Providing **good building blocks/nutrition** for the body through the correct lifestyle.

When your body is given the food/nutrition/building blocks that it was originally created to function with on, the body would require less to almost no nutritional supplementation for optimum vitality. A hundred years ago supplementation did not exist. Supplementation is a man made industry in order to patch our man made processed and empty food industry. Without knowing most of us are robbed of essential nutrients, a classic example is the removal of the heart of the grain, the germ and the bran with its plethora of mega nutrients.

4. **Disease prevention.** Our motto is to be Health Pro-Active. We know that it is far easier to prevent disease than to cure it. Most of us maintain our bodies very poorly and it often takes a serious health challenge to spur us to action to properly care for ourselves.
5. **Wise supplementation** is often required today in order to balance the effect of poor lifestyle and nutrition over years as well as to neutralise environmental free radical exposure. We see supplementation as a short term solution to correct previous nutritional imbalances. The long term and sustainable solution is a healthy and balanced life style.

Go Natural's vision is to make a healthy, fresh, organic and whole food lifestyle practical and available for every household. Good health is available and attainable for everybody.

Our changing environment:

We must accept that we live in a completely different environment from what our ancestors enjoyed more than a century ago. In today's urban environment, where most of us find ourselves, it is essential to live a clean and healthy lifestyle in order to as far as possible avoid additional exposure to toxins. Today one needs to be informed and streetwise in order to side step the human self imposed health landmines.

Changing Factors:

1. **Mass Production:** Our current food supply (often mass-produced, harvested green, processed, transported, stored, chemically treated, etc) has a much poorer nutritional content than organically grown, unprocessed produce eaten directly from the garden. Thus our food has less available building blocks and more harmful chemicals than in the past.
2. **Chemical Preservatives:** More than 3000 preservatives and registered chemicals are in use to extend the shelf life of processed food products.
3. **Processing:** Food processing and heat exposure go hand in hand, however processing food leave it stale and stripped of vital nutrients.
4. **Poor water quality:** Our bodies are bombarded with hazardous foreign chemicals, heavy metals and other toxins.
5. **Different toxins:** A toxin by itself is dangerous; however in combination with other toxins in the body it will have an amplified effect, causing 1 plus 1 to be equal to 3, putting even more strain on the body and its immune system.

STATS:

The result of our compromised food supply and environment is that there are significantly more diseases and illness than in the past. The stats are alarming. We are experiencing ever increasing health problems in our society at younger and younger ages. We see it almost daily at Go Natural. We do not want to scare or bore you with the stats but most of us now realize that something is seriously wrong. This problem has to be addressed.

TOXICOLOGY – and its Hidden Dimension exposed

A large number of diseases today are caused by this unseen dimension of toxicity. Most of us are unaware of what is happening in our food chain, medical technology, personal hygiene, etc. Humans have lived on this planet for thousands of years. New technology needs to be proven for at least 10 years and only then be put on the market. Even then you must accept that there still is a big risk involved as the long term effects (20 years plus) are largely unknown. If something tastes good, it

does not necessarily mean it is good for your health. Often proven wisdom is ignored and we consequently suffer the long term effects of bad dietary habits. From personal experience I can honestly say that we need wisdom, or else we may perish because of a lack of truth.

HEAVY METAL EXPOSURE:

It is sad and incredible that most of us would unknowingly allow such dangerous metals into our bodies.

1. "Although we refer to our fillings as 'Silver', amalgams are actually made up of about 52% mercury" *What Doctors Don't Tell You, p 235, Lynne mc Taggart*
2. "The most common cause of chronic mercury poisoning today is dental amalgam" *Amalgam Illness, p3, Andrew H Cutler*
3. "One amalgam filling can release 3-17 micrograms of mercury each day." *Nutritional Healing, p517, PA Balch*

Is Mercury toxic?

"Mercury kills cells by interfering with their ability to exchange oxygen, nutrients and waste products through the cell membrane. Inside the cell, mercury destroys our genetic code, DNA,...." *It's all in your Head, p17, Dr Hal A. Huggins.*

NB: Safe dental revision and amalgam removal protocol is of utmost importance in order to prevent a further surge of mercury exposure that could be detrimental to your health. Please read my testimony on www.gonatural.co.za.

NB: You are welcome to contact us for advice in this regard.

A TYPICAL EXAMPLE

The Poisoning of Minamata with Mercury (A small town in Japan)

http://en.wikipedia.org/wiki/Minamata_disease

Or Google: Minamata + Japan

I personally had the privilege when I went to Australia for treatment for Multiple Sclerosis (MS) to watch a documentary about Minamata. It was shocking, but it empowered me to think differently and gave me lots of insight and hope. The true account of Minamata exposed the hidden, unseen and real dimension of heavy metal toxicity. To make a long story short, through education and real life experience, I have learned that mercury poisoning and MS are brother and sister. Today I can say that MS is not a "disease" but it is a progressive toxicity, an unknown and hidden dimension to most people including the "experts". There are many similar "disease" examples in our society.

You are welcome to visit Go Natural for more information.

Help, Hope and Recovery:

1. With the removal of toxins, toxic exposure and harmful conditions as well as
2. the supply of clean (organic), fresh and whole food nutrition/BUILDING BLOCKS, the body is able to heal itself. Eating "empty food" slows down healing and maintaining and it leads to a accelerated ging and a plethora of other health challenges.

Only after having gone to Australia and the USA, did I discover this. I praise the LORD for helping me understand toxicity and healthy living. It not only saved my life, but it also empowered me to help many others reclaim their health.

You are welcome to read my full story on www.gonatural.co.za.

In today's urban environment, with new and ever changing technologies, toxicity and exposure to harmful chemicals are a reality and it could lead to life style and other "diseases". Most of the time we cannot control the changing environment, but we can control what we put into our bodies and what we expose ourselves to.

A must read book about the topic of TOXICITY and NUTRITION is, *Optimal Nutrition for Optimum Health*, by Andrew E Levy, M.D., J.D.

In his book, Dr. Levy exposes the myths about cholesterol, while showing the clear link between cholesterol and toxicity. An extract - "*High cholesterol levels develop in the presence of toxins; the toxins are neutralised by cholesterol. It follows that the removal of these toxins is the most reasonable way to lower elevated cholesterol levels.*" p88 in *Optimal Nutrition for Optimum Health*, by Andrew E Levy, M.D., J.D. The same happened to me, I experienced this first hand.

Note: There are different toxins and detox protocols. It is essential to do it all correctly.

Facts & Solutions

1. Our bodies are self-maintaining and self-healing.

Maintaining - Did you know that your outer layer of skin cells is replaced every ± 4 weeks? And so it is with every part of our bodies, but obviously on different time scales.

Healing – A cut or scratch disappears within days. The same applies to the inside of our bodies.

2. Take responsibility for your own body. You have control.
3. Maintain good health through correct lifestyle and nutrition. Our food supplies the building blocks to replace old cells or repair damaged cells. If you supply poor building materials, old cells will be replaced with lower quality cells and repair may not be possible, setting the stage for accelerated ageing and disease.
4. Create the environment and building blocks for maintenance and healing. Our bodies are created/programmed firstly to HEAL and secondly to MAINTAIN itself.
5. We present Lifestyle Seminars to educate people and help them understand how to care for their wonderfully made bodies.

6 Fundamental Healthy Living essentials

1. Water

Our bodies consist of $\pm 70\%$ water. We need pure water daily for effective body functioning.

Water the Foundation of Health

Why?

Pure water is essential for optimum health and longevity. Distillation is the only consistent, foolproof, 99.99% effective water purification process. This equipment transforms contaminated tap water into pure life-giving water. It is shocking to observe how polluted our drinking water has become.

A distiller will save you money when compared to buying bottled water.

It also saves you money if you use to buy bottled water.

Assumptions:

- Daily consumption per person (including cooking water) – 3 litres

- Conservative cost per litre of bottled water – R1-00

The saving is ± R1-00 per litre, thus 3 litres a day at 365 days a year works out to be conservatively ±R1095 per person per year. Buying a distiller is a small premium for drinking the preferred water, pure peace of mind and saving a lot of money for years to come. Our distillers utilise only 35 cents per litre on electricity.

The main functions of water in the body:

- Transports nutrients
- Regulates body temperature
- Flushes toxins
- Removes waste products
- Lubricates joints
- Cushions bones and joints
- Improves cell to cell communications
- Essential for all cellular function

ONLY distillation will remove all bacteria, industrial chemicals, sewage, toxins, bad tastes, odours, as well as ANY other undesirables from your water! Bottled water and carbon-filtered water are just not clean enough. Bottled water is ground water and this can be highly contaminated with effluent waste, animal faeces, chemical toxins, etc. Carbon filtered water has only had the chlorine removed, but still contains bacteria, parasites etc which can infect you.

The ONLY safe solution for you and your family is DISTILLED WATER!

“Probably the purest waters available today are those purified by distillation....” *Optimum Nutrition for Optimal Health, p120, Thomas E. Levy, M.D., J.D.*

What is distilled water?

Distilled water is water that has been heated to boiling point so that impurities are separated from the water, which itself has become vapour or steam. The steam is then condensed back into pure liquid form. The impurities remain as a residue in the distiller and are then discarded. Distillation systems remove waterborne biological contaminants such as bacteria, viruses, organic and inorganic chemicals, heavy metals, volatile gases, parasitic cysts and other contaminants. Distilled water contains virtually no solids, minerals or trace elements. It is clean, natural and healthy. Steam distilled water is the standard by which all other waters are measured throughout the world.

Why use distillation?

It is the single most consistent and 99.99% effective method of water purification and can be used anywhere throughout the world on all types of incoming water. Unlike other treatment methods, this system is always effective against virtually all contaminants and is not dependent on water pressure, water temperature, pH, or chlorine and can even be used to purify water containing bacteria and parasites, producing water that is 100% safe and pure.

Note: Our distillation equipment is portable, allowing you to purify water wherever you go.

Does boiling tap water make it safe to drink?

Simply boiling water on a stove top will kill biological contaminants such as bacteria, parasites and viruses after about 20 minutes of boiling. It will however not get rid the water of salts, heavy metals, or other chemicals, which may still be present. As the pure water evaporates into steam, the water left behind in the kettle becomes MORE concentrated with contaminants, making it more dangerous to your health.

How does distilled water compare with bottled water?

Top quality bottled water could actually be produced by distillation and is widely available overseas. However, because bottled water is processed in a variety of ways and is largely unregulated, quality is not assured. Over 25% of bottled water is ordinary tap water from municipal sources.

Water from a distiller is much more economical than bottled water. Why don't municipal water treatment plants use distillation to treat water?

The large amount of energy required for the distillation of water makes it too costly to utilize on a large scale. Also, since less than 2% of the water supplied to a community is used for drinking, almost all of the expensively produced pure distilled water would be used for showers, baths, toilets, washing machines, and dishwashers. Even so, some affluent countries in the Middle East that have limited fresh water do use distillation to purify their water. Don't forget that water may still pick up some contaminants from the distribution pipes and home plumbing. On the other hand, a home distillation unit produces pure water in your own kitchen, right where you use it, thereby removing the risk of contamination between the water treatment plant and the end user.

Are some of the minerals removed by distillation important for health?

No, water is not a source of nutrition; your body obtains minerals *much* more readily from foods than from the water you consume.

No inorganic minerals:

Only a plant, by the process of photosynthesis, is capable of converting inorganic minerals to organic, rendering it useful for human processing.

Your body needs calcium, for instance, and distillation removes this inorganic mineral and all others. However, your body does *not* obtain the calcium nor minerals it needs from water. Minerals in water exist as salts or inorganic minerals. In this form, minerals are not nearly as biologically acceptable to the human body as the organic forms of minerals found in all foods.

Does distilled water taste as good as bottled water?

It tastes far better – sweet and pure! Most bottled beverages (beer, soft drinks etc) are made with distilled water for the best possible flavour as excess minerals can have a negative effect on the taste.

To find out about steam distilled water & distillers go to our website www.gonatural.co.za or contact us at tel.021-852 2744 for more information.

2. GRAINS - Our Staple Food

At a macro level, a grain kernel consists of:

1. The Germ - the heart of the kernel from where the shoot grows if sprouted. This part contains the most nutrients, i.e. vitamins, essential fatty acids, minerals, amino acids, phytochemicals (antioxidants).
2. Bran - layers of hard skin that protect the inside of the kernel.
3. The Endosperm – is the carbohydrate rich part that provides energy once sprouted until the young shoot can convert sun energy to glucose by the process of photosynthesis.

Today:

1. Empty food stripped of essential nutrients - Building blocks

With the hammer and roller milling process, the germ and the bran are removed from the flour. ± 80% of all the nutrients are thus lost. No wonder it is then needed to supplement the lost nutrients. Only the carbohydrate rich part, the endosperm, is left. When refined flour is eaten, normally the following results follow: within ±1 hour the carbohydrate part is digested and absorbed as blood glucose. It spikes the blood sugar level. Your pancreas then works over time to get rid of the quickly elevated blood sugar level and often stores it as fat. The sad part is that the body wants to continue to maintain and heal itself, so it sends out a signal to eat again. I am starving my body

wants to proceed with self maintaining and self healing. But the possibility is that there are again limited building blocks/nutrients the next time you eat and a vicious cycle continues with devastating effects. Craving is a natural response of the body in order to get nutrients at cellular level. Eating empty foods is a health risk and over the long term it may cause the following:

- Overweight
- Obesity
- Diabetics
- Accelerated aging
- ADD

2. Old and rancid

If grain is stone-milled into flour, within \pm 3 weeks the flour needs to be used or else the essential fatty acids become "trans" fatty acids, turning them bitter/rancid, thus rendering them useless.

The short shelf life of stone-milled flour makes it a logistical nightmare to keep on the shelves. This is the main reason for the removal of the germ from flour.

Did you know?

1. White flour consists mainly of the endosperm, which contains the starches and sugars that we now consume in unhealthy excess. Limited bran is normally reintroduced to form brown flour, but both brown and white flour are almost always without the germ – void of nutrients.
2. The bran is removed mainly to make flour light and white. Light flour is now not only devoid of nutrients but may also be devoid of fibre, leaving it with no intestinal motility. "The removal of the bran interferes with intestinal motility, and thus in turn leads to constipation, and a host of associated diseases." - *Diet and Health Scientific Perspectives, p141, prof. Walter J Veith.*
3. On a macro level, we eat only the endosperm (carbohydrates part) of the grain as flour. This makes our staple food devoid of nutrition but full of energy, thus satisfying hunger in the short term but falling short of nutritional requirements for maintaining and healing in the long term. This is one of the main reasons why we crave and the primary reason why we require expensive supplementation.
4. Eating nutrient-deficient foods causes the body to experience continual cravings for food in an attempt to satisfy its need for the needed building blocks. This can end up being a vicious cycle and is one of the leading causes of obesity. Craving is the natural process by which the body attempts to acquire nutritional building blocks/nutrition in order to regulate and maintain itself and these cravings are only satisfied by nutrient rich whole foods. Sadly, many people are unknowingly overfed and malnourished.
5. By eating standard flour/grain products you are exposing yourself to preservatives, pesticides and trans fatty acids. These are all toxic to the body and are one of the primary reasons for wheat and gluten intolerance.

The Solution

With a stone mill, grain roller and fresh organic grain, you can enjoy the true taste, freshness and nutrition of grain products just as our ancestors once enjoyed. Most of our customers that were wheat / gluten intolerant experienced total freedom from the symptoms associated with this condition upon using our organically grown and freshly stone-milled wheat flour.

Save:

A big win-win for your health and finances.

You can bake an organic, freshly milled wheat bread for less than R7-00 for an 800g loaf of healthy, organic, whole food and tasty 800g bread.

A similar bread at a supermarket / bakery will cost you in the region of R15-R25/loaf.

Scenarios: let's make the following assumption.

A family of four uses a bread per day.

The minimum saving is R10/bread multiplied by 365 days, giving you a annual saving of R3 650-00
A KoMo Fidibus21 stone mill will pay itself off in less than a year. That is without calculating the saving on breakfast cereals and other grain related products (e.g. porridge, pasta, muffins, etc).

3. Juicing

Did you know?

1. The advantage of juicing raw vegetables is that when the juice is separated from the fiber, the great majority of nutrients stay in the juice. Because the fiber has been removed, these fresh, living nutrients in the juice can get into the bloodstream and to cellular level within minutes, without the time consuming and energy-depleting process of digestion.
2. Juicing vegetables provides one of the best sources of nutrients for building and regeneration of our bodies.

4. Sprouting

Did you know?

"NUTRITION: Sprouts are baby plants in their prime. At this stage of their growth, they have a greater concentration of proteins, vitamins, minerals, enzymes, RNA, DNA, bio-flavonoids, T-Cells, etc., than at any other point in the plant's life - - even when compared with the mature vegetable."
SPROUTS the Miracle Food, p7, Steve Meyerowitz

5. Cooking

Why Argilla clay pottery is the best cooking medium?

Let's look at what the experts are saying about metal cookware.

Hazardous elements found in Cookware?

A. Aluminium

1. "Aluminium exposure can come through drinking water, aluminium containers, and cookware, multiple aluminium-containing medications and even many antiperspirants. Toxicity can be seen especially in the brain, liver, kidneys and bone." *P 308, Vitamin C Infectious Diseases & Toxins, by Thomas E. Levy, MD, JD.*
2. "Many of the symptoms of aluminium toxicity are similar to those of Alzheimer's disease and osteoporosis. ... Aluminium toxicity can lead to colic, rickets, gastrointestinal disturbances, poor calcium metabolism, forgetfulness, speech disturbances, memory loss, softening of the bones and weak, aching muscles. Aluminium is also used to make cookware, cooking utensils, foil, antiperspirants and toothpaste to dental amalgams, bleached flour and table salt. Our most prominent source of aluminium is our municipal water supply. " *p 167, Nutritional Healing, Phyllis and James Balch, M.D.*

B. Nickel in Stainless Steel

1. It is known to be a potent cancer-causing agent..." P 306, *Vitamin C Infectious Diseases & Toxins*, by Thomas E. Levy, MD, JD.
2. "Too much nickel can be toxic ...Using cooking utensils containing nickel may add unnecessarily to your dietary intake of nickel. Significant levels of nickel may also contribute to thyroid malfunctioning or heart attack. Beware of metal cookware, especially when preparing acidic foods such as tomato sauce. Use glass cookware instead." p 537-8, *Nutritional Healing*, Phyllis and James Balch, M.D.

Argilla pottery is not only free from toxic-elements but also has the following advantages:

1. Healthier: Argilla pottery isn't just a work of art; it is an aid to healthier living.
2. Cooked to perfection: Food prepared according to the low fat Argilla way, is cooked to perfection by the healthy steam roasting process with no added fats and a little water.
3. Greater Nutritional value: Meat will be tenderer and vegetables will retain most of their nutritional value. Cook your family's food the heart-friendly, high-nutrient Argilla way.
4. Convenient: Argilla cookware is convenient, it saves you time!

FOR MORE INFO CALL ALICIA AT 082 297 9700, OR EMAIL HER AT alicia@gonatural.co.za

6. Personal Hygiene

We urge you to test the following for a month and experience the difference.

1. Toothpaste

I can truly say it is one of the best things that I discovered for personal hygiene.

Recipe: 75% Earth salts and 25% Bicarbonate of soda. Mix well in the powder form and apply sparingly to the brush.

Benefits:

- It cleans more effectively than any toothpaste I have ever used.
- It is free from highly absorbent hazardous substances like aluminium, fillers and fluoride.
- It keeps your teeth clean and free from plaque.
- It is free from abrasive substances that can harm your tooth enamel through vigorous brushing.
- It is cost effective. Your tooth salt per month will cost in the region of R1-00/person.

2. Anti - Perspirant

A very personal topic, however it is so important.

If needed, we rather recommend using a concentrated earth salt solution or organic white apple vinegar.

How?

Spray it on the under arm area and then blow-dry it.

We recommend spraying a nice smelling perfume or deodorant on your clothes rather than directly onto the body.

Reason

- It is not sweat that smells, but the bacteria that thrive in it. Salt creates an acidic environment on the skin where the bacteria cannot live; thereby ensuring that sweat has a neutral smell.
- "The products most often used to stop perspiration contain forms of aluminium, which has been linked to Alzheimer's disease or other neurological problems." p84, *The Makers Diet*, Jordan S. Ruben
- We recommend not allowing foreign harmful chemistry near or on your body.

- "Suppressing the natural sweat response in your underarms or other areas blocks the body's cleansing process and the natural flow of the lymphatic system. Interference in normal lymphatic function may increase the risk of breast cancer." p84, *The Makers Diet*, Jordan S. Ruben

Benefits:

1. Normal perspiration and lymphatic drainage.
2. Longer odour free periods.
3. Peace of mind.
4. Cost effective.

Note: A whole-food, mainly raw diet, will also contribute to the body not giving off bad smelling odours when sweating.

We hope and trust you found the above information of value.

We realize that all this information could be totally overwhelming and one could feel totally discouraged and even lost. However if you want to experience optimal health and you need assistance, we will gladly help and assist where we can.

You are welcome to book a consultation if you need help with exposing root causes/toxicity, healthy living, detoxification, etc. We offer assistance to help individuals on the road to recovery. Please call us. We would like to help you reach and maintain optimum health.

Go well - Go Natural"

Legal disclaimer: The content of this document is purely for information purposes and is not intended to replace the advice and treatment prescribed by a qualified health professional.