



## Natural News!

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

June 2011

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### New and Newsworthy!



### Epala Clinic Details

Imagine feeling strong and free and fearless. Imagine alert. Imagine energized. Imagine guilt-free about the time you spend with your horse. Start by exploring

## Welcome! From Minnesota to Hayward WI!

As with many things, we don't know what we'll get until we try. Sometimes it's risky, other times it's not, and in this case it turned out to be a hit!

I had asked the horse community what it was that would be the biggest benefit to you and your horse during the summer months, and you shared "things that you and your horse can do together". Well, even though I'm blonde I caught on to that one pretty quickly and took the reins!

I looked at how we could apply what you learn during coaching directly to your horsemanship, and voila! The clinics were born! We did a "test clinic" with Dennis Auslam from Redwood Stables in MN and it was a hit. We had 13 riders and several auditors and the horsemanship, training and coaching combined left everyone with a really well rounded plan that they could follow and work on throughout the summer

yourself with a master teacher - "the horse." Discover through their eyes what it takes for you to move forward with confidence in your life both in and out of the saddle.

### **FOCUS:**

This workshop is being hosted by both Epala and Natural Solutions by Anke. Come join both Anke Johnson and Juli Lynch as well as the Epala herd for this two day workshop in beautiful Northern Wisconsin. You'll work with the Epala herd in both one on one and "herd" settings in a safe, challenge by choice environment designed to help you explore and discover confidence, and freedom from self limiting fear.

### **TIME SPENT:**

You'll spend time with the Epala herd in activities that will include: Exploring FEAR and how to reset your fear response. The power of BREATHING as a tool to manage anxiety and negative thought patterns. Giving PERMISSION to both you and your horse to honor your comfort zones. Meeting and taming your GREMLINS so that they stop doing the

and beyond...mission accomplished! You can read more about it in Horse Digest Vol 4 Issue 6 free at tack stores everywhere.

One of the biggest takeaways was that the participants were really pleased with how very small, simple changes in themselves make some very big changes and impacts with what they were doing with their horses, and mostly how much more they actually enjoyed what they were doing...now with confidence instead of fear or anxiety.

So I'm excited to continue to offer these clinics teaming up with various trainers to enrich the experience that you have with your horse.

I'm really excited to be **co-facilitating a clinic with Juli Lynch of Epona in Hayward WI along with her Epona herd of horses. This clinic will be unique in that we will see ourselves "through the eyes of the horse" by utilizing coaching, the herd's responses to each individual, and the space and freedom to share with them what blocks us from having the ride of our lives each and every day. To see more about the clinic, please check out "New and Newsworthy" for more details and a link for registration.**

**Don't miss this unique opportunity; relax, rejuvenate and come back home a better partner and leader for both you and your horse!**

### **Health Tips**

**How to Lose 5 Pounds -  
No Cabbage Soup  
Required!**

talking to your horse. Learn the concept of the WATCHER through the eyes of the horse in order to get unstuck from problems, negative thinking. Becoming a PASSIVE LEADER so that losing control becomes having personal power and creating partnership with a horse.

### **OUTCOMES:**

You'll learn how to get rid of the "junk;" the thoughts, beliefs and subconscious gremlins that keep you from having the horse experience of your life. You'll practice fear busting techniques and learn to let go of the judgement of others. You'll understand through work with the herd that self criticism is self limiting and that you possess an abundance of potential. "What if" thinking will be transformed to "what if I can" thinking.

Come join us for the ride of your life!

### **Quick Links**

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*I loved this article from "Plan B Mom" in Health News printed January 13, 2010...what she shares follows very closely with my philosophy in regards to making lifestyle changes that pertain to weight and weight loss. Enjoy the ride!*

Ok, so I am one of the masses who, with the dawn of each New Year, decides to try and lose a few pounds. Although I consider myself a healthy person - I exercise regularly and intellectually know the right way to eat, I have noticed pounds slowly creeping on. It is imperceptible to most except me, as I struggle to button my favorite jeans and shy away from tucking shirts in. Not good.

I have fallen prey to pretty much every diet out there - of course without lasting results as here I am still trying to lose those five pounds. In high school I dabbled in some dreadful diet where you ate something like nothing but lettuce on day one, canned tuna on day 2, and canned beets on day 3 (I haven't been able to look at a canned beet since). In college I did go down the Weight Watchers road, which is one of the smartest ways to go, yet had a hard time balancing all of the fruits and veggies with my beer and pizza consumption (my will power was at a low point at that time).

In my 20's I experimented with the Cabbage Soup Diet, where you could eat an unlimited amount of a cabbage, tomato and onion soup, combined with, mysteriously, a giant steak on day four. I didn't make it past day two and a half when my co-workers forced me to walk down to the newspaper stand and buy a pack of peanut M&Ms. And I have had a tough time with tomato based soups since. Then in my 30's I decided if Beyonce could do it, I could too and tried out the Lemonade Fast diet where you exist on warm water mixed with a lemon juice, maple syrup, cayenne pepper concoction. Yes, the pounds fell off, but I was living in some alternate fugue state and went to bed every night by 7pm for 4 days. Oh, and

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the weight of course came racing back.

I also tried a gluten-free stint (no, I don't have a gluten allergy - don't ask). Then just last year I bought out my local grocery store's supply of green algae powders - I decided I could look like Gwyneth Paltrow too if I followed her recommendation of various green smoothies and raw foods (gag). This was another short-lived experiment. Oh, and I forgot about my multiple trips to carb-free South Beach (wow, this diet catalog experiment is enlightening - and embarrassing).

So what is my take away from all of these failed attempts at diets? Don't diet. I have realized I don't do well on diets and I don't like someone else telling me what to eat. I need to eat foods that are non-processed and as close to their natural state as possible. And my latest conclusion? It's the calories, stupid (thanks James Carville). So join me and just say no to diets and hello to healthy eating and portion control. To lose five pounds, the average person needs to cut 500 calories from their diet each day, which will allow you to lose about a pound a week. Here are some easy ways to do it:

**Measure your portions.** While I am a healthy eater, I wasn't paying any attention to my portions. Another helping of rice at dinner? Sure, thanks. No clue that a recommended serving was 1/2 cup (120 calories). I was easily eating three times that. If you want to have seconds, opt for veggies or salad. A good rule of thumb when serving yourself a meal is that one half of the plate should be veggies, one fourth protein, one fourth starch. Measure while cooking too. I was extremely heavy handed with the olive oil when roasting veggies, for example. Had I measured the amount of oil I was using, I bet it could be up to 1/4 cup (475 calories) or more when I could have gotten by with half that amount.

**Sit down to eat meals and snacks.** I was of the school that if you are standing up and

eating, the calories don't count. No such luck. I don't think your body or mind registers the food either if you don't sit down and really enjoy it. Plus, if you sit down and put the six cookies on a plate that you would stand up and eat in front of the fridge, it's a reality check.

**Stop eating your kids' leftovers.** A quarter of a grilled cheese here, leftover mac and cheese there - it all adds up. A lot. And it doesn't taste that good.

**Keep a food log and take advantage of online calorie counters.** I like [www.thecaloriecounter.com](http://www.thecaloriecounter.com) which is a free website that is a comprehensive database of all foods. I use an iPhone free app called Lose It! where I log food and exercise each day to track where I am for the day based on a set amount of calories to lose a pound per week.

**Bump up your exercise to create a calorie deficit.** For example, just an extra 30 minutes of walking burns another 120 calories.

**Easy food substitutions (to reduce calories) that have worked for me:**

Drink your coffee black and save as much as 75 calories per coffee cup from dropping cream and sugar

Ditch the mayo (100 calories per tablespoon) on your lunchtime sandwich for light mayo (50 calories per tablespoon), fat free mayo (11 calories per tablespoon) or mustard (20 calories per tablespoon) and save up to 90 calories. Take the top piece of bread off the sandwich and save another 70 calories.

You can still have chips but make them baked (56 calories for ten) vs. regular fried (120 calories).

Choose the right salad dressing. Ranch dressing is 148 calories for 2 tablespoons while a fat free Italian has 14 calories for the same serving size. A squeeze of fresh lemon with the tiniest drizzle of olive oil is a delicious

option.

So I will keep plugging away and continue to be vigilant with my portion control. I will eat a cookie if I want, yet I will probably have to skip the roll at dinner. I lost a pound last week - so far so good.....

## Coaching Corner "Solitude"

Does being alone have to mean loneliness? I don't think so. In fact, I think we all could use a certain amount of solitude. How much time do you spend alone, and how do you use this solitude?

If you live with others, time alone may sometimes seem like a precious commodity. However, it is important that you arrange to have some time alone, now and then. Not just a few minutes or hours, either, but a significant chunk of time you can call your own.

If you live alone, you may feel isolated and lonely. Perhaps you try to fill your time with company or busy-work to keep yourself distracted.

But solitude, if you use it wisely, presents some wonderful opportunities for self-knowledge and growth that you really can't get in any other way. Time alone, spent positively and thoughtfully, gives us a chance to explore our own values, develop a personal philosophy, and discover what is really important to us, without having to contend with other people's expectations.

Now, this isn't something you can do in one sitting and it's not necessarily easy, either. But it is exciting and meaningful, and when you ask yourself the right questions, the answers you come up with can change your life. For example, what contribution do you want to make to the world? What's missing in your life? What's there too much of? What are your passions, what really gives you joy? Where is your life out of balance? What would you like to accomplish before you die?

With a weekend coming up (whenever your days off are), maybe now would be a good time to set aside some moments of solitude and let those things you've been pushing away - because you have told yourself that "I don't have time right now" - come to the surface. Give them some thought-time, and perhaps allow an insight or two to see the light of day.

Some of my best ideas are born when I'm alone and in my horses pasture...way up at the top of the hill, there are few people, but many birds, horses and trees to converse with...ideal for "noodling"!

Getting to know yourself takes time, but I guarantee you that the effort you make will be well worth it.

## From the "Horses Mouth"!

**"When we finally give up the struggle to find fulfillment outside ourselves, we have nowhere to go but within. It is at this moment that the light begins to dawn. We expect to hit bottom, but instead we fall through a trapdoor into a bright new world. We rediscover the world of our spirit."**

**~ Shakti Gawain**

*Special thanks to Heather Last at Bliss Flow Yoga Studio for her continued inspiration on the mat and in the written word!*

## Featured Guest

**Paula Jacobsen ~ Rope Halters By Paula**

I'm not sure if she wants this kind of notoriety, but I just have to provide a shout out to Paula Jacobsen in Moorhead MN.

Paula makes rope halters and rope things that we use with our horses...and she makes them well! She also does semi-custom orders, and uses rope that's a wonderful quality and has a great feel.

Elvis is the proud owner of a beautiful set of black 9' reins, a camo halter with rings on the side knots for driving and riding, and a 14' lead line without a popper for a soft feel all over.

Elvis says "two hooves up!" to Paula!

If you would like to contact Paula for more information, please **contact her at [pjacobsen@ideaone.net](mailto:pjacobsen@ideaone.net), or call 218-233-7463**

**[Upcoming Events!](#)**

- [Confidence and Respect Clinic](#) with Dennis Auslam and Anke Johnson, Morton MN June 18th and 19th, 2011
- "Becoming Confident Through the Eyes of the Horse" with [Juli Lynch \(Epala\)](#) and [Anke Johnson](#), Hayward WI August 5th and 6th 2011 ~ details to follow. Contact Anke at 608-467-0008 for questions and to register.
- **\*\*Only a few spaces left!**
- "Training For Confidence~for both human and horse!" With Anke Johnson and Ruth Hansen. Belleville, WI August 13th and 14th. For more information contact [Carrie Waters-Schmitt at Oregon Horse Association](#)
- [Horse Days](#) Boone County Fair Grounds Belvidere, IL August 19th, 20th and 21st 2011. **Anke will be speaking all three days on building confidence for the trails and more!** Friday with "The Wisdom of Change" Saturday with "De-Spook You! Learn how to handle your "what if" and "post traumatic" fears!", Sunday with "Gaining and Maintaining Confidence on the Trails"
- October 7th and 8th 2011 Nashville, TN ["Women's Horse Industry Association International](#) Meeting". Anke will have a booth and will be **speaking on the "Effective Horsemanship"** panel on October 7th 2011
- Self Directed Coaching for "[De-SpookYou!](#)" ~ Confidence Coaching that will take away the fear of the unknown, and make "what if's" a thing of the past!
- [Group Coaching Schedule](#) for Winter 2011 posted now!
- [Midwest Horse Fair](#), April 20, 21, 22 2012 Madison WI. Booth #5010 in the Exhibition Hall-Mendota Atrium. Look for our banner "For Riders Who Want More!" **Speaking on "Confidence for the Trail" and/or "Fear and the Returning Adult Rider"**.
- 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"

And Allah took a handful of the south wind,  
breathed into it and created the horse.

"I have created without comparison.  
All the treasures of the world lie between your eyes.  
Virtue is braided into the hair of your forelock...  
I have given you the power to fly without wings and triumph without sword..."

*~Ancient Bedouin legend*

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Virtual Confidence Coaching [www.De-SpookYou.com](http://www.De-SpookYou.com)

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