



Natural News!

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

September/October 2011

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New and Newsworthy!



Horses multitasking? Why do we?

Most of us are pretty familiar with the fact that what we do

Welcome!

We Only Have to Listen

It's common knowledge that Dr Doolittle talked to the animals, but how often did he listen? And for that matter, how often do we listen when our animals or our bodies are talking to us? Now, I'm going to leave the question of how much do we REALLY listen to each other (not often), for that is a whole other topic for another newsletter; but for this months newsletter, I thought it would be fun to explore all of the different ways that our horse "talk", and we choose not to listen.

Of course, I have a few stories to share about that, and some recent examples that got me thinking about this topic in the first place!

Let's start with ourselves. For some of you, you may be saying "red light, red light" because you KNOW that you're body is talking, but you're choosing not to listen. Well, I'm here as your body's advocate. Let's take our energy levels for example; if you've

with our horses extends into many other areas of our life. So I pondered a question a few days ago that got me thinking; do horses multitask? And the only thing I could come up with was that yes, they do if you consider pooping, eating and walking all at the same time multitasking. But I really felt that this type of multitasking was very different from what many of us do each and every day, and mostly to our detriment.

There have been enough studies to show that multitasking is detrimental to our adrenal glands, our memories, and frankly to our health, enjoyment and fulfillment of what we're doing. But mostly, even though multitaskers seem to be "getting it all done", it's quite the opposite. By spreading yourself too thin, you're challenging yourself to do any one thing right or well, or seeing it through to the end. By being able to focus on one thing at a time, you're giving yourself not only the gift of getting something done well, but also the gift of feeling good about what you accomplished! Which this feeling of accomplishment is sometimes the most important self motivator to move on to the

been aware at all of what you eat and how you feel, then you probably have a good idea of which foods make you feel energetic, which ones bring you into the 2PM, 3PM, 4PM (you name your time) slump, and which ones make you feel downright lousy!

So now, let's explore our horses in regards to pain or discomfort they may feel. They may buck, bolt, balk or even just refuse to pick up a foot for trimming or cleaning. It may be as simple as an ear twitch or trying to move away when saddling, it may even just be yawning or head shaking in anticipation of the perceived pain. For some of us, we never notice and just go about whatever it is that we have planned, for others we're more aware of it, but we don't do anything about it.

Recently, my horse Guinness has taken to giving a little buck when I ask him to trot. It's nothing big, but enough for me to take notice. I've ruled out any physical issues, so now I can pretty safely say he's just saying "nah, I'd rather not thanks"!

So what can we do when we do finally listen, and we want to take action? Simple (you like that answer, eh?! You go back to the essentials, back to what is truly necessary to address whatever the issue is.

With the case of your body and "to energize, or not to energize", go back to the essentials of nutrition. We're talking about whole foods, raw foods, foods from Mother Earth and not from Mother Nabisco! The more real and whole your food is, the better able your body is to recognize it and use it efficiently. The less your body is apt to have to sludge its way through some processed gunk that it can't use, and that actually uses your precious energy to get rid of it.

With your horse's pain, it may be the power of deduction. Take one probable cause at a time, and see if it's a contributor to your horse's pain. Horses only share the truth, so once you hit on the right thing, your horse will

next task of all!

So drop all those balls that you've got in the air, and pick up one at a time; I'll bet you'll be surprised at home much MORE you accomplish, and how good it feels to get things done.

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let you know with a resounding "YES"!

And in the case of Guinness, well we already ruled out the physical probabilities, so now it's back to the essentials and fundamentals of training to better understand what will motivate him to move forward at a trot without a buck, so that we can praise the positive. I have a feeling that variety, fun and games may be part of this; but even if I'm wrong, it will be a fun journey finding out!

Health Tips What's a Healthy Breakfast?

For many of us, breakfast is the most difficult meal of the day to consume, or prepare, or actually even think about! But as we all know, it's the most important meal of the day. Your body, after spending the night repairing and regenerating, needs vital nutrition to get you started on your next day.

Since a menu plan is not a one-size -fits-all approach, these general guidelines that I'll share certainly are. It brings us back to those essentials that I spoke about in the Welcome portion of the newsletter, and it allows you the freedom to tailor your breakfast to your specific needs!

To start, let's consider a normal round plate. If you divide that plate into four equal parts, then on each part you want a food representing the following:

First quarter-something raw, like a fruit, vegetable

Second quarter-something that is a simple carbohydrate, like bread, cereal, rice,

potato, sweet potato

Third quarter-a protein, like milk, yogurt, meat, beans, quinoa, nuts, eggs

Fourth quarter-a complex carbohydrate, like whole grain foods, quinoa, cooked vegetables, whole grain cereals such as groats/steel cut oats

Transitioning to this line of thinking is simple, and in this case it's easy too! Consider if you're an "on the run" type morning person. Although eating on the run is far from ideal, if that's the only way for you to start, then take it. You can bag your cereal, take along some milk, grab a piece of fruit and a whole grain muffin. It's not perfect, but it's a great start; you can improve on things one small step at a time and create good health habits along the way.

The advantages of eating a good breakfast are tenfold! You wouldn't ask your equine friend to go to work without throwing out a couple of flakes of hay! If you did, you'd have a serious grass-snatcher on the trails, and a horse that's not with you as his only thought is about getting his next meal. He might even be a little moody and resistant in his training with you, and since you didn't have breakfast either, you might not have the stamina or mindfulness to be able to get what you want.

So give yourself a break, a 10 minute breakfast break every morning. And if you're lucky enough to have your horses with you where you live, you can opt to share and enjoy your morning goodies together!

Coaching Corner Halt at X!



We've been talking about the essentials in this newsletter, and our Coaching Corner can help bring together why we should think "HALT" when things don't seem to be going in the right direction for you or your horse.

HALT stands for "Hungry, Angry, Lonely, Tired". When we make decisions with a body and/or mind that has any of the HALT components present, our decisions tend to be compromised.

I know that if I come to the barn frustrated, angry, tired or in any other way emotionally or physically compromised, my horse will be the first to tell me about it! Here's where we have to listen (read "We Only Have To Listen" in Welcome) and take a moment to become The Watcher.

The Watcher is the part of you that will allow you to see from the outside in. When I go into the the Watcher myself, I envision myself rowing out into the middle of a calm, tranquil lake, and watching what's happening on the shoreline. Am I moving fast and without care? Am I low on energy and don't have a purpose? Am I confusing and unclear with my direction, and then respond with a short fuse when my horse doesn't understand? Whatever the case, coming from the place of the Watcher, I'm now able to better understand what my horse is feeling, and to make the changes I need

to in order to have a better experience!

This brings us back to the essentials; what's lacking in your foundation or your essentials that have you at HALT? What can you do to make a positive change? How will you let your horse know that you've listened, and that you're taking steps to make changes?

Just like halting at X is a time for us to take pause in the dressage arena, HALTING with your horse and in life will give you the advantage to pause, watch and plan your next action to take you out of HALT and into FUN (Furiously, Unbridled Ninnyness)!

From the "Horses Mouth"!

"Becoming Extraordinary"

How do athletes go from contender to superstar? How do ordinary people become extraordinary? Here's a secret to achieve breakthrough performance in your everyday life.

Everyone has times when they feel like they are unstoppable, times when they are doing whatever it is they do with ease, grace and incredible skill. But no one, not even the best of the best, can operate in that ideal performance-state 100% of the time.

The secret to achieving extraordinarily high levels of performance is learning how to take command of your mind and body so that you can operate at your peak when you need to, and relax and recover in between. Here's how:

First, goal-setting is a key. Many people don't like to set goals because they don't like to fail. However, you must develop mental toughness if you're going to grow, and setting and achieving goals is one way to do it. Another way is to develop the ability to get rid of negative thoughts when they occur and substitute images of success and positive results.

Finally, sticking to a sensible program of self-care - including good nutrition, regular restful sleep, built-in periods of laughter and play, and vigorous physical exercise - will do wonders for your self-image.

It is natural to start thinking about these things as we approach a new year (yup, it'll be here before you know it!). So why not take that natural year-end energy, refuse to settle for "ordinary" in your life, and goal-set to go after the extraordinary. If you do, go after it with everything you have and believe in your ability to do it!

"A Quick Curry"



"Happiness is, an outdoor fort that you can burrow in, change at will, and have no fear of encountering dog turds!"

[Upcoming Events!](#)

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 2011 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

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