



Natural News!

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

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New and Newsworthy!

Doctor it up!

*Fast, nutritious and
delicious meals in
minutes!*

Many times, folks think that for a food to be healthy, it has to take a long time to prepare, be tasteless, bland and otherwise not inviting to eat, but I'll argue otherwise! May I suggest a handy tip to "doctor up" Annie's pasta meals?

Here's what I do. If you're like me, each and every day is an

Welcome!

Griffin's First Chance at Fame!

During the last week of school, Griffin's class had the chance to name a new summer flavor at our local "fast food joint" Culver's. They are known for their home style fast food (chicken strips that are actual chicken, not a byproduct or of the reconstituted sort) but also for their custard (yum!)

Griffin's choice was something that we thought up as we drove to school each day, and incidentally as we passed the local Culver's location! Griffin thought a great tasting flavor would be vanilla custard with KitKat bar and Oreo's mixed in. We named it "Sylvester" flavor due to the kitty component as well as the black and white color of the Oreo's.

While Griffin's flavor didn't get chosen (darn!), we did decide to experiment and create the

adventure of being pulled into at least 3 or four different directions at any given time. I joke about getting lost with what I'm doing if I'm only attending to one thing! So it's not unusual for me to be finishing off at work, rushing off to pick up Griffin from school or camp, talking on the phone, doing laundry and making dinner all at the same time. So how do I do it and still put a good, healthy low fat highly nutritious meal on the table? Simple! Doctor up a box of Annie's!

Now, I'm not an advocate for boxed meals, but with Annie's once it's doctored up you are really only using the Annie's as a base, the rest is fresh from your garden, refrigerator or your local farmer's market.

Here's how I do it;

sauté onions, garlic, spices in a tablespoon or so of olive oil. Add chicken, turkey or any lean meat or vegetable protein, now take your box of Annie's and add about 2/3 of the liquid suggested (milk and/or water), next add your pasta, then add some lightly steamed organic veggies or frozen organic veggies and lastly add a bit of spices and maybe some organic cheese to taste. Voila! You have a sauté pan with a full, balance meal ready in about 20 minutes! An added bonus; add beans, legumes and leafy greens like collard greens to increase nutritional content without the whining and wailing from your kids!

Quick Links

concoction right in our very own home! So with Vanilla custard, KitKat bars and Oreo's in hand, we enjoyed "Sylvester" flavor custard. Cheers to you Griffin!

Health Tips

Overrated and Underrated Foods

I have to laugh as I'm writing this, as Tim (my hubby) had chastised me for purchasing this month's "overrated" product! But hey, even a Health Coach can cheat a little can't they?

Overrated: Vegetable Juice.

"2 full servings of vegetables" announces the V8 label. Big deal. V8 is mostly reconstituted tomato juice. How do we know that its other juices are scarce? The most abundant non-tomato vegetable juice in V8 is carrot. (Then some celery, beets, parsley, lettuce, watercress, and spinach.) One cup of carrot juice contains 900% of a day's vitamin A. One cup of V8 contains 40%. And unless you buy low sodium V8, you get 600 milligram's of sodium in every 11 ½ oz can. (That much low sodium V8 has 200mg.) Granted V8 used to have more sodium, but 600mg is still 40% of a days worth.

Also overrated: V8 V-Fusion, which promises a serving of vegetables and a serving of fruit. The "Fruit" in a flavor like pomegranate blueberry is mostly apple and grape juice. The "vegetables" include sweet potato and carrot (and tomato) concentrate, but not much, since a cup of pomegranate Blueberry V8 V-Fusion has just 15% of a day's worth of vitamin A.

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Bottom line: Once you strip away the advertising, V8 isn't much better than water-down tomato juice.

Underrated: Watermelon. Since summer is here, I thought this would be the perfect underrated food to showcase! It's hard to find a soul, from toddler to senior, who doesn't love the juicy sweet taste explosion set off by a bite of crisp watermelon. The next time someone tells you that they don't like fruit, as about watermelon! Contrary to what most people think, watermelon is no lightweight in the nutrient department. A standard serving (about 2 cups) has 38% of a day's vitamin C, 32% of a day's Vitamin A, and 7% of a day's potassium for only 85 fat-free, salt-free calories. You won't find two cups of many foods that go that easy on your waistline.

Bonus: watermelon is one of the "Clean 15", the fruits and vegetables with the fewest pesticide residues, according to the Environmental Working group. (That's partly because the thick rind keeps out both bugs and pesticides.) And when they're in season (like now), watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.

So the next time you walk past the watermelon to get to those petite plastic containers of raspberries or blueberries, don't forget the filling, economical fruit that comes in its own container!

Coaching Corner

Have You Stepped Into the Shower With Your Underwear On?!?

Living in the moment, something we've all heard of and hear often but have a hard time doing.

I'm just reading a book called "Operating Instructions" by Anne Lamott which is essentially about a single mom having a baby and documenting in a very humorous way the first year of their lives together.

When the baby was about 3 months old, Anne stepped into the shower with her underwear on, totally oblivious, showering away.

I think most of us can relate to Anne at some point in our lives...we're so caught up in the future or maybe the past, that the present time, our NOW, is escaping us. Let me share with you a little story.

Over the past year or so, I've made a concerted effort to live more in the NOW. I'm not talking about being hyper aware, just more so what may I be missing as I tootle along in the day. For instance, when I go out for a run in the arboretum I make it a point to stop and admire a stream, listen to the forest around me, or walk instead of run through Longnecker gardens to smell all the beautiful spring flowers. What I've found is that, even in my hurley-burley fast paced day, when I live in the NOW and take a moment, my whole perspective changes. I'm calmer, more relaxed, and clearer in my thinking.

It may seem overly simple, but I think it's something worth exploring for many of us with our Blackberry's, Blue Tooth's and iWhatever's and all the other gadgets that are supposed simplify our world.

Something else that helps us appreciate the NOW is something called "contrast". Contrast is something that allows us to become more hyperaware of a current situation. For example, let's say you've been in a loud environment all day, and you finally get into your car and you notice how quiet it is. You enjoy that quiet, it feels good. But then you start the car and turn on the radio. Instead of turning on the radio, just allow yourself to "be", to enjoy the silence for a little or a lot longer.

You may be surprised how refreshing this "state of change" is, this contrast, this living in the NOW!

So give it a try, what's your current NOW? How are you enjoying it?

From the "Horses Mouth"!

Squashing Fear and Gaining Confidence!

I have learned to recognize and respect my (and my horse's) fear thresholds. I've learned how to recognize my Gremlin and take the time to decide if I should be listening to him or just thank him for his input. I have learned ways to better manage my time and take small steps on a project, instead of trying to tackle something huge and giving up totally on it. I have learned some healthier eating habits and added some exercise into my daily routine so that I can be in better physical condition for my riding.

I would highly recommend taking this course. I think the biggest takeaway is learning to break things down into tiny, tiny, no-fail steps. It's amazing how quickly you can move forward by doing that.

My and Denver's relationship has certainly grown in the past 12 weeks. I'm better able to recognize his thresholds and, therefore, respect that he's hit a threshold and not push him through it. And, amazingly, he seems to be having less thresholds because of that.

Congratulations to Karen U. of IL

Featured Guest

Molly Gloss is the author of "The Heart of Horses", a wonderful book about a young woman training horses naturally in 1917 during World War I. A very interesting and engaging read that takes you through her journey, and the horses who's hearts she touches.

Upcoming Events!

- Summer/Fall Group Coaching Schedule posted now!
- Holistic Horse Fair, September 25th and 26th, The Horse First Farm Brooklyn WI
- 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 and visit and leave a comment or two!

"A Quick Curry"

Decide that you deserve to be happy. Then be happy!
~Joe Caruso

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