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Natural News!

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

January 2011

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Welcome!

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New and Newsworthy!



Because you asked for it, it's coming! Coaching that's designed just for you; it's **gives you results**, it's **affordable**, it's **convenient**, it's a great

I've had a crown on one of my teeth for at least two years now, and along with that I've had challenges that my dentist just recently diagnosed as an imbalanced crown. I am VERY curious by nature, and so with that comes a lot of reflection and thinking about why, how, when, what and where. When the dentist balanced my crown (this took all of 5 minutes), I realized the big impact that it had directly in my jaw, but then the little impacts it had indirectly in many other areas of my body. **That very small shift on my crown left a huge impact elsewhere.** I was sleeping better, noticed that I didn't clench my teeth during the day, my muscles in my neck and back felt more relaxed. Because of that, I was **able to work with more focus, workout without feeling tense afterward** (I was used to gritting my teeth whenever I exerted myself) and I'm discovering more little things each

introduction to what coaching is about, it will help you to **see results NOW** while you're learning.

Priced right and created just for you, Self Directed Coaching is results orientated coaching that gives you all the **flexibility** you need in order to **see success for you and your equine partner**.

Delivered to you via email in formats such as video, audio and print, you get to decide when you want to do the next coaching lesson. Each week for 16 weeks, you'll get a new lesson delivered to your email box that will take you through the next steps towards success. Once that lesson is delivered, you'll have access to it forever, to do and review when the time is right for you. **Powerful content gives you the confidence that you've been looking for move forward with your goals both in and out of the saddle.**

Self Directed Coaching is topic specific, which means that we can focus directly on things that you want to work on to improve on specific areas of your life and your riding. Just like with Group or Individual Coaching, you'll be working from the inside out, so that **the changes that you make are more permanent and have a global effect on other areas in your life!**

To start, we'll focus on **Once and For All**, our

day.

So for this New Year, **just think about the unintended global impact that an intended small shift can have!** By setting a goal to drink more water, you'll be better hydrated thus you'll have more energy and feel better about yourself. This energy and confidence can translate into increased productivity in work or hobbies (or both!) which can lead to an abundance of accomplishments. **By setting a goal to work on your confidence over fences you'll impact your confidence in your relationships, your life balance and your physical self.** You'll find yourself taking ownership of targeted areas in your life **because you WANT to, and not because you HAVE to.**

So take joy in knowing that small shifts have **big domino effects with your motivation, your confidence and your results!**

Check out my [3 minute video](#) on small shift have a global impact, it's fun!

Health Tips

hCG Diet, to Try or Not To Try

Many of us are looking for the **quick weight loss fix**. We desperately want to believe those ads that say in just 6 minutes a day you will have the body of a model. Take hCG and follow this 500-calorie a day diet and lose 1 to 2 pounds daily. Do you know how little 500 calories per day really is? Is this something you can maintain?

Recently, **I've had a lot of my clients ask me about what I think of the hCG diet.** In case you don't know what the hCG diet is, here is a **brief description**. You receive daily injections of hCG (human chorionic gonadotropin) a hormone found in the urine of pregnant women. Along with these daily injections of hCG, you must follow a 500-calorie diet for 45 days. According to advertisers, this will fix your metabolism and you will lose several pounds a day.


However what the advertisers don't tell you according to QuackWatch.org owner and director Stephen Barrett, MD


weight loss and body balance program. Discover how a strong, supple body **improves your ride and your horse's ability to perform** with you and not against you!


Then just in time for us to get back out on the trail, we'll release [Squash Fear Gain Confidence](#), our confidence building program to help you **beat fear and excuses and help you attain your riding goals**. Be the passive leader for your horse, not just the rider.

Sit tight, more information is coming very soon, and the opportunity to be one of the first people to experience Self Directed Coaching! Fully guaranteed, **it's a ride that will take you exactly where you wish to go!**

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"Scientific studies have demonstrated that hCG injections do not cause weight loss, and regulatory actions by the Federal Trade Commission and Food and Drug Administration (FDA) have curbed their use in the United States. Clinical trials published in The Journal of the American Medical Association and American Journal of Clinical Nutrition have shown that hCG is ineffective as a weight loss aid, this diet is unsafe, unproven and potentially very dangerous for you. No one knows for sure the long-term side effects of taking HCG and following this very low calorie diet."

There is **no clear scientific evidence that the hCG diet is effective long-term** and what the potential serious risks for following such a program to you and your long-term health. **The reason people temporarily lose weight on this regimen is the very low calorie diet of 500 calories per day.** Most weight loss programs are 1200 to 1500 or more calories daily for a slow steady manageable weight loss.

If you are looking for that **magic bullet to lose weight and keep it off permanently, then physical activity is for you.** I know, you are thinking, I don't like to sweat, I don't have time to exercise, I am too overweight to go into a gym and the list of excuses goes on.

There is no substitute for a healthy diet and active lifestyle when it comes to long-term weight loss and maintaining a healthy weight. What are you learning by following a 500-calorie diet? How to starve yourself. What happens when you start to eat even a modest 1200-1500 calorie diet? You will gain weight; your body will grab onto those extra calories and store them as fat, because it must prepare for the next famine.

Living a healthy lifestyle, doesn't have to be difficult. Once you know what your goal is, then take simple focused baby steps daily until you reach your goal. Taking potentially dangerous medications and following a very low calorie diet do not constitute baby steps. This cannot be maintained long-term and may be detrimental to your overall health and well-being.

If you need help and support in reaching your weight loss goals, we invite you to complete our free [Body Balance Discovery Form](#) to have a free coaching session with Anke.

~Special thanks to Debbie Schroeder for some information in this piece

[Blog ~ Why I Ride
Horses!](#)

Coaching Corner Waiting

How well do you wait for things? Today, let's talk about what happens when we're forced to wait for something.

These days, everywhere you look people are in a hurry. Timesaving devices are cropping up as fast as weeds, because, as we all know by now, time is money, and we're all in a mad rush to either save it or spend it. But what happens when you are forced to wait for something? You have a 4:00 dental appointment, but you don't get in until 4:45. You are on the end of a line that is ten people long at the supermarket, or a couple of hundred people long at the movie, waiting for your turn. Or, and here is a growing problem in U.S. cities, you are stuck in traffic - just like I was nearly every morning last week.

Now, as I see it, there are two ways to look at waiting. You can spend the time fuming, working yourself into a tizzy about all the valuable time you're being forced to waste, raising your blood pressure and your stress level as you sit or stand there. Or, you can regard waiting as a gift of time. What can you do with this gift? Here are just a few suggestions.

Use it to develop possible solutions to personal problems. Do mental gymnastics - commit something to memory or see how long a list of things you can remember. Get creative. Make up life histories for the people around you. Carry a book with you, one that you find difficult to read for more than a short period at a time (my favorite since I have too little time for my own reading). Set goals for the rest of the day or week (bring your organizer so you can plan ahead while waiting). I heard of an actor who, while waiting at a stoplight, would hold in his stomach until the light turned green (think of the core for riding!). Think of something unexpected you could do to please the people you love.

Don't waste the time you spend waiting. Use it to create a better life.

From the "Horses Mouth!"

Diane P, who just recently completed the Group Coaching Once and For All had this to say about her experience!

"I would tell friends and family that I did a 12 week program designed very specifically to help me understand myself, to make changes that work for me, and to really win at weight loss, health, and exercise. I would tell them there's nothing else like it out there!"

~Thanks Diane!

Featured Guest

***Nanette Levin** is a friend and colleague of mine whom I met through LinkedIN. She is an author, trainer and much more. Please visit her webs sites to learn more about what this talented woman can offer you and your horses!*

Are you looking for fun to read, easy to implement, practical and understanding perspectives on how to reach your horse? **Horse Sense and Cents™** is an interesting initiative that's focused on helping you learn to develop customized approaches that consider your horse's style and needs through books, e-coaching and a variety of other resources. Check out the free blog at www.HorseSenseAndCents.com/blog/blog for posts on training, management, care, health and business issues featuring ideas, stories and tips from seasoned equine professionals. You can also find chapter excerpts and sneak-peaks of book titles as well as free articles to help you tackle particular training issues.

If you're interested in the current title "**Turning Challenging Horses Into Willing Partners**," visit www.BookConductors.com or call (888) 875-3551 for signed by author copies or quantity discounts. The book is also available at Amazon, through Ingram and Baker and Taylor. E-books will be available in January, as well as e-coaching for training, breeding and foal issues.

Upcoming Events!

- **Coming soon! Self Directed Coaching for "[Once and For All](#)" ~ Weight Management from the inside out. Details will be posted when the program is officially released!**
- **[Group Coaching Schedule](#) for Winter 2011 posted now!**
- **[Oregon Horse Association](#), February 20th 2011 9:30AM to 2:30PM "Gaining and Maintaining Confidence in the Saddle", For more information and registration forms visit the OHA website or contact Carrie at 608-206-5676**
- **[Midwest Horse Fair](#), April 15, 16, 17 2011 Madison WI. Booth #5010 in the Exhibition Hall-Mendota Atrium. Look for our banner "For Riders Who Want More!"**

[Holistic Horse Fair](#), September 24th and 25th 2011 Brooklyn WI. Exhibitor booth and speaker at The Horse First Farm. Come join us for great fall fun!

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"

"If we had no winter, the spring would not be so pleasant; if we did not sometimes have the taste of adversity, prosperity would not be so welcome."

Anne Bradstreet (1612-1672)

British-American poet

Contact Information

Anke Johnson, Natural Solutions by Anke, LLC

608-467-0008 / info@naturalsolutionsbyanke.com / www.naturalsolutionsbyanke.com

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

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