



Natural News!

From Natural Solutions by Anke, LLC

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Are You Digging for that Golden Opportunity?

The present economy may not look like the best time to start your own business; however, this is precisely when you should consider it. The fastest growing industry is health care. As the baby boomer generation reaches the age where their health becomes paramount, more money will be spent on preventative measures than any time in history. The growing discontent with the medical establishment, combined with a new awareness of herbal and vitamin therapies, has led to a billion dollar growth industry.

Unfortunately, all the excitement generated many untrue claims and many un-

supported product releases. That is why it is vitally important to ally yourself with a proven company with proven products. You need a company that stands behind its products and commits itself to scientific research and thorough testing.

Shaklee Corporation is a diversified health and wellness consumer products company that for 50 years has been developing scientifically tested, environmentally-friendly products which include nutritional and herbal supplements, personal care products, household cleaners, home water treatment and air purification systems. Founded in 1956, Shaklee is

involved in all phases of product development, from research to manufacturing, and sells directly to independent distributors throughout the U.S. and abroad.

If you are looking for a great business opportunity in an industry on the way up, talk to the person who sent you this newsletter. Come join a family of people who genuinely care for your health and wellbeing. As an added bonus you can build for your future while protecting the environment.

For more info visit www.shaklee.net/anke/distMain

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Business Partner Information

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Celebrating Father's Day

Hi all! Supportive spouse Tim here. Anke asked me to share a "daddy's perspective" with you. Personally, I think there is a lot of irony involved in both Parent's Days. Let me explain. Last month's Mother's Day headline was a reminder to us Dads not to

forget. This month there's no reminder—because it's not necessary! Ah the wonders of gender differences. The main irony however, is the fact that both sexes celebrate their respective parenthood days chiefly by having nothing to do whatsoever with

their spouses and children. Celebration by omission I call it and it cracks me up. That said, guys don't forget your annual "I Love you Dad." This year, why not try saying it while looking Dad in the eye? Let me know how it goes. Best of Luck, Tim

Yoga and Chiropractic; a Winning Combination

Do you have chronic back pain? Have you tired everything under the sun and still stoop over in that “oh my aching back” frame? Well, I was feeling the same way until I took my back into my own hands!

Ever since my early weight lifting days, I have had a sore lower back. Minimal stretching and lots of horseback riding have added to the problem, as well as, I admit it, growing older. Along with Shaklee’s Alfalfa, Joint Health Complex, Pain Relief Complex, and Joint and Muscle Pain Cream (and some other supplements), I started an aggressive chiropractic treatment regime that included soft tissue and energy healing. I also took up yoga to help me with stretching and flexibility. Both of these things have helped tremendously, however I have to add that

who and where you go to for these types of things makes all the difference in the world. I have seen chiropractors for many years for various issues, my back always one of them. It wasn’t until I met and was treated by Dr John Haase of Walnut Grove Chiropractic that I began to see dramatic, permanent changes to my back. Along with the adjustments, Dr Haase provides soft tissue work such as ultrasound and LED light treatment, to name just two. The adjustments have “held”, so that the muscle memory in my back is now changing in a positive direction. As long as I continue to do my part (stretching, strength training and increasing my flexibility), I continue to be pain free. I had forgotten how good it felt to be pain free!

My twice weekly trip to the “spa” at Bliss

Flow Yoga Studio is also quite a treat. The very qualified and fun instructors help you to safely enjoy the many classes offered throughout the day. After a great yoga workout, you can enjoy a complimentary cup of tea and piece of fruit.

So Cheers and a big thank you to Dr Haase, and the wonderful instructors at Bliss Flow Yoga and Wellness Center in Fitchburg!

Dr John M Haase, Walnut Grove Chiropractic 608-231-3900

Bliss Flow Yoga and Wellness Center 608-273-3569

Griffin’s Trip to “A To Z” Lambing Barn

Though it may seem a little “brisk” (to say the least) to greet the Wisconsin spring, March is the month when over a hundred ewes at A to Z Farms near Orgeon, WI deliver their lambs. A to Z farms is a family run business and has opened their barn doors to the public during this very special time each year.

Kari Schraufnagel, owner of Harmony and Health (and friend) introduced me to A to Z farm last year. She volunteers there each year, so this year I thought I’d volunteer half a day holding lambs

so that visitors to the farm can experience all the fun and frolic they have to offer (tough job, but someone’s got to do it!). Tim brought our son Griffin to join in the frolic, and he loved the lambs and piglets. A local newspaper caught Griffin as he met the lamb I was holding, and the next day Griffin was pictured in the paper, his very first claim to fame!



Hurry! Last Chance to Catch the Spring Specials Before They’re Gone

You may want to do another look over the Spring Magalog, because the Spring Magalog specials end June 30th. Some specials stocked out very quickly. The manicure kit and the Active Nutrition Promotion with the hydration packs have stocked out and are permanently discontinued. But there are still many goodies to be had, such as; Cor-Energy and Stress Relief Complex. Both are buy one, get the second 50% off. The

Minerelles makeup has several specials, consult your Spring Magalog for details.



Are You on Your Way to Receiving \$100.00 In Products at No Cost?

Congratulations to the May Baker's Dozen Coupon qualifiers!

For Natural Solutions by Anke

- Carmen Don
- Tamra Carson
- Kris Hoffman
- David & Lisa Kettlehake
- Julie Kutz
- Linda Sutton
- Erika Kelly

- Christiane Millard
- Laurie Campbell

For Harmony and Health

- Chad Bembenek
- Lori Kvalheim
- Deb Mackey
- Cheryl Parrish
- Penny Thiessen
- Hope Ennis

All these folks are on their way to receiving \$100.00 in Shaklee

products at no cost! If you are new to Natural Solutions by Anke, or to Harmony and Health, and would like more information about the Baker's Dozen Coupon program, please contact the person who sent you this newsletter. If you need a refresher on what the promotion's all about, just give us a shout

and we'll be glad to fill you in!



Saving Money by Feeling Better

Did you ever think about your earnings being in direct relationship to how you feel mentally and physically? Think about it. If you feel crappy (no energy, aches and pains, tired, lethargic, the list goes on) then how well do you perform with whatever you do to earn an income? Or if you're retired, are you able to do all the things you'd like or are you limited by how you feel or finances?

At one of my recent workshops, a fellow entrepreneur mentioned that if he

started to feel better, he'd have more energy, less stress, etc. He said he'd be more creative, be able to generate more business, service more customers, put more energy into what he was currently doing and therefore, generate a bigger bottom line!

What if you felt good and got more excited about your job, which made you more productive, which got the attention of your boss, who then gave you a better review and hence a bigger raise or even a promotion?

“What if?”

What if you were retired and had more energy, less stress, and felt 10 years younger? Would you get a part time job you enjoyed, so that financially you could then do the hobbies you've been missing out on?

What if?

Dog with Severe Allergies; Cleaning Husband; Saving Money on Insurance Premiums

Tyson's struggle with severe allergies ~ “Anke, Jason and I would like to thank you for all of the time and effort you've put towards helping us with Tyson (our dog). He has definitely improved. We will continue to tweak things as needed. You are very genuine and caring. It is easy to see that helping people and animals is your calling. Thanks for all that you do.” *Thanks to*

Jason and Misty Collins, WI

Loving the Basic H&G ~ “I was introduced to the Shaklee line of cleaners by my sister Kris. After coming to a “Home Safe Home” event, I ordered some Basic H and Basic G. Since we have an infant daughter, my husband and I are concerned for her safety around cleaning products, as well as reducing the toxins that she's exposed to. My husband and I LOVE the Basic H and G! We use the Basic H for all around the house, and use the Basic G even for dusting, as we like the way it

cleans and works. In fact, my husband even commented on how well they clean, and to have a husband comment on cleaners, that says a lot!” *Thanks to*
Janice R, WI

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

Testimonials, continued

More energy, lower cholesterol, more money ~

Anke and her products have completely changed my life and saved me money. Being on only 3 supplements for a few short months has given me unbelievable energy and reduced my cholesterol levels down so much I qualified for super preferred life insurance rates. (A savings of nearly 50% of my premium payments.)

I have also started using the cleaning products as well. I thought I would miss how the floors would smell "clean" after using Pine Sol. But it is all worth it to know that animals and small children are perfectly safe in my house and I no longer have to choke on the fumes

of my former bathroom cleaners. The concentrated strength and many uses for the same product

also save me money. Thank you, Anke!

Thanks to Kris Hoffman

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

- Anke published in WI Woman Magazine
- Shaklee Summer Specials
- Health Coaching; is it for you?
- Introducing the new "Natural Solutions by Anke" Website!

