



Natural News!

*Helping YOU make positive changes
in YOUR life at the walk, trot AND
canter!*

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New and News worthy!



Slim Chances, Obesity in Perspective article in Natural Horse Magazine! I was excited to be asked to provide an article to Natural Horse Magazine on weight management and obesity. It was a new experience for me to write a formal piece



Welcome! Thrash Your Thresholds!

In the fall of 2009, many of you know that I had an accident with my horse Murphy. Long story short, he spooked and I ended up under him and trampled. If you'd like to hear the whole story, you can [find the audio here](#).

[here](#).

A few weeks ago, I had the early spring pleasure of taking Murphy back up the same hill for the first time since the accident. With me was my trusted and supportive friend Debby, who stuck with me when thresholds appeared. I had prepared for this event all winter, using positive visualizations and some other tools to help me climb "back on the horse"! The thing that I noticed the most was that on the way up the hill, I had about a half dozen thresholds to work through; tight butt, leaning forward in a defensive position, not breathing to mention a few. With my support from Debby, and my awareness and preparation with the situation, we not only got up the hill, we also gained a new perspective on recovery! Time, proper

like this, and I have to admit there were moments (sometimes many) of frustration! But after enduring and finding the fun in the project, I have to say I think I'm hooked! Tim has always said that there's a book in me, and for the first time, I'm actually warming up to the idea. But for now, please enjoy part one of this two part article series. If you haven't heard about [Natural Horse Magazine](#) before, please visit their website and get yourself the latest copy, it's a great magazine full of valuable information for even the most educated horseman!

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preparation, good tools and support are a recipe for success! Thank goodness I'm no longer scaring my horse!

Health Tips Too Much On Your Plate?

Quick quiz for you; if you were to divide a normal dinner plate in 4 equal parts, what foods would you fill your plate with? Would two of the quarters be filled with a starch? Maybe two with protein? How about 3 with starch and one with protein? Most folks have a plate that's not only filled with too little variety, the wrong types of foods and too much of starchy or simple carbohydrate stuff.

Let's rethink that plate again. How about 1 quarter has a lean protein, 1 quarter has a complex carbohydrate, 1 quarter has steamed or lightly cooked veggies, and 1 quarter has raw foods. Now we're talking!

- Lean protein provides the building blocks for healthy cell regeneration, energy and level blood sugar levels. This means less cravings for you.
- Complex carbohydrates provide more fiber for better detoxification and level blood sugar. This also means less cravings and better energy and clarity of mind.
- If you include colorful, lightly cooked vegetables you're now adding a plethora or antioxidants, nutrients and minerals. This means a stronger immune system to fight disease.
- Lastly, the evasive raw foods. By eating raw, you provide your body with the digestive enzymes that it needs to not only properly digest but also assimilate all the nutrients in your foods. This means less bloating, feeling full and waking up energized and ready for the new day.

This "four part plate" is a guideline. Most of us eat too many simple carbohydrates and fattier proteins, and have a diet devoid of fresh and "alive".

If you were to change just one meal per day to this 4 part format, you should feel more energy, better clarity of mind, and better sleep within 1 week to 30 days. Give it a try. With the warmer season around the corner, those fresh salads and farm fresh foods are more tantalizing

than ever!

Coaching Corner Too Much On Your Plate?

No, this is a duplicate of what I just wrote in Health Tips.

Do you have too many things running through your mind, being anxious, not sleeping, tolerations everywhere, reminders of things undone, maybe procrastinating on a thing or two or *ten*?

What if you could learn how to organize thoughts properly so they no longer paralyze you and allow you to keep your life better balanced? Got your attention now? Good!

Then according to the latest statistics, I'd better write fast because I'll only have your attention for the next minute of two tops! Even with the latest gadgetry, we're more over committed than ever and it shows. I won't be able to reduce your work load, only you can do that by simplifying and focusing. But I can help you to get back some of that energy you may have been zapping and wasting just because you're more scattered in your planning.

Try this. You can accomplish this while you're watching Leno.

- Write down everything that you're tolerating; from the green stuff that's growing in the fridge (what *IS* that?), to the piles of old magazines in the corner, to the toys with the one broken part waiting to be fixed, clean your tack, etc. You get the picture.
- Be detailed, don't just write down "kitchen" and expect miracles, you need detail! Think like a woman!!! Now, it will be very easy for you (I promise) to write down about 50 of these, no fooling.
- Now prioritize this list however you wish, from biggest task to smallest, from most irritating to least whatever you wish.
- Now commit to accomplishing just 1 (one) uno of these tasks this week. You've got all the other ones listed, they're not going anywhere. Just focus on this one task and get it done. If it takes a bit each day to get it done, do that, small steps are

even better.

When you're done with the task, take note on how you feel...better eh? You've got a sense of accomplishment, and now maybe you're even motivated to tackle the next toleration on your list! Please let me know how you're doing with these, spring is the perfect time for "refreshing and getting rid of clutter". I've got to go, there's a fridge to be cleaned with my name on it (written in green stuff)!

From the "Horses Mouth"!

Big Changes, Small Steps

"How did this new habit and change sneak up on me?"
"I've been frustrated with trying to force this change for so many years, had I known that smaller steps meant bigger changes, I would have accomplished my goals years ago!"

These are a couple of recent comments from coaching clients who said "sure, go ahead and share this with everyone, maybe someone else will take your coaching and learn this before they get completely frustrated!" So I thought I would!

Change is a funny thing. As much as we work to resist it, it's what helps us to grow and experience what's truly important to us. Take me for example. I recently had to study for the Civics test for my United States Naturalization interview. The test involved American history, geography and government. My worst subjects in school in Canada were, you guessed it, history, geography and government.

About 2 weeks before the interview, I started having disruptive sleep patterns. I usually sleep like a log, so this was very challenging for me. When I finished the exam yesterday and passed (yippee!), on the drive home I felt a very familiar fatigue that had been missing for two weeks...now had you said that I was anxious about the test to the degree that I would lose sleep, I would have said "Nah, I'm actually enjoying studying this as an adult". So I obviously had a Gremlin around that area of study! So, I've decided to broaden my knowledge and start learning more about history, geography and government. Besides being interesting, I'm changing in an area one small step at a time that has been a huge obstacle for me in the past!

Upcoming Events!

- **Midwest Horse Fair is coming April 16, 17, 18 2010! Check out NSBA at booth # 5010 in the Exhibition Hall-Mendota Atrium! Great demos, giveaways and information on how YOU can have a better ride in and out of the saddle!**
- **Spring/Summer Group Coaching Course Schedule now posted! Space is limited so check it out now!**
- **Funny true life stories and a "kick back and have an adult beverage" kind of attitude at my blog Why I Ride Horses! Please come visit and leave a comment or two.**

"A Quick Curry"

"Those who are open to really listening, take away a lot more than an earful"

Coach Anke

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