



Natural News!

From Natural Solutions by Anke, LLC

Volume 1, Issue 6

Back to School Tips for Immune Building Support

Back to school already? Wow, where has the summer gone. It's hard to believe but the media is already out there in full force with back to school sales on clothing, books and school supplies.

Wouldn't it be nice to send



our kids back to school with a stronger immune system? It has been my experience

that people who apply this information in their lives report increased energy (the positive kind, not the hyper kind), better health and an improved ability to respond to illness and disease in their lives. It may also mean fewer absences from school for the kids, and less spread of illness throughout the household. This could mean fewer lost work days for you! Strengthening your immune system also means that if you do come down with an illness, it's usually less severe and shorter in duration than folks with a weakened immune system. All in all, it's a win-win for everyone involved.

Anke Johnson will be giving a seminar on "Building Your

Immune System" at Mimosa Books and Gifts on August 30th from 7-9 PM. If you would like to join us, please RSVP directly to Mimosa at (608)256-5432. We'll talk in detail about the following things that help build your immune system;

- Proper rest
- No nonsense nutrition
- Hygiene
- Decreasing the pollutants we're exposed to every day
- Supplementation for optimal health
- Creating a good, positive attitude to decrease stress
- Immune supportive exercise
- Setting realistic goals to attain better health

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Congratulations to Kari Schraufnagel!

People always say that the success of others is sweeter than your own, and I have to agree. I recently had the pleasure and honor of appointing Kari, owner of Harmony and Health, as a Shaklee Director and Business Leader! Kari has

worked hard for the last year, educating people on better health and nutrition. A natural fit as her full time job for over 25 years has been as a FACE (family and consumer education) teacher at DeForest High School. Kari and I both get to walk

down that long stage in front of 10,000 people in San Francisco to be recognized for our achievements by the CEO of Shaklee himself, Roger Barnett. Thank you, Kari, for all your hard work and dedication, you deserve it!

Back to school ~ 45 fewer calories, and not just for the kids

Soda, pop, soft drink, soda pop, whatever you'd like to call them, have always been a bone of contention for me. Beyond nutritionally empty calories, soft drinks have recently come under fire as a source of benzene, a carcinogen linked to leukemia. In June 2006, scientists at the U.S. Food and Drug Administration (FDA) discovered benzene levels in some soft drinks exceeded the country's legal limit for this chemical in drinking water. "We haven't changed our view that, right now, there is not a safety concern", says Laura Tarantino, MD, director of the FDA's Office of Food Additive Safety. "But what we need to do is understand how benzene forms and to ensure the industry is doing eve-

rything to avoid those circumstances."

"If they're so confident the situation is not a safety risk, they need to release the data to prove it," counters Richard Wiles, senior VP at the Environmental Working Group. "The only data available to the public contradict [the agency's] claim." Heat, light and shelf life can influence benzene formation.

For a safe thirst quencher, water's hard to beat. Shelf-stable juices and single serve milks (including rice and soy) are healthy alternatives. Step over to organic juice and milks, and you're



doing your body an even better favor.

So teach your kids about the better alternatives, and why it's important to avoid soft drinks. Reward the positive behavior. I can't think of any

good reason to drink soda. What's so attractive about leaching calcium from young bones (virtually creating a premature osteoporosis), consuming 45 empty calories, up to 35 grams of immune system depressing sugar, or cancer causing artificial sweeteners?

Pack your lunch and theirs with a healthy alternative.

Healthy kids for the rest of this summer ~ Tips for Better Health!

Summer days are getting shorter, but you can still have a healthy summer! Here are some summer fun tips to promote health for you and your kids;

- Encourage your children to get at least 30 minutes of vigorous exercise every day; climbing, cycling, dancing, jumping rope, playing hopscotch and tag, roller skating, running, skipping, swimming, yoga—whatever they enjoy doing
- Set a good example; bicycle or walk to the local playground or pool instead of driving (way to go Anne!).
- Plan an active family vacation; backpacking, canoeing, hiking, horseback riding (yeah!), playing tennis, or water-skiing.
- Visit an organic farm; to pick fresh fruits and veggies (free from unwanted antibiotics, artificial colors, GMO's, synthetic herbicides, hormones, pesticides and sewage sludge). Discuss why organic is healthier. You can also join a CSA (Community Supported Agriculture) program
- Store plenty of wholesome foods

"Back to School Immune Building for Kids and their Parents" at Mimosa, August 30th 7-9 PM call (608)256-5432 to reserve your place!

(organic fruit, nuts, cut-up veggies and whole grains) at kids' eye level in the fridge and pantry—then pack nutritious snacks in the cooler or backpack for on-the-go energy!

"Calling all moms over 30!" ~ TEAM-15 success story!

All my life, I have always been a fit person. I was always involved in athletics, sports and health related activities, until I got pregnant with my son Griffin. Now, some may say that should not have been a "show stopper", and I agree, but no matter how hard I tried, I could not keep up with any level of fitness and exercise from my 6th month of pregnancy through my sons 2nd birthday. I struggled with low en-

ergy, low motivation and wacky hormones. Through Shaklee supplementation, I gained control of the hormones, but by that time the damage was done. I was 10 pounds heavier than I should be, and getting heavier each day. I chanced upon TEAM-15 at a January 2006 Shaklee convention, and started the program in March. I am happy to say that with the help of the program, I was able to lose 6 pounds (we're still losing) and better yet, an overall 4 3/4



inches off my body! At 42, I feel better than ever! If you'd like to know more about TEAM-15, please contact the person who sent you this newsletter, it may be the best thing you've ever done for yourself and your health!

Struggling with the Corporate Politics

Do you hate corporate politics? How about the “boys club”? Maybe getting downsized yet again has caused you to take a closer look at what you want to achieve in your life, and what road you want your career path on.

How does this day sound; you get up when you naturally wake up, not with an alarm. You make your breakfast, and eat it while reading the newspaper or talking with your spouse, and then you “commute” to your office down the hall from the kitchen to start your working day. After a couple of hours you don't feel inspired anymore so you

take a walk out to your back yard to enjoy the sunshine, and water your flowers.

The latter work day is what many people who own their own Network Marketing business experience! You make it as challenging as you wish. You see the bosses face in the mirror every morning. You make the hours, you learn the skills you wish to learn, you can be as creative as you want.

It's very simple, but it's not easy.



There's still a lot of work to be done, but you're no longer an hourly or salaried employee, you're now your own CEO.

I'm looking for professionals who have been downsized, and are currently on severance. Please send your resume to me at

“info@naturalsolutionsbyanke.com” so we can discuss if your own business is the right fit for you. If this newsletter was sent to you by Kari, please send your resume to Kari at “harmony and health@gmail.com”.

Avoid Toxins of the World ~ A simple guide to cleaning up your life

You can do everything right when it comes to your health—eat a nutritious diet, get plenty of exercise, reduce your stress, enjoy adequate rest. But if you inadvertently expose your body to toxins, you'll never attain optimal health.

In addition to not smoking and limiting your consumption of alcohol, caffeine, and refined sugar, here are five things you should do to limit your exposure to environmental and dietary toxins:

1. Avoid pesticides and herbicides; conventional produce is often covered with the residue of toxic farm chemicals that are designed to stay on the plants throughout watering and rain. It's been reported that conventionally grown spinach, for example, can have as many as 10 different residues on a single sample—AFTER it has been washed. So stick to organic fruits and veggies whenever possible.
2. Watch out for hormones and heavy metals; Farm raised fish and commercially raised meat and dairy can contain harmful levels of dioxins, PCB's, hormones, antibiotics, and pesticides.
3. Don't put Chemicals on your body; Most people would not knowingly swallow harmful chemicals...but they readily spread them all over their body! Most fragrances, detergents, fabric softeners and personal care products are full of synthetic, petroleum-based compounds. Many of these are allergenic and carcinogenic, or they mimic the body's hormones and disrupt hormonal function. You can find natural products to replace the conventional at Shaklee.
4. Avoid processed foods; processed foods are loaded with artificial ingredients that have no nutritional value (at best) and are highly damaging to your health (at worst). Avoid all artificial sweeteners (particularly Nutrasweet and Splenda) and food additives, such as MSG. And don't ever eat fake fats (hydrogenated oils or trans fats).
5. Try natural methods before trying pharmaceuticals; drugs rarely address the underlying causes of an illness—they simply mask the symp-

toms. Nor do they improve your health in any way. Even worse, many have very harmful side effects. You can try a more natural route first, and if that doesn't work for you, then you can always fall back on the drugs.

-Jon Herring, health Expert for “Early to Rise”

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**Protecting the Body, the Home, and
the Environment...Naturally!**

Member corner ~ NutriFeron and the grandson

I was just talking with a customer regarding the NutriFeron™ and she reminded me that her grandson was sick all the time. He has cold induced asthma where they would put him on steroids and meds. The first year on the NutriFeron™ he did not get sick once. Since then only twice, and the last time was this summer when his mom wanted to see if he really needed to be taking the NutriFeron™ year round. She stopped giving him the NutriFeron™ and he got a cold that turned into a bad case of the asthma. They had to use the steroids and a steam system to help him breathe. He is too young to use an inhaler. They have found the NutriFeron™ to keep him healthy and off the medications. What a

blessing to this family and a sure sign that children will benefit from using this product.

Thanks to Patty Palma!

'Forward and Happy' -Griffin's first camping trip!



Have you ever gone tent camping with a 3 year old? Well, I embarked on such a brave journey last weekend, when I took Griffin tent camping at Governor Dodge State Park for his very first camping trip. Even with several “punder” storms, he did very well. My friend Kari brought her son and pal Julie brought her niece and nephew to enjoy the trip as well, so Griffin had all the playmates he could have wanted...however he kept choosing mommy. I'll look back on this frustration one day and thank my lucky stars that he did want to be with me, as I'm sure in the teenage years I'll just be thought of as an embarrassment! So with all the snails, fish, waterfalls, hikes and swimming, Griffin made it through one full night and two days. On Saturday evening though, he succumbed to his daddy's arms as daddy whisked the over-tired boy back home to his own bed. Mommy got to drink some adult beverages then as well. Until next year, enjoy the picture of “the gang”! Anke:)