

Overview of the Go Natural Life-Style Seminar:

Go Natural is the culmination of an incredible healing journey undergone by the founder Johan Jacobs. Being diagnosed with debilitating Multiple Sclerosis, despite being fit, healthy and in the prime of his life, led Johan into a deep exploration of how we can truly create and sustain vibrant health in our lives, just like our ancestors did. At Go Natural we have a passion to share information and help people not to land up in the same situation as Johan was in.

We've discovered that one's **lifestyle** is the most important pro-active and sustainable health solution in protecting your health, vitality & longevity. This seminar is not only diet related; we also focus to expose the hidden dimension of toxicology and disease.

Go Natural is aware of the health status, disease statistics, shortfalls and confusion regarding this topic in our society. We've discovered that there is a complete lack of knowledge of taking care and nourishing our wonderful bodies. Hook, line and sinker we naively accept virtually anything that is offered to us.

Seminar Objective:

1. Empower people with knowledge; in order to be able to be **pro-active** regarding caring for our bodies.
2. Explaining the Wonder of our self-healing and self-maintaining bodies.
3. Exposing the difference between a disease and toxicity.
4. Uncover health truths.
5. Conveying Practical Lifestyle fundamentals and models, e.g. **The 9 Laws of Health**.
6. Guide people how to live a new healthier lifestyle; Nutrition is one of the main fundamentals.

Responsibility

It's your body - it's your health! Our advice is to take personal **responsibility** and equip yourself in caring for your wonderfully made body.

Background of Johan Jacobs

Johan was very fit and active, he discovered in his case fitness is definitely not a ticket to health.

Along with his engineering qualifications he has completed his MBA at Stellenbosch in 1999. Was diagnosed with Multiple Sclerosis in 2000.

Declared medical unfit for work in 2004.

Overseas Treatment:

1. Went to Australia to Living Valley Springs in 2004 and
2. Huggins Diagnostic Centre in USA, Colorado Springs in 2005.

The above exposure and a lot of research empowered Johan to regain his physical health and empowered him now to help other people in this regard.

Johan and Alicia, his wife, are the founders of Go Natural and are giving Health and Lifestyle Seminars at:

1. TV – January 2009 - Free spirit
2. Lots of radio shows
3. The Stellenbosch Hydro, twice a month for the first 8 months in 2006.
4. The Klein Karoo Organic Institute
5. Schools,
6. Churches,
7. Health groups,
8. Health Associations and other.

Last Note: Through experience we've learned how to prevent a lot and to turn around most chronic incurable degenerative diseases. This seminar will empower you to miss the health "landmines" and how to make wise decisions in this regard.

Note: Normally a presentation commence with a brief background and testimony of the founder. We can customise the presentation length and contents to suit the requirement.