



# Natural News!

From **natural solutions** by Anke, LLC

Volume 1, Issue 8

## Kari and Guy's 25th Wedding Anniversary Celebration!

Wow, 25 years! I can't believe that we have been married that long! The years have flown by and during those 25 years, we have bought an 11 acre farmette, had two boys, Dan 17, and Cory 14, bought 7 horses ( 3 of which we have now), one dog, many cats, and now chickens! I have taught High school for 25 years and Guy is the Engineering manager at Wisconsin Built. We have been blessed with many wonderful friends, and family members. We celebrated our 25 years with 90

friends and family members! It was wonderful being surrounded by so many people that have touched our lives. Who knows how we'll celebrate our next 25 years? Dan



and Cory, we'll let you plan the next one!

*Thanks to Kari Schraufnagel, President Harmony and Health*

### Inside this issue:

<i>Biting back! Mosquito warfare!</i>	2
<i>Allergy Relief Continued</i>	2
<i>Dr Jane Goodall</i>	3
<i>CSA's</i>	3
<i>Passion for Life</i>	3
<i>Member Corner</i>	4
<i>Forward and Happy</i>	4

### Business Partner Information

"Harmony and Health"; Kari Schraufnagel,

President

- Phone 608-279-8730 or 608-455-1006
- Email; [Harmonyandhealth@gmail.com](mailto:Harmonyandhealth@gmail.com)

## For Allergy Relief, Look No Further Than Shaklee!

Over the years I have been truly amazed at the difference a few little green pills can make for someone's allergies, especially my own!

There are two types of allergies: food allergies and inhalant allergies, such as hay fever. I will explain both very simply here. If you would like more detail,

please give me a call at 608-438-2229.

Food allergies are caused by a "leaky gut" or the escape of partially undigested proteins from the intestine. The immune system treats them as foreign invaders. Shaklee Optiflora, EZ-Gest, and Alfalfa Complex greatly improve the integrity of the

intestine. Garlic Complex helps control "bad" bacteria that contribute to a leaky gut.

It's also crucial to keep a food diary to identify and eliminate foods that cause allergic reactions.

*Continued on page 2*

## No DEET Mosquito and Bug Spray—Right Under Your Kitchen Sink!

This exact story was already in the July edition of Natural News, but it bears repeating during our mosquito infested late summer month!!!

Do you love the late summertime and all the outdoor activities that go with it, but hate the biting bugs that seem go with it hand in hand? You can spray yourself and your loved ones with the commercial sprays that smell bad, feel greasy, and contain chemicals that you'd rather avoid, or you can reach under your sink and grab your bottle of Basic-H!

Basic-H to the rescue you say? How so?

This versatile product created 50 years ago is environmentally safe as well as “mammal” safe, and fortunately the bugs hate it!

Just mix in a spray bottle equal parts of Basic H and water, spray it on, and rub! Or just take a squeeze bottle and rub on full-strength. This works for most degrees of mosquito/fly infestations, but I wouldn't count on it in the Everglades. Isn't it great to have a safe, inexpensive choice? And hey, when you take a



shower later, you're already lathered up!

### For our four legged pals

**too!** Basic-H can also be used as an insect repellent for animals (not cats). Use a mixture of 1/4 Basic-H to 3/4 water to start. You can make it more concentrated if you like later. Spray your farm animals, dogs, and horses with this mixture. The flies, mosquitoes and ticks will leave your animals alone to enjoy the summer sun and fun! Want even more info? Give whoever sent you this newsletter a shout!

## Allergy Relief, Continued from Page 1

This applies to both types of allergies: Homogenized milk has undergone changes in molecular structure (according to researchers at Harvard University), which leaves undigested residue – it acts as a histamine and a foreign substance in body. Also, the adrenals are very weak in allergic people – refined sugar and caffeine tap the adrenals – consider 500mg of Pantothenic Acid 3x/day.

Inhalant allergies are often improved simply by strengthening the immune system, with little more than the Shaklee Basics, Vita-C and Alfalfa, or in more severe cases, Shaklee's Formula I or NutriFeron™

*Special Thanks to  
Darrell Felton*

***“Coming soon, look for FREE informational tele-seminars on various topics such as allergies! You gain knowledge and never leave the comfort of your home or slippers!”***

## A note on Organics from Dr Jane Goodall

“I think people would be interested to know that animals prefer organic. They have tested this at zoos, and I experimented in a sanctuary in Oregon. Unless the chimpanzees were really hungry and not paying any attention to what they were eating, they would very carefully sniff and taste both options, and then choose the organic one.

Once people have tried organic food, they know the difference in taste. If they are really honest with themselves, they realize that [conventional] strawberries taste of cotton wool; the same with tomatoes. The difference is so extreme! If you are aware of

the properties of the pesticides that are sprayed, if you know that high doses can harm animals, then doesn't it make sense to assume that the accumulation of these chemicals in the blood is going to harm us? I just don't ant to eat them. And if by not eating them we are going to be healthier, then we will save HUGE amounts on medical bills. It is like an investment.

Even if pesticide use is only harming the environment—and we know that it is—do we want an environment for our children that is sterile and devoid of singing birds and so forth? We don't.

But we don't put two and two together. If



you are choosing organics for personal health, great; if you're doing it for the environment, great; if you're doing it for both, greater.”

*Dr. Jane Goodall*

[www.janegoodall.org/default.asp](http://www.janegoodall.org/default.asp)

# Your number one choice is to buy locally and support your organic farmers!

Ever hear the initials “CSA” thrown about? I wasn’t sure what it was until I moved here to Wisconsin from Florida. And this year, I’ve had the pleasure of experiencing first hand how healthy it is to be a member of a CSA. So, you ask, what is CSA?!?! It stands for Community Supported Agriculture, which means that you agree to buy a certain amount of fruits and vegetables from a local organic farmer for a given period of time! Tim and I signed up for a vegetable and fruit share this year to “test the waters”. We were a little worried at first because we weren’t sure we were going to know what to do with some of

the crops; what we found out is that there are endless recipes and new taste buds to be discovered as you get a rich variety of things you may have just glanced at in the produce section in the past! Not only do you get a more natural seasonal variety of very fresh organic produce, you also get to hone your culinary skills, and you assure yourself the needed servings of fruits and veggies each day. The farms supply you with cooking and eating options, but



there’s also a CSA book written specifically for WI CSA’s called “From Asparagus to Zucchini” ISBN 0972121781. Just a *small* sampling of our share this year was 16 pints of organic blueberries, wonderful swiss chard (like a mild, flavorful spinach, I made awesome quiche with this), green beans, salad greens (some of the tired and true and some we’d never heard of!), strawberries, kohlrabi, yum! We’ve never eaten better, and I finally have lost my fear of the “unknown” veggie!

For more national information on CSA’s in your area, go to [www.nal.usda.gov/afsic/csa/](http://www.nal.usda.gov/afsic/csa/)

## 2007 Action Plan

The organic Trade Association (OTA) continues to work toward funding and provisions in the 2007 Farm Bill that will;

- Foster the transition to organic agriculture and trade
- Eliminate hurdles to organic farming and trade
- Initiate and fund organic agriculture and economic research
- Maintain and enhance current programs supporting organic farming and

trade

Of particular importance in this legislation will be integrated and coordinated programs at the U.S.. Department of Agriculture (USDA) that can lead to parity for organic production and sales in this country—and ultimately increase organic production!

*From “2007 Farm Bill Agenda and Advocacy” [www.ota.com](http://www.ota.com)*

*What can you do?*

1. *Support local agriculture by buying organic or joining a CSA*
2. *Learn more about pesticides and alternatives to conventional farming*
3. *Share your thoughts with others about the benefits of organic farming*

## Are you Passionate?

If you’ve ever considered doing something on the side to cover the car payment, help you save for nicer vacations or maybe save for the baby’s college, then a Shaklee business might be a good fit.

*The emphasis is on might.*

What I mean is that it’s your willingness and ability to learn new skills and

to get out of your comfort zone that will drive your success. So if you’re open to developing some new skills that will stick with you forever, you also might just grow a pretty sweet business (and get the lifestyle benefits that you dream about).

Even if you don’t grow a big business, you’ll still always have the new skills and new confidence which you can use

in everything you do. To me, that’s a win-win, even if it turns out that Shaklee’s not right for you a few months down the road.

Like I said, if you ever want to evaluate the fit, just let me know.

Thanks for your continued support, Anke:)

## From

4425 Sentinel Pass  
Fitchburg, WI 53711  
USA

Phone: 608-467-0008

Cell: 608-438-2229

E-mail:

info@naturalsolutionsbyanke.com

**We're on the Web!**

**[www.naturalsolutionsbyanke.com](http://www.naturalsolutionsbyanke.com)**

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

## Member Corner ~ Real Stories from folks like you and me!

### Children's Allergy Story

At 14, Jennifer had suffered from allergies and received allergy shots for eight years. She lacked energy and I had to pull her out of bed in the morning. I didn't realize what a negative impact the drugs were having on her. After being introduced to Shaklee food supplements, I began educating myself by listening to tapes and reading.

I realized Jennifer's immune system needed help **BIG TIME!** Her program included Formula I, Vita-C, Vita-Lea and Soy Protein. It wasn't long before she was bouncing out of bed on her own. Her allergies improved and there was a remarkable change in her energy level and appetite.

I removed all store bought cleaning products and replaced them with non-toxic Shaklee home care products. I am convinced Shaklee products have been the answer. Thank you Dr. Shaklee!

*Thanks to Barbara Kraska!*

***'Forward and Happy' -Looking forward to  
the next issue of 'Natural News'!***

**"When one tugs at a single  
thing in nature, he  
finds it attached to the  
rest of the world"**

*Author Unknown*

