



Natural News!

From Natural Solutions by Anke, LLC

Volume 1, Issue 3

Bless You! Gesundheit!

Have allergies got you down? Or maybe they've got you up all night sneezing, with watery, itchy eyes and runny noses? Whatever the symptoms may be, there's a way to manage most allergies naturally.

There are many definitions of allergies, but the most accepted is this: a condition of unusual sensitivity which certain individuals may develop to foreign substances or physical conditions that are harmless to other people. Strange as it sounds, you can be allergic to almost anything: aspirin, dust, poison



ivy, numerous types of pollen, wool, feathers, eggs, shrimp,

insect venom, mold or perfumes, the list is endless. An allergic reaction is very personal and individualized. Something that causes certain responses in one person may cause an entirely different reaction in another. For example, inhaling mold may lead to hives in one person, diarrhea in another, hay fever in a third, and headaches in a fourth. To make things even more strange, the way an allergy causing substance enters your body does not necessarily have a bearing on the symptoms. Inhaling a substance may cause you to break out in a rash, while eating a problem food for you may cause airway problems. Perhaps the strangest of all reactions is the immune system's false

recognition of normal cells in your body as invaders and then attacking them. This is called an autoimmune reaction and is thought to be related to allergies. Some autoimmune reactions are rheumatoid arthritis, lupus, some thyroid issues, some forms of diabetes, fibromyalgia, the list grows daily.

Allergies cost North Americans billions, over 5 billion to be exact, and that's just to ward off the symptoms. Can nutrition help? You bet! Research shows over 40% can obtain relief through nutritional approaches. It can help your pets who suffer too.

For further information, call or email me or the person who sent you this newsletter for a personalized allergy relief consultation!

Inside this issue:

<i>Allergies</i>	1
<i>The Home Team</i>	1
<i>Sun Smarts</i>	2
<i>Save Money!</i>	2
<i>Mother's Day Gift Ideas</i>	2
<i>Cleaning your bathroom once a year!</i>	3
<i>Stories from Real People!</i>	3 & 4

"Harmony and Health"

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Yeah Team! Get to know "Harmony and Health"

As many of you know, Natural Solutions by Anke, LLC recommends and carries Shaklee Corporation's wonderful products. As a distributor for Shaklee corporation, I also have the honor and privilege to chose to work with people who are motivated, determined, coachable, and entrepreneu-

rial! One such person is my dear friend and Shaklee Associate, **Kari Schraufnagel, owner or "Harmony and Health"!** Kari is part of the Natural Solutions by Anke team, and by day is a FACE (Family and Consumer Education) teacher at DeForest High School! Kari has grown H&H from a sprout-

ing seedling, to a strong tree in just over one year! She has over 30 members in her organization, and is growing her business monthly. Kari's team is growing too, she has two "seeds" that are starting to sprout! Congratulations Kari!!! Email Kari directly at "harmonyandhealth@gmail.com"

Looking Young, Staying Smart ~ Keeping Skin Moist & Healthy this Summer

The summer months produce far more challenges to our skin than most of us realize. With increased daylight and pleasant weather, working and playing outdoors can be very stressful to the skin. Ultraviolet (UV) rays are the primary cause of accelerated aging, contributing to the discoloration, sagging and wrinkling that results from UV-induced damage to the surface of the skin as well as to the underlying collagen and elastin that give our skin firmness and structure.

Shaklee's Enfuselle line of products provides you with a natural barrier to the elements that supports your skin's natural protective functions! I'll feature three of them here, but there are many more to choose from!

Sun Care SPF 30 for Body (32519)—Very high protection against sunburn for blondes, redheads, and fair-skinned persons—Oil Free—Waterproof and sweatproof—won't clog pores, safe for sensitive skin.

Hand and Body Lotion (32515)—helps restore the moisture balance in your skin—100% oil free—quickly absorbing—soothe and moisturize dry, rough skin for a more youthful look and feel

Lip treatment (32517)—Soothing lip care, for dry, chapped lips—softens vulnerable lips while SPF 15 provides UV protection—smoothes vertical dryness lines and prevents peeling and chapping.

Be safe, and not sorry! Three hints to help you this summer.

Avoid exposure between 10 A.M. and 3 P.M. when the sun is most intense.

Count time spent in the water or out on hazy days as time in the sun. Water lets nearly all UV rays through, and even on cloudy days nearly 80% of the sun's rays can reach you.

Don't depend on clothing or shade for protection. Wet and light-colored clothing offer little or no UV protection. Also remember that light reflects: sitting under a beach umbrella can create the same UV exposure as direct sun.

The Money Bag ~ Saving Money with Shaklee Nutrition!

Have you ever thought "boy, I really love how these products make me look and feel, but they're so expensive!" Have you ever stopped using them for a while, replacing them with a cheaper brand, only to come back to them again after the cheaper brand didn't work as well? If you haven't, I have!

Let's look closely at why I think Shaklee is actually less expensive than those cheaper, less effective brands! Let's say you're taking a drug store brand multi vitamin. It has about 5% of the RDA (Recommended Daily Allowance) of Folic

Acid, an expensive B vitamin that's vital to many normal processes in the body such as; preventing stroke, preventing neural tube birth defects, "brain food", energy production, and formation of red blood cells, just to name a few! This drug store multi costs about \$15.00 for 120 tablets, and may or may not be standardized, balanced, and bioavailable to your body. So now let's take a look at Shaklee's Vita-Lea. Using the same example, it has 100% of the RDA of Folic Acid, is standardized, balanced and bioavailable. For 120 tablets, the cost is \$21.05. So

my question to you is, if you're taking a multivitamin, you must be conscious about your health, right? So why take one that delivers only 5% of a KEY ingredient, when you could get one that delivers 100% of that KEY ingredient?

If you took 20 times (20 tablets x 5% to equal 100% RDA) the drug store brand multi to get 100% RDA of the Folic Acid, do you think that brand is still cheaper? Think about it and let me know your comments at info@naturalsolutionsbyanke.com

Mother's Day ~ Dad's, don't forget this important day!~ She'll never let you forget it if you do!

As a mom of an active 3 year old, I've come to realize how important Mother's Day really is. It's the one day where you should be recognized for all the hard work you do 24/7 as a mom, and you have the entire North American population behind you!!! So get out your pencils, pens, pads and paper, and start making a list of what you want to be honored for your special day! It

could be an afternoon at a spa, a massage, or if you're me, a day of uninterrupted horse back riding, along with an uninterrupted meal. Shaklee has many wonderful natural and good for you gift ideas too, from nail lacquers to body lotions, and safe energy boosters to stress relief tablets. However you want to celebrate Mother's Day, make sure your loved ones have your favorite cata-



logue in hand plenty of time before the stores close. After all, if we don't take charge of this ourselves, who will? **Happy**

Mother's Day to all you wonderful moms out there!

Where in the World is Anke?

In preparation for the launch of Anke's "Natural Solutions by Anke" website, Anke has decreased her workshop and speaking engagements for the months of May and June to complete all the prep work to "git 'er done"! The workshops and seminars listed here are the public ones, if you have booked a private workshop, it will not appear here to respect your privacy.

Workshop: Help for the Hormonal Hostage!

~A whimsical tour through women's health, and how you can help release your hostage through nutrition

Date: May 24, 2006 7-9 PM

Cost: \$5.00

Location: Mimosa Books and Gifts, 260 W Gilman St Madison WI

RSVP: Mimosa Books and Gifts 608-256-5432



Time Tips ~ Self Cleaning Bathroom?!?!?

- Do you want to avoid the noxious fumes and chemicals in most cleaners?
- Do you want to save money on your cleaning supplies?
- Would you like to help the environment?
- Are you tired of cleaning your bathroom?

You can have a self-cleaning bathroom and accomplish all of the above by using scientifically tested, clinically proven, and effective SHAKLEE environmentally safe cleaning products.

All Shaklee cleaners are highly concentrated. Instead of paying for the shipment of water like most cleaners, you save when you dilute the

concentrates with your own water.

For example 16 oz. of window cleaner costs less than a penny, 16 oz. of all-purpose cleaner is less than \$.03 and 16 oz. of our disinfectant is less than \$.05! An average family of 4 will save over \$200/year on their cleaning supplies when they switch to SHAKLEE.

Shaklee's cleaners are powerful against dirt, yet gentle on the environment. They are also safe for septic systems.

Shaklee's Basic-H household cleaner was the only cleaner named an official Earth Day product. Shaklee's Basic-G germicide is clinically proven to kill over 33 pathogens (bacteria, fungus and virus) including strep, staph, feline leukemia, canine distemper, and E-coli. It has a 3-day residual effectiveness compared to 1

Get your FREE Self Cleaning Bathroom guide! Email me at "info@naturalsolutionsbyanke.com" or the person who sent you this newsletter!

hour for chlorine bleach. None of our cleaners is flammable. The residue from your current disinfectant may leave a flammable surface. Shaklee's cleaners are water based, not petroleum based. They leave no residue or film to re-attract dirt and grime. You clean less frequently; cleaning is easier, and your floors won't be sticky.

Member's Corner ~ Real Life Stories From Real Life People!

Sunscreen—I had my first opportunity to use the Shaklee sunscreen last week during a visit to Florida from my home in Wisconsin. Having been a Floridian for 15 years, I knew the Florida sun was very intense. The Wisconsin winters are not only long and cold, they're also pretty devoid of the sun, let alone bathing suit weather! Needless to say, my already white Scandinavian skin was "fish belly white". In the past, other sunscreens would protect, but I inevitably would get burned somewhere on my body. During my visit to Florida, I kayaked on open water, walked ten miles on the beach,

and did a 20 mile rollerblade trip in the sun. During all this activity, I applied the Shaklee 30 SPF sunscreen only once each time, and NEVER GOT BURNED!!!! I only burned the tops of my feet while walking in the sand at the beach because I was walking in the water the entire time and it eventually washed off (after ten miles). Not only did it protect, it didn't cause the usual blemishes on my face and icky feeling that other sun screens do. Thanks Shaklee, and bring it on sun!!!!

Thanks to Anke Johnson, WI in 2003!

Testimonial for GLA and menstrual issues—I had gone to the doctor to be checked for break through bleeding that occurred more often than not. They ran tests for uterine cancer (the only symptom is break through bleeding for that) and they also looked inside of my uterus to make sure that I did not have any polyps. All tests came back negative.

Continued on Page 4

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**Protecting the Body, the Home, and
the Environment...Naturally!**

Member Corner ~ Continued

I started taking the Shaklee GLA and the Vita Lea with iron shortly after I talked to Anke Johnson and with my sister Dr. Cindy. I had this problem several years ago and my sister had suggested Evening of Primrose Oil for me then and reminded me to start taking something like that again for this time. It is amazing what you do not remember about yourself but dear friends do. So anyway, once all of the test turned out to be nothing I stayed on the GLA and Vita Lea, and now my periods are back to normal! So thank you!!

Thanks to Cathy of Oregon WI

Bear the Lab—First of all, I'd like to thank you for the recommendations that you made for our 13 year old lab retriever cross, Bear. We put him on the Alfalfa Complex and Super Cal Mag Plus last spring. He had been recovering from liver surgery and was having a tough time - low energy level, trouble walking, dull and coarse hair coat. Bear has much

more energy now and his coat is beautiful! His appetite is healthy and he looks forward to his short walks. Our veterinarian had only given him about 3 months to

live and he's already into his 6th month!

Thanks to Holly Beach, WI

***'Forward and Happy' -Looking forward to
the next issue of 'Natural News'!***

- Celebrating Father's Day
- Digging for that Golden Opportunity
- Griffin's Trip to A to Z Lambing barn
- Yoga and Chiropractic; to your health!

