



Natural News!

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Got Minerals?

The first scientifically controlled trials of soil mineralization suggest that—unless vital elements are returned to the soil—the nutrient quality of our food supply will significantly deteriorate. Comparing 1940 assessments with those made in 2002, David Thomas, DC, found that iron content in meat has already declined 47 percent and that calcium content of Parmesan cheese has fallen 70 percent. “Food is only as good as the earth it comes from”, explains Moria Thomason, founding director of Scotland’s Sustainable Ecological Earth Regeneration Center. “The signs are that we are nearing the end of our present fertile period,

and one of the things that triggers this is mineral depletion,” she adds, citing severe and unusual weather as other symptoms of this global change.

One way to enhance soil fertility is organic agriculture. Organic farmers tend to view soil as a living thing that needs nurturing. Rather than “killing” the soil with synthetic chemicals, organic producers recognize the need for algae, bacteria, fungi, protozoa, and other life forms, like earthworm, for crops to use soil nutrients effectively. In addition, organic farming, which relies heavily on crop cover and mulching, tends to preserve top soil.

The use of chemicals and pesticides since the mid-twentieth century has dramatically reduced mineral, vitamin, and antioxidant contents of commercially grown foods. It’s no wonder that consumers who want superior nutrient content increasingly choose organic!

Look at page two regarding fertilizing and the uses of Basic-H. You may be pleasantly surprised that there are many organic alternatives to the harmful chemicals used in commercial farming.

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HDL: The Cholesterol That Protects You From Heart Attack

Not a day goes by that you don't hear about the importance of lowering your cholesterol. But it is even more important to raise your cholesterol - your HDL cholesterol, that is. High levels of HDL - the "good" cholesterol - have been shown to be pro-

TECTIVE against heart attack. (And low levels of HDL - less than 40 mg/dL] - increase the risk.)

In a study performed at the Indiana School of Medicine and published in the *American Heart Journal*, researchers found that increasing

HDL by 10 mg/dL was associated with a 10 percent reduction in the risk of heart disease in the study participants.

Here are some ways to increase your HDL levels:

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No DEET Mosquito and Bug Spray—Right Under Your Kitchen Sink!

Do you love the summertime and all the outdoor activities that go with it, but hate the biting bugs that seem to go with it hand in hand? You can spray yourself and your loved ones with the commercial sprays that smell bad, feel greasy, and contain chemicals that you'd rather avoid, or you can reach under your sink and grab your bottle of Basic-H!

Basic-H to the rescue you say? How so? This versatile product created 50 years ago is environmentally safe as well as "mammal" safe, and fortunately the bugs hate it!

Just mix in a spray bottle equal parts of Basic H and water, spray it on, and rub! Or just take a squeeze bottle and rub on full-strength. This works for most degrees of mosquito/fly infestations, but I wouldn't count on it in the Everglades. Isn't it great to have a safe, inexpensive choice? And hey, when you take a shower later, you're already lathered up!



For our four legged pals too! Basic-H can also be used as an insect repellent for animals (not cats). Use a mixture of 1/4 Basic-H to 3/4 water to start. You can make it more concentrated if you like later. Spray your farm animals, dogs, and horses with this mixture. The flies, mosquitoes and ticks will leave your

animals alone to enjoy the summer sun and fun!

So How Does Basic-H Do All This Stuff? How Does it Work?

A note to add to this because I know there are a lot of new people in Shaklee today that when they read this, might wonder HOW this stuff is possible with Basic H. I know when I was brand new, I had a hard time understanding how.

Basic H is 100% non-toxic and it makes water approximately 300 times wetter.

When used as a soil conditioner on plants, lawns, and crops, Basic H helps plants grow because water goes deeper and stays in the soil longer, and water transports nutrients from the soil to the plant roots. More water + more nutrients = stronger, healthier plants. Back in the 1980's, studies showed nearly 1 ton more potatoes per acre with crops treated with Basic H for example. If you want to test it, just try it on a portion of your lawn and compare treated vs. untreated after a couple of weeks or so. You will see the dif-



ference.

I used Basic-H for my tomato plants last year when they got a bug. One application and the pesky little critters were gone, and I got a bumper crop of tomatoes. I use it to fertilize all my vegetables in my garden, knowing I'm gardening as organically possible living in Fitchburg, WI!

When it comes to insects--- they do not like Basic H! If you ever got any Basic H in your tongue, you probably didn't like it either. Flies especially seem to hate Basic H and Basic H is about the best fly spray I've ever used on myself, or on my pets. I have had farmers use it with great success on horses, dairy cows, etc. It's terrific! They usually will purchase Basic H in the 5 gal bucket, or 30 gal drum.

When it comes to ants, earwigs, beetles, and the like--- Basic H and water kills by drowning the insects. Basic H allows the water to penetrate the protective outside coating of the insect and they drown.

I know you will see different ratio mix-

tures sometimes for using Basic H and that's because people often come up with their own formulas. For a flyer with time-tested formulas, please contact the person who sent you this newsletter. But for general lawn and garden use--- 1 oz. Basic H per gallon of water is the norm. For fly spray-- 1 part Basic H to 4 parts water is the norm and of course, can be made stronger if needed.

And I can not ever leave this one out when talking about Basic H--- it is the best thing you will find for putting on burns. Basic H is my #1 burn treatment. And that's for both sun burns as well as accidental burns from hot objects or fires!

It even takes the itch out of bug bites, if you get one:) Just use full strength on

the bite and you're good to go!



Soy - An Important Shaklee Difference

I recently listened to a CD on soy, done by Dr. Richard Brouse. He's a chiropractic physician (which means he had all the training of an MD except for the drug part), has a Masters in Biochemistry, and is internationally certified in Clinical Nutrition, and he has practiced what some would call "alternative medicine" for almost 30 years (I think you learn a lot from actually working with people). Of course there was a lot on the CD that was interesting, but I wanted to share part of what he said, because I think it's such a good example of the Shaklee difference and why it matters (we'll add a few comments, too—they'll be italicized). Dr. Brouse started his research on soy in the 70s. In 1975 he had 75 students go into health food stores to purchase soy protein products and then test them. They found that the Shaklee protein was the ONLY one that had urease activity present. Urease is a very important enzyme found in raw soybeans that is involved in the natural degradation of soy when it is growing and producing a new plant. It is necessary for the plant to use the nitrogen and the protein for the plant to grow. All biochemists who do anything in the protein and soy world know that urease is a biological marker. So if you find a soy protein that has enzymes added to it (for example, bromelain, papaine, hydrochloric acid, bile salts, etc.), it's because otherwise it would be virtually indigestible because it lacks urease. Obviously, these soy proteins should be avoided. Commercial, off-the-shelf protein products are overheated and denatured, which causes an anti-nutrient effect, which destroys many of the antioxidants. Therefore, many times they have to add back to the product some Vitamin C or E, etc. to prevent the protein from degrading completely, because they have destroyed all of the protective properties. These products tend to be highly allergenic, because they have partially oxidized and hydrolyzed proteins. They have free radicals throughout the structure because of the processing. And this is what we see in the protein world today. Shaklee has no additional enzymes in their soy protein, because the marker enzyme urease is still present. When Dr. Brouse had an opportunity to meet Dr. Shaklee in 1976, he asked him why Shak-

lee's protein still had urease activity present, and Dr. Shaklee said, "Young man, that's the way it's found in nature."

Dr. Brouse quoted work done by South Dakota State Univ., in which they described an old technique of processing soy by heat and chemical extraction, using lye to degrade the soy. They then take the dissolved protein fragments and amino acids that are in the water portion, recycling the solid portion as fiber used in animal feed, and then precipitating the protein into a concentrate. This damages the protein, according to the university. As if that's not bad enough, to make soy products like soy dogs, veggie burgers, soy bacon bits, etc., they cook the soy (using the technique described above) in a mash under pressure, and then when it is in a liquid slurry, they literally shoot it through nozzles, and as it comes out from its high temperature/high pressure environment into a low temperature/low pressure one, it forms fibers that dry and settle. They can use that textured vegetable protein as TVP or to make other things that simulate meat. These foods are made to attract vegetarians, but they have been processed into something they were never intended to be. They are not healthy, and they are certainly not foods that should be used to determine the value of soy—in the same way that you would not use potato chips or french fries to evaluate the health value of potatoes.

Conversely, Shaklee has always used the more expensive cold water washed extraction technology recommended by S. Dak. St. Univ. At normal temperature and pressure, purified water is used to dissolve the protein fractions out of the soy, and then that soy is dehydrated, under low temperature and pressure to retain the quality of the protein. Since Shaklee uses low heat, it preserves the isoflavones, which are the natural antioxidants that keep the soy biologically available and viable for living cells. Shaklee's soy protein provides the benefits that so many published studies have confirmed, including lowering the risk of heart disease, cancer, and osteoporosis, and helping with

hormonal difficulties. He went through many health benefits in detail that are not the subject of this summary (we didn't want to write out the entire CD!). Off-the-shelf soy proteins don't seem to provide these benefits.

Off-the-shelf "brand X" proteins are also very difficult to dissolve in water without adding some kind of emulsifying agent. Shaklee's soy proteins dissolve more easily because of the fine processing and the fact that the protein hasn't been degraded. For example, you can dissolve a raw egg white in water. However, once it's been cooked, it's white instead of clear, and although it's still an egg white, it will no longer dissolve in water, because it is now biologically degraded. It's the same with soy; when it's been cooked and processed, it won't dissolve.

Shaklee soy proteins tend to be very well tolerated—even by soy-allergic individuals—because they have all of the nutrients and antioxidants present to protect it, so they don't get the free radical activity. For those who have become sensitive to soy, he suggests that they start to consume a tiny amount—maybe ¼ teaspoon per day in water—and gradually increase it. This acts as an antidote. They desensitize people all of the time from food sensitivities by giving them small quantities of the real thing that has not been damaged or altered. Many people can completely recover from soy sensitivity by using Shaklee soy protein, because it is so pure and unadulterated—not by using other brands.

So there you have it—another example of how Shaklee's extensive scientific research (over \$250 million spent on research to date) and philosophy of being in harmony with nature and good health, and staying as close to nature as is humanly possible, affect the decisions they make and the impact of these decisions on people's health. I'm very thankful for the care Shaklee takes with providing products that so directly affect our health!

Thanks to Marjorie Felton-Petry, VA

Member Corner ~ Lowered Glucose Levels!

I'm convinced the Soy Protein lowered my blood sugar and prevented me from having adult onset diabetes. At a party, my cousin Ginger asked if I'd like my glucose levels tested. She's diabetic and had her tester. To my surprise, I tested 208 instead of under 100.

At the time, I was consuming daily 2 Vita Lea, 2 Vita-C, 2 CarotMax, 2 Vita-E, 1 Immunity Formula I, 2 Essential Omega-3 Complex, and 6 Lecithin... but NO Soy Protein. I immediately started taking protein and checked my glucose levels daily. Each morning I'd mix two heaping tablespoons of protein and a banana into 12

oz. skim milk. When I mix the protein in the blender with a banana, I save half to take with my supplements. The other half I pour over organic oatmeal. Yum! Daily testing showed my glucose level dropping.

The real test came during the Christmas holidays. Naturally, we had a lot of goodies around. I decided to really give the protein a test. For one day, I consumed my fair share of goodies and did NOT use protein. My blood sugar increased to around 120, but not the original 208. The second day, I continued my consumption of goodies and added protein. My blood glucose

dropped to 81.

I don't recommend diabetics eat goodies and drink protein thinking they won't increase their glucose levels. However, I was testing to see if the protein was the ingredient that helped bring my glucose levels down. I'm convinced it was.

I'm close to 70, and my bed rise glucose level is now an average of 77, compared to the original 208.

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Thanks! to Dick Getti

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

HDL: The Cholesterol That Protects You From Heart Attack

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- Be at your optimal, healthy weight.
- Exercise (particularly with interval training).
- Eat more monounsaturated fats (such as natural peanut butter, avocados, and extra virgin olive oil).
- Eliminate all hydrogenated oils (trans-fats) from your diet.
- Eat more soluble fiber (from fruits, vegetables, oats, and legumes).
- If you smoke ... STOP.

All of the above advice is probably nothing you haven't heard before, but maybe something you've tried before and haven't been successful with. Whatever the case may be, if you're interested in learning more about how

you can accomplish these six heart-healthy tips (even if you've tried before and have failed), contact the person who sent you this newsletter. We're helping people one step at a time!

How Much Protein Do I Need ?

The Tufts Univ. Center for the Study of Nutrition and Aging Diet and Nutrition Letter (5(8):1) states that if you take your weight in pounds and multiply by .64, you'll find your daily need for protein in grams. I personally use two Shaklee soy protein shakes per day to get a significant amount of my protein needs met as healthy vegetable protein.