

# go natural

## FOR THE LOVE OF REAL FOOD.

TWO in ONE SEMINAR & WORKSHOP

4 HOURS

Hosted by Johan and Alicia Jacobs



SECURE YOUR SEAT - BOOK ONLINE  
[www.gonatural.co.za](http://www.gonatural.co.za)

*The 1 hour SEMINAR INCLUDES!*

*The 3 Hour WORKSHOP INCLUDES!*

### PART 1

### PART 3

1. The introduction to the RATIONALE of GO NATURAL
2. The link between nutrition and physical degeneration
3. Exposing modern "DIS-EASE" causing DECEPTIONS
4. Exposing the archer-arrow principle of toxicology
5. The hidden difference between a "dis-ease" and a condition
6. Explaining the SOLUTION: GO NATURAL'S 10 Step Nutritional Program
7. How to unlock your INNER DOCTOR
8. Valuable advice about sidestepping hidden modern health landmines
9. Ancient wisdom about how to take proactive care of our bodies in a modern, toxic world

#### FOODS to be Demonstrated and Prepared

1. Traditional Sour Dough bread
2. Traditional Burcher Brenner Muesli
3. Kefir - Fermented dairy
4. Raw Chocolate (Go Natural's 3-in-1 Anti-Aging Snack)

#### INCLUDED

Carrot Juice and testers of all the prepared food.



### PART 2

## HOW TO BOOK

10. GRAIN FOODS
11. Grain Anatomy and Wisdom
12. Wise Grain Practices
  - Soaking
  - Sprouting
  - Fermentation
  - Natural preservation and storage
  - Fresh processing methods

**Date:** Wednesday, 14 March 2018  
**Time:** 09h00 - 13h00  
**RSVP:** Monday, 12 March 2018  
**Venue:** 10 Swallow Crescent, Vredenberg Estate, Bakkerskloof St., Somerset West  
**Booking:** On [gonatural.co.za](http://gonatural.co.za) (essential with QUICKET), at our shop, or phone 021 852 2744  
**Price:** R500pp, 2 or more tickets R450pp (bring a friend!)

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