

Anke Johnson

From: Natural Solutions by Anke, LLC [info@naturalsolutionsbyanke.com]
Sent: Thursday, August 11, 2011 4:15 PM
To: info@naturalsolutionsbyanke.com
Subject: Natural News ~ Authentic me, "What if" game, Coming of Age, Vegetarian, Intuitive Hoof Trimming



Natural News!

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

August 2011

In This Issue

- Health Tips
- Coaching Corner

Welcome! Authentic Me!

New and Newsworthy!



Confidence Through the Eyes of the Horse

Our Hayward Clinic
was priceless for me.

The word "authentic" has been thrust into my life many times over the last few weeks; so when that happens, I tend to stop and listen. I started to think about what it means to be "authentic", and how that would apply to who I am and what I do.

What it really meant for me, was to share with everyone that I'm on a journey too, that I learn each and every day from all the experiences that you and your horses share with me, and that I may have similar blocks, fears and challenges just like you.

The wisdom that is shared by you each and every time that I have the privilege to coach with you, or spend time at a clinic with, is the very essence of what keeps me real, authentic, and grounded.

Four days prior to the clinic, I had the opportunity to spend 4 fun filled vacation days with my brother Mike (nickname Giblets). Giblets and I are very alike in our love for sports, and up in the Great Green North of WI we played in the lakes, on Superior (pictured), on the Birkebeiner trail and in Mooselips coffee shop!

My birthday was part of those 4 days, which we spent on the southern and northern shores of Superior, where we were blessed with amazing weather that allowed us to explore the sea caves in "Blackie" our canoe (thanks Juli!). We nicknamed Blackie the Queen Mary respectfully because of her size...she's a steady ol' girl!

Our clinic in Hayward (Juli Lynch of Epala and myself) was the icing on the cake after such a priceless vacation. The participants all brought so much to share with each other, and Juli's Epala herd of horses provided magical transformations and information that we were all able to take back to our lives as well as our own stables at home.

Thank you to all of the

So it is with great gratitude to you, that I thank each and every one of you with who (whom?) I have had the privilege to work with, play with and get to know. Your horses have been the master teachers, and for them I am eternally grateful.

So let's continue to journey together, and uncover more blocks, ride through more adventures, and learn about different ways to approach things when we find that what we've tried doesn't work (okay, so really what I'm saying is when you fail, dust yourslef off and find another way to do it!).

Let's be authentic together, and really make our horses heads swim with all our authenticity; it's only fair payback for all the authenticity that they give us each and every day!



Thank you! Anke and Guinness

Health Tips Becoming a Vegetarian

If you currently eat meat, but wish to become a vegetarian, then here are some wise words of advise to make the transition from Kathie Madonna Swift, M.S., R.D., L.D.N

The importance of protein. The 10%-15% of calories you need each day from protein can easily be met by eating high-quality plant foods, including vegetables (veggies contribute 2-3 grams of protein per half cup serving) as well as beans, nuts, lentils and seeds. Typically, more than half of the calories in a vegetarian diet comes from carbohydrates, founds in

gals who shared this magical time with us, and to the now Great Green North that shared it's wonder for those 4 magical days!

For the privacy of the participants, I'm not sharing clinic photo's, but I thought I could share a couple of "Blackie" and myself!



Quick Links

Find us on [Facebook](#) 

View my profile on
[Linked In](#) 

Follow me on
[Twitter](#) 

[Events and Workshops](#)

[Shaklee News](#)

[Health Quest/What's New Health Newsletters](#)

[More About Us](#)

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

vegetables, fruits, whole grains and legumes.

Don't forget fats. Fats serve multiple functions, such as maintaining the integrity of our cell membranes and fighting inflammation. Essential fatty acids in plant foods, including flax, hemp, soybeans (organic, non-GMO) and walnuts, are provided in the form of ALA, which the body can then convert to those fatty acids found naturally in fish (EPA and DHA). Or, take a vegetarian omega-3 supplement that I made from algae.

Take your vitamins. Supplement, in conjunction with diet, can help you get enough of four crucial vitamins and minerals found in animal foods:

vitamin D: there are receptors in every cell for vitamin D, shown to aid in immunity and cancer protection. You need a minimum of 600 IU's per day.

B12: essential for energy, metabolism and cognitive function, B12 is found only in animal foods. Get the recommended 2.4 µg of B12 from eggs, dairy or in fortified foods such as cereal.

Zinc: important for optimal immune function, zinc is found in nuts, seeds, whole grains and wild rice. Zinc absorption may be slightly lower for vegetarians, so it's important to make sure you vary the number of zinc sources you get in order to meet the recommended 8 mg to 11 mg per day.

Iron: vital to the health of red blood cells, iron is essential for energy and immunity. Fresh fruit, dark greens, beans, tofu, whole grains, nuts and seeds can provide the recommended 10 mg to 18 mg per day along with a hefty dose of vitamin C, which helps the body absorb the non-heme-iron found in plant foods.

Seek inspiration. Vegetarian resources are essential to help create a balanced, whole foods eating plan and avoiding the pitfalls of a convenience based, nutritionally naked vegetarian diet. Celebrate your choice (and seek out support) by sharing your new eating habits with your family and friends.

Coaching Corner

"What if you had Magic Words"

What if there were two little words that could help you unlock your imagination, allowing you to create the kind of future you would most like to have? What if these two words could boost your creativity, improve your decision-making power, and move you steadily toward a future that will give you what you want in life? What if these two little words helped gain your freedom from your fears because you became better prepared with your horsemanship no matter what came your way?

And what if I give you a little hint: You've already seen these two words not once, not twice, but many times in the past few seconds. Well, those two words are "what if," and they are every bit as powerful as I have suggested.

For most equestrians, the what if words are not magic, but are associated with fear and danger; what if he bucks, what if I fall off, what if someone judges me, what if I lose, what if I make a mistake, what if?!?!?

What if you looked at these two words optimistically, as words that are empowering instead of dis-empowering?

If you have children, get into the habit of playing the "What If" game with them while they are still very young. Ask them questions like, "What if you decided to show your teacher how smart and hard-working you really are?" or "What if you wanted to make tomorrow a super-special day?" You will be helping them learn to evaluate possibilities and make wise choices by entering into dialogue with themselves and exploring many alternatives. This also puts you into the position of the "Teacher", which will help you to shift your "what if's" to promote good and not evil!

So now, while you are at it, why not play the game yourself? What if you decided to go back to school? What if you asked for a raise, or quit your job? What if you wanted to have the best marriage you could possibly have? And what if you decided to treat yourself like the loving, and lovable, person you are in every circumstance? What if your horse became very light to your aids? What if you could breathe and relax during a tense situation with your horse and come out smelling like a rose? What if every time you were with your horse you could treat your challenges like a good mystery book and look for clues to help find solutions to your challenges?

You get the idea. The "What If" game is an easy way to help you visualize your options, and focus on those that you really want to pursue; but you need to keep those options positive. You can "what if" yourself to the point that you scare yourself away from the possibilities of a new, positive future...with or without your horse.

Now, what if you started to play the "What If" game today?

From the "Horses Mouth"!

"A naked man on a naked horse is a fine spectacle; I had no idea how well the two animals suited each other."

~Charles Darwin

Featured Guest

Intuitive Natural Hoof care Specialist Kendra Skorstad

I am an intuitive hoof care specialist. This provides me the opportunity to work with the horse beyond just hoof care. When I look at horses I see so much more than just the hoof. I see how the system works as a whole and what influences there are on the system. I believe that in order to have healthy radiant hooves we need to give our horses appropriate nutrition, ample turnout and exercise, address musculoskeletal issues, have good fitting tack, and support their emotional and mental well being. If any of these areas are lacking there will be evidence in the hooves. The hooves are a direct result of the 'goings on' in the body and spirit.

As we all know, horses are flight animals. I feel that it takes a special creature to allow his flight to be taken away for periods of time by having his leg held up. The complete trust and forgiveness they are capable of is profound. My mission when I work with a horse is to provide a safe and positive space for the horse to have his hooves handled. I consciously ask the horse to shift his weight and pick up his/her own leg. I believe that just grabbing the sensitive tendons to produce a lift response is unnecessary. I use positive imagery to help the horse understand what I am asking him/her to do. I stay centered and grounded through breath work and tai chi to be open to messages from the horse. This allows me to help shift the horse to a place of better comfort when needed and continue a level of trust.

As much as I am connected with the horse I also pay close attention to the hooves. These are the foundation for the horse and I take great pride in offering barefoot care. I acknowledge the need for shoes in some disciplines but do not incorporate that into my field of care. I do provide the opportunity for the horse to grow a healthy and balanced hoof through appropriate trimming. I will support them with hoof boots, casting, or glue-on support as needed.

Kendra Skorstad
Connected Healing
847-840-1196
email ~ Kendra@ConnectedHealing.com
www.connectedhealing.com
www.kendraskorstad.blogspot.com



Upcoming Events!

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
- [Horse Days](#) Boone County Fair Grounds Belvidere, IL August 19th, 20th and 21st 2011, booth #600. **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"
- [Confidence and Respect Clinic](#) with Dennis Auslam and Anke Johnson, Morton MN August 27th and 28th, 2011
- 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
- "Training For Confidence~for both human and horse!" With Anke Johnson and Ruth Hansen. Judd's Green Meadows Belleville, WI October 15th and 16th. For more information contact [Carrie Waters-Schmitt at Oregon Horse Association](#)
- 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 2010/11 posted now!

2012

- **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**".
- **Confidence and Respect Clinic** with Dennis Auslam and Anke Johnson, Morton MN May 26th and 27th, 2012
- 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!

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
 Virtual Confidence Coaching www.De-SpookYou.com

Shaklee Distributor

If you would like to forward or use some of the material shared in this newsletter, please feel free to do so. Just make sure that you credit the source proudly and accurately...Good Karma!

Forward email



This email was sent to info@naturalsolutionsbyanke.com by info@naturalsolutionsbyanke.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Natural Solutions by Anke, LLC | 4425 Sentinel Pass | Fitchburg | WI | 53711