



Natural News!

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

September/October 2010

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New and Newsworthy!



**"Our deepest fear is
not that we are
inadequate. Our
deepest fear is that we**

Welcome!

**Murphy ~ February 1st, 1991
to September 5th, 2010**



As many of you already know, my dear soul mate horse "Murphy" passed away in a tragic accident Labor Day weekend. I was there supporting him throughout the whole ordeal, and held him as he took his last breaths here on earth. It has taken some time for me to be able to write and share this; it's part of the healing process no matter how difficult. To say that sharing this right now is out of my comfort zone is an understatement,

are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."

Marianne Williamson A Return to Love: Reflections on the Principles of "A Course in Miracles"

but I know in order for the healing to continue, I have to step out of my comfort zone and "git 'er done".

Murphy was a brave athletic gentle soul, and we found each other in 2001 by no accident...we were meant to be together and to teach each other valuable lifelong lessons. He was such an amazing teacher to me, and frankly he is the reason I am coaching today. He helped me to realize that following your dreams and your values are the most important thing for any one of us to do in our lifetimes.

So hug your horse, bury your nose in his or her mane and take a deep breath. Celebrate the relationship that you have together. There is nothing more precious than the time that we have here together on earth, and the lessons that we can learn from each other if only we open ourselves to the teacher and student within.

Thanks to everyone who sent love and support my way, it was what kept me strong...that and those lessons that Murphy taught me. One of the cards that was sent to me had this message that I hold on to...

"Not gone...just waiting patiently at the end of the trail."

With love and blessings, Anke and Murphy

Health Tips "Underrated"

There are some foods that are highly underrated, so I thought I'd share a few with you to help as the holiday season approaches 🍷🍷

Sunflower Seeds-rarely in the spotlight, these wonderful nuts as good as the other more popular nuts (cashew, almond, walnut etc) but they're cheaper! A quarter cup of sunflower seeds has 3 grams of fiber and 6 grams of protein plus 25-75

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percent of a day's copper, vitamin E, selenium, manganese and 10% of a days zinc, magnesium and vitamin B-6. But watch out, each quarter cup also packs 180 calories, so make sure you measure☺

Garbanzo beans-first, it's really fun to say "garbanzo beans"! These are one of the most versatile beans out there. Soak them over night or open up a can of them and toss on salads, make hummus, put them in soups/casseroles etc. They're amazing! They're dirt cheap, and chocked full of good nutrition (yummy too)! Rich in protein, fiber, iron, magnesium, potassium and zinc...wow!

Plain Greek Yogurt-I can't say enough about this wonderful zero fat, high protein food. Rich, creamy, versatile (it can replace all your needs for sour cream) and zero fat! It bears repeating, because as holiday season approaches, be the winner amongst your friends by bringing cut veggies and a dip made from this delectable . Make you r dip as you usually would but use the plain greek yogurt. Not only will your dip be a hit, you'll also spare yourself all the unwanted calories a holiday affair can have by bringing your bullet proof snack!

Coaching Corner

Are you as productive as you'd like to be?

If you are busier than you would like to be, but also less productive, then read on.

I have a question for you: How busy are you these days? Now, here's another question: How productive are you? As most of us know, the two just aren't the same. All too often, being busy may have nothing at all to do with the results we get and what we achieve.

We spend our days, often very long days, in a flurry of activity. But, when the day or week is over, we're disappointed at the level of our accomplishment. Our disappointment creates stress and we push ourselves even harder to "get more done." However, pushing hard isn't the answer.

What is? Well, in my experience a sense of priorities based on a clear purpose and well-defined short- and long-term goals are what's needed. The world is full of folks who are definitely in motion, but they're not exactly sure where they're going and they don't know why, either. Maybe they get going so fast that they never take the time to figure it out. If that's your situation, I strongly urge you to set aside some time for personal reflection, some values clarification and goal-setting.

There's nothing like a strong sense of purpose based on clearly spelled out values to keep you moving. But more than that, it keeps you moving in the right direction. Without it, you can climb the ladder of success all right, but when you get to the top, you may find that it's leaning against the wrong building!

From the "Horses Mouth"!

"Not gone, just patiently waiting at the end of the trail" ~ Murphy Johnson

Featured Guest Holistic Essence ~ Beth Sabor

A Natural Path to Wellness for Animals and Their Human Companions

Beth Sabor - LMT, CESMT, RM, HHP, RYT
(Licensed Massage Therapist, Certified Equine Sports Massage Therapist, Reiki Master, Holistic Health Practitioner, Registered Yoga Teacher)

"As a graduate from the Chicago School of Massage Therapy, I had the pleasure of learning a great deal about the anatomy and physiology of the human body. In a quest to heal my own body, I discovered that there is far more to our health and ultimately, our existence, than our physical form. I have come to understand that to be truly healthy, we must address the whole being. We must begin to heal the body, the mind, and the spirit.

I am honored to be a body~mind~spirit worker, and blessed to be part of the healing process." In the spirit of health, Beth Sabor

Sessions with Holistic Essence are scheduled in the comfort of your home or barn and may incorporate various styles of complementary/alternative therapies such as:

- **massage**
- **craniosacral**
- **energy based therapy**
- **aromatherapy/crystal therapy**
- **shamanic healing techniques**

- **animal communication**

Each session is customized to fit your individual needs or the needs of your animal, and can be altered as those needs change. Whether it be to reduce stress, alleviate chronic pain, regain postural balance and ease of movement, strengthen functioning systems of the body, improve energy and alertness, or to quietly calm the body, mind, and spirit, Holistic Essence seeks to support you and your animal on your journey to wellness.

Always remember that it is you (or your pet!), the client, who is the true expert on issues relating to your whole being - body, mind, and spirit. By taking this team approach, we can assist the body's own natural ability to heal itself.

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Upcoming Events!

- **Group Coaching Schedule** for Summer/Fall posted now! Winter 2010 schedule coming soon, call now for details!
- Midwest Horse Fair April 15, 16, 17, 2011. Alliant Energy Center Madison WI ~ Booth #5010 in the Mendota Atrium!
- 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"

Do something you love every day! *Stefanie Reinhold*

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