



## Natural News!

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in YOUR life at the walk, trot AND  
canter!*

November/December 2010

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### New and Newsworthy!



### Finding Your Inner Watcher

When we find ourselves in a comfortable "uncomfortable place" (in other words we're comfortable in a place that really doesn't serve us and our goals or

## Welcome! My Little Secret...

Greetings,

I'm sitting here at my desk thinking....I guess I'm kind of waiting for an idea to come alive in my mind. The thought that comes to mind is, **I often wonder what I would be doing if I** hadn't decided to check out the idea of becoming a Health and Life Coach for Equestrians back in 2003. That's a scary thought!

I really can't imagine not **working hard at something that has such tremendous potential for changing a future.** I guess that's really it for me. I recognized the potential of the coaching opportunity because I had the opportunity to be with equestrians and hear their challenges, their concerns and frustrations as well as their successes!

I think the reason I decided to **really GO FOR IT** was kind of simple. I've had some good opportunities called jobs. But just the idea of

vision), it's something that we should become more aware of. But certainly not something that should cause us to feel like we've failed or that cause us to give up our goal.

Rather, come from a place of understanding knowing that this "comfort zone" is the first place that we'll go to because we've associated that place with safety. When there's change, we're often faced with a fear or discomfort of the unknown, so it only makes sense that going back to our safety zone the minute we can, the minute we're triggered (stress, fear, the unknown, conflict, etc) is exactly what we do.

Start with awareness and just allow yourself to be present and in the moment so that you can shift this unproductive comfort zone to one that serves you and your goals best! Then come from a "metaview" or from the position of someone on the outside looking into the situation. From this metaview, what do you see? Then prepare by deciding which action would be best to take to make the situation better. Then execute your plan one very small step at a time.

Don't forget the basics, like breathing, rest and reflection. By working through a situation this way, you're bound to expand your current comfort zone to include your new efforts and goals!

what coaching offered a person just seemed too good to be true. **I started to dream about being successful** at building this business and everything that came with that...Paying it forward, helping others succeed in their efforts and goals, control of my time, live a different lifestyle, be outside, continually learning myself about how to live my best life, and **to actually be in control of my future** instead of hoping for a 4% raise and a two week vacation.

Basically **I made up my mind to work at the coaching opportunity**. Here is my little secret....it's not really a secret but it's very powerful. **NOTHING IS MORE POWERFUL THAN A MADE UP MIND**. I had made up my mind that I wasn't willing to NOT BE a coach who gave back, who really cared and who helped others really make a difference. It was going to happen. **I wasn't going to allow my shortcomings stop me** from being successful in coaching. **I had a lot of personal development that had to take place** but believe me it was (and is) all worth it. I would do it all over again.

Just think for a minute....**NOTHING IS MORE POWERFUL THAN A MADE UP MIND**. Why not make up your mind to not let anything hold you back from doing what you truly want to do. **It starts with a decision...**

Enthusiastically,  
Anke Johnson

## Health Tips The 1 day cold...November 2nd 2010

As the title suggests, I wanted to share with you my experience with the "1 day cold". I have done this before, and it works, so I didn't want to selfishly keep it a I do want to cite a disclaimer though, that the secret to myself and my family

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FDA has not approved this and that this is of my very own making;)

Okay, so a little history; a week ago, my 7 year old son who had brought home yet another bacterial/viral cocktail from school was sucking my nose (I won't elaborate on this, just suffice to say 7 year old boy who loves to startle his mommy with his antics...enough said), and then promptly coughed directly in my face. There was no escape, I had been tagged! Flash forward to the present. Today is Wednesday. On Monday evening I felt my glands under my neck get sore, and very quickly felt the escalating symptoms of a cold appear; brain fog, sniffles, sore throat, you get the picture. By the time I went to bed Monday, I was thinking, "yikes"! And by the way for you horsey folks, I was joking at the barn last night "I have stranglers"! Haha.

Okay, so then Monday night I set out to fight this cold tenfold, because I had company coming into town on Wednesday (today), and a wedding on Friday, and frankly just my very active lifestyle to attend to and I don't like to be held back by illness! Here's my recipe that allowed me to continue to work on Tuesday, have good night's sleep on Monday and Tuesday, and am ready for my active lifestyle AND my company on Wednesday!!!

### Supplements:

Shaklee's Alfalfa for congestion

Shaklee's Flavinoids for antioxidants

Shaklee's Time released Vitamin C

Shaklee's Garlic

Shaklee's Defend and Resist

Shaklee's Zinc

Young Living Thieves essential oils (diffused at night and orally during the day)

Young Living Eucalyptus oil (diffused at night)

Young Living Thieves mouth wash and gargle

### Other:

REST! Yes, no vigorous exercise, and even a 20 minute nap

An alkaline whole foods diet with plenty of fresh raw foods that are high in all the goodies your body needs; protein, antioxidants, minerals, fiber  
Flush, flush, flush with purified water and herbal teas! Especially Yerba Matte tea that is very high in antioxidants

The result? Today (Wednesday) I'm feeling grand. No brain fog, a great night's rest (even with said 7 year old crawling into bed with us at 4AM and then going through his exorcist moves in the bed) and feeling 98% back to normal. I'm repeating yesterday's cocktail today, and by tomorrow I know I'll be back on the jogging trail in the arboretum with full strength.

So, do you want the 1 day cold, or the 7 day+ version? If you want to try it with a guarantee, let me know and I'll be happy to share more with you!

## Coaching Corner

### Plentiful AND Scarce?!?!

This is a really funny time of year. On one hand, we're inundated with things to eat; some of them are good for us, some of them are bad for us, but none the less, there are lots of both! On the other hand, we act as if we'll be starving and scrounging for food come January first! We eat more than we normally would on any given day starting in November, and our choices about what we're eating certainly could be challenged!

So why the incongruence? What makes us madly reach for things we would otherwise leave alone or eat sparingly at any other time of year? The answer lies within; within us.

It has to do with the concept of scarcity, and how our brains view "lack". When we think that something that we enjoy or need won't be available anymore, or there will be less of it, we tend to overindulge to ensure that we get as much as we can while the getting's good.

Enter your own "wild" self. Each of us has a survivor of sorts programmed into our makeup. This survivor will do anything to ensure your survival, whether it needs to or not. It's a creature that comes from our prehistoric past to ensure that in times of need, we can survive until the times of plenty return.

Now put together the overabundance of food stuffs that we have available this time of year, and the thought (yes just the thought) of scarcity and sometimes dread that January 1st will inflict upon most of us. Voila! You have the perfect storm!

So instead of engaging your survivor to go into overdrive, rather follow a few easy tips to help you to thrive in this time of plenty, without going overboard before or after January 1st!

- Why do all the goodies have to leave on January 1st? Instead, save a few of

your most favorite holiday delectables for after January first. This way, your inner survivor can keep hibernating.

- Make sure you're eating at least 4 good meals per day that are high in fiber (the natural filler) and protein (your slow burning energy source). And don't forget the water! Staying satisfied and hydrated keeps the survivor at bay.
- Give yourself some rewards of relaxation during this hectic time. Just 15 minutes to yourself to do something that you really enjoy can give you the rejuvenation that you need in order to enjoy and not destroy your holiday spirit!
- Don't over commit. This is easy to do, and the survivor is just waiting for your day timer to burst or your Blackberry to explode! By selecting a few choice events to attend, and by choosing to do things that are really important to YOU during this holiday season, you'll be a happier more relaxed holiday goer.
- Always have "enough" available for you to choose from. Ensure that your own pantry has plenty of good, healthy choices to choose from in addition to the holiday goodies. You can also bring a healthy and not-so-healthy snack to your chosen events, thereby ensuring that there will be a good choice to choose from when it comes time to visit the trough.

So bring this concept into your new year. Ensure that the survivor stays quiet by not putting yourself into the position of scarcity; you'd be amazed at how much better your choices for many things (food, time and confidence) will become!

## From the "Horses Mouth"!

"life is not a matter of holding good cards, but sometimes, playing a poor hand well" ~ Unknown

## Featured Guest

Anna Kudick of:

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Please visit Anna's Website to learn more about the great work that she does for both of the

human and equine team!

## Upcoming Events!

- Group Coaching Schedule for Winter 2011 posted now!
- Oregon Horse Association~Gaining and Maintaining Confidence in the Saddle Sunday February 20th 9:30AM to 2:30PM. Public welcome, see link for details [www.oregonhorseassociation.org](http://www.oregonhorseassociation.org)
- 
- Midwest Horse Fair April 15,16,17 2011 Madison 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"

*Here's something to share for your blessing at the table*

Gratitude before me,  
Gratitude behind me,  
Gratitude to the left of me,  
Gratitude to the right of me,  
Gratitude above me,  
Gratitude below me,  
Gratitude within me,  
Gratitude all around me. ~Angeles Arrien

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Certified Health and Life Coach/Reiki Master/Nutrition Consultant/Certified AFFA Fitness Trainer  
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