



# Natural News!

From **natural solutions**  
by Anke, LLC

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## We think yo-yo's make fun toys, but awful diets

*Introducing the CINCH Inch loss plan, powered by Leucine. It is specially formulated to help you break the diet cycle, so you keep muscle you have, burn fat you don't need, and lose inches you don't want.* Oh, so much to say but so little room! I'll attempt a brief summary here, but for a fun way to really get good info on this program, I suggest you visit [www.cinchplan.com/anke](http://www.cinchplan.com/anke) (or replace the "anke" with the Shaklee website of whoever is responsible for you getting this newsletter). Or you can call 925-924-3030 for a 3 minute description of the program by Dr Jamie McManus, MD (Chairman,

Medical Affairs, Health Sciences and Education).

Cinch isn't just another diet. It's a way to lighten up. Exclusive Cinch products are powered by Leucine, which helps you maintain lean muscle while you lose inches. With most diets, the weight you lose right off the bat is typically from water and muscle. Losing muscle mass is not what you want to do—muscle burns calories. So when you lose muscle, you slow down your metabolism. Also, most diets leave you hungry, tired and craving the foods you miss. So you give up and go back to your old eating habits. When you do that, you regain the lost

weight, but as fat, not muscle.

Cinch products are powered by leucine, which is an essential amino acid. Recent scientific research indicates that leucine may play a special role in weight loss, because it directs the body to synthesize muscle, thereby helping your body preserve muscle mass while you lose weight from fat, not muscle. This also helps protect you from the drop in metabolic rate that happens in most diets.

In the pilot study, participants lost an average of 1.5 pounds per week over a 12 week period, which is a great *continued on page 2*

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## Workouts that travel

- Be realistic. You probably won't be able to fit in your normal weekly workouts and that's okay. Shoot for completing at least 50% of your normal regimen.
- Plan ahead. Before leaving town, find out what type

of workout facilities your accommodations will have or if there is a nearby park of jogging track (weather permitting, of course).

- Scope out local gyms. If you are staying somewhere that doesn't provide a workout area then inquire at the

nearby local fitness centers for their rates. Often they offer day passes for minimal fees.

- Pack a resistance band in your suitcase. The band takes up very little space, yet can provide you with an *continued on page 3*

## CINCH... continued

Healthy rate. But what is even more important is that the participants lost more body fat (16.3 pounds) and weight (15.4 pounds). Muscle is heavier than fat. Since fat takes more room (muscle is more dense), the participants lost an average of 4.1 inches from their waists and 2.6 inches from their hips. Study participants following the Cinch Inch Loss Plan experienced no significant changes in fat-free mass (i.e. muscle) over the 12 weeks, which means that most, if not all, of the weight loss was from body fat. They also experienced an average reduction in total cholesterol by 22 points (or 10%), and reported less hunger cravings, and more positive energy levels. Folks, this is fantastic! In fact, the Cinch plan is so revolutionary that Shaklee has filed for a patent!

However, keep in mind that you actually have to participate-the program won't do it all for you. But the support is also fantastic. When you get the Cinch Plan Starter Kit, one of the things you'll receive with it is the Success Guide (which includes a CD chocked full of great support). Think of it as your personal nutrition advisor. CinchCoach will help you create a tailor-made plan, track your progress, and gently nudge you toward your goals. Not only that, CinchCoach will give you personalized meal plans geared to your needs and preferences. Easy to use, it's also one of the most advanced tech tools of its kind. It boasts a 13,000 food database, plus recipes, meal choices



After



Before

(including lacto-ovo, red-meat-free, and dairy-free), cool trackers for calories, exercise, inch loss, weight loss, and more. Also, there is tremendous support available at [www.cinchclub.com/](http://www.cinchclub.com/) anke. There you can find recipes, menus and meal plans, ideas, tools, tips, a 12 week education program, and even interactive community support as you ask questions, get answers and participate in discussions with other CinchClub members. You can even find a CinchClub buddy with common goals and interests.

I tasted the shakes, and they're tasty and creamy. I thoroughly enjoy all three flavors of the bars, and frankly, I'm eating a chocolate one now, yum! The Cinch energy tea tastes like a nice herbal blend of tea. Refreshing hot or iced, it's easy to make because it's in a convenient little pouch in a powdered form, so no messing with tea bags!

Besides the clinical pilot study Shaklee did, they had 181 participants in an unofficial study-many of whom were

Shaklee members and employees. At the Shaklee 50th conference last August, many of them shared their experiences, and it was very impressive and inspiring. I happened to meet one of them-Jean Lantz (Syracuse NY), who is a type 2 diabetic. Besides a wonderful experience with weight loss, her blood sugar went from 174 to 81, which is a normal blood sugar! Pretty exciting.

Because even though it's great to look nice (and pay less for insurance premiums), the bottom line is health. This program is backed by over 50 years of leadership and innovation in nutritional science, is clinically tested to retain muscle and lost inches, and comes with an unconditional money-back guarantee of satisfaction. With Cinch, you have nothing to lose but inches, and everything to gain in a whole new life! So are you ready? It's time to get Cinched!

Cinch start kits will be \$15.00 off during the month of December, and with Free shipping all month for members, you save at least \$22.00 on this order alone! What are you waiting for?

"I feel the great effects of Cinch. I feel lighter on my toes — I just don't feel as weighted down. My clothes fit so much better — I need to buy new, smaller size ones, which isn't such a bad problem!"

— *Allyson Pollard, a total 14 inches and 15 pounds healthier!*

## Reach for walnuts for snaking this holiday season By Al Sears, MD

Last week, a patient asked me a question I hear all the time. Maybe you're struggling with the same problem. "Dr. Sears," he said, "I love to eat snack food - especially when I'm reading or watching TV. Is there anything better than chips?"

Well, just about anything would be better than potato chips. But if you're looking for a healthy snack, walnuts can't be beat. Walnuts are full of heart-healthy nutrients and cancer-fighting antioxidants. They're also a great source of omega-3s. Best of all, they score a perfect zero on the glycemic index, meaning you can eat as many as you like

and never get fat.

You already know that omega-3 fats are important for good health. Well, walnuts have a particular kind of omega-3 called alpha-linolenic-acid (ALA). ALA naturally lowers your overall cholesterol, your LDL (bad cholesterol), and your blood pressure. ALA is also an anti-inflammatory, which can reduce joint pain and help prevent heart disease. And walnuts have more ALA than any other nut.

Walnuts are high in antioxidants, too - and they have a flavonoid called ellagic acid.

This powerful nutrient (also found in several types of berries) inhibits the growth of cancer cells. If that's not enough for you, walnuts are very high in arginine. Arginine helps make more nitric oxide (NO), which helps your blood vessels dilate and, thus, increases blood flow. This is great for your heart ... and for the bedroom. (That's the basic idea behind Viagra.)

Next time you're in the grocery store, skip the chips and pick up some walnuts. Enjoy your snack time without the guilt - or the extra pounds.

## Travel... continued

- entire upper and lower body workout routine.
- Don't deprive yourself of all local delicacies. You can enjoy some special meals without going overboard. Ask the restaurants to prepare your favorite dishes with a few lower fat ingredients.
- Be creative. Find unique, fun ways to exercise instead of doing the same routine you do when you are at home. Try biking, hiking, a pedal boat excursion, water-skiing, beach volleyball, etc. Effective workouts aren't limited to the standard fares of walking, jogging and fitness machines.
- Try out your travel routine at least once at home. A new workout that you've never done before will require

more time and preparation. This type of frustration just makes for an easy excuse to skip the workout.

- Prepare snacks. If your journey includes a lot of time in the car, be sure to pack some healthy snacks so you aren't forced to eat at all the fast food and convenience shops along the way.
- Play in the pool. If lounging pool-side is part of your vacation plans, then hop in the pool every 20 minutes for 5-10 minutes of pool walking (try it in waist-deep or higher water for a really challenging workout).
- Get comfortable. Don't forget to pack comfortable workout attire that fits your destination's climate.

Here is a quick, simple circuit workout

that only requires a resistance band and can be done anywhere. Complete at least one set of 8-12 reps of each exercise. For detailed instructions for each of the above exercises, visit [www.workoutsforyou.com/travel\\_plan.htm](http://www.workoutsforyou.com/travel_plan.htm)

- Bicep Curl
- Tricep Dip
- Lat Pull Down
- Front Raise
- Push-Up
- Squat
- Abductor lifts
- Adductor splits
- Hamstring Kicks

## Study: Even a few extra pounds is risky

**Associated Press Tuesday August 22, 2006**

Being a little overweight can kill you, according to new research that leaves little room for denial that a few extra pounds is harmful. Baby boomers who were even just a tad pudgy were more likely to die prematurely than those who were of a healthy weight, U.S. researchers reported Tuesday. "The cumulative evidence is now even stronger," said Dr Michael Thun, chief epidemiologist of the American Cancer Society who had no role in the research. "Being overweight does increase health risks. It's not a simply a cosmetic problem."

A separate large study of Korean patients, also released Tuesday, reached the same conclusion. Both are being published in this week's *New England Journal of Medicine*.

An estimated two-thirds of American adults are overweight or obese, according to federal statistics. Obesity raises the risk of heart disease, diabetes, arthritis and some cancers. Being overweight increases blood pressure and cholesterol levels, which in turn could

lead to heart disease. The U.S. study, by scientists at the National Cancer Institute, involved more than half a million people, ages 50 to 71, participating in a research project by the National Institutes of Health and AARP, formerly known as the American Association of Retired Persons.

Researchers analyzed patients' body-mass index and mortality rate over a 10-year period from questionnaires they filled out in 1995 and 1996 detailing their weight and diet. Under current government standards, a BMI-or weight to height measurement-of 25 or higher is overweight; 30 and above is obese.

Generally, you must be 30 pounds overweight to be considered obese. Using the BMI, a 5 foot 10 man would be considered overweight if he is between 174 and 208 pounds, and obese at 209 pounds or more. Overall, baby boomers who were underweight or obese had an increased risk of death compared with normal-weight people. The risk was particularly high for Hispanics, Asians and American Indians than for whites and African Americans.

In a separate analysis of 186,000 healthy people-who had never smoked-overweight people were 20 to 40 percent more likely to die prematurely than normal-weight people. The risk increased 2-3 fold for obese people. In a separate study of 1.2 million Korean patients, ages 30-95, researchers from the Yonsei University in South Korea and John Hopkins University's Bloomberg School of Public Health reported similar findings. Among about half a million healthy non-smokers, overweight people had a 10 to 50 percent greater risk of dying from heart disease or cancer than normal-weight people.

The two studies clearly show that being overweight "is not a benign condition," said Dr Frank Hu, an epidemiologist and obesity researcher at the Harvard School of Public Health. "The public health message should be loud and clear: Maintaining a healthy weight and preventing weight gain in middle age is important to maintaining longevity," said Hu, who was not connected to the research.

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

## Testimonials ~ Energizing Soy Protein / Monthly Specials

“Just to let you know, there is something to the “energizing” component of the Energizing Soy Protein that Shaklee offers. I notice a big difference in my energy level if I miss my morning protein shake. It usually results in very sluggish performance mid to late afternoon. I usually blend a banana and whatever other fruit is on hand into the protein shake and (of course) take my Shaklee supplements along with it. Yummy!”

*Thanks to Dan Lautenschleger ~ Madison, WI*

A note, Dan is “Madison’s Computer Guy” and is himself a fantastic computer diagnostician! If you ever need electronic help, he’s your man!

### ***‘Forward and Happy’ -Product Specials for the month of December!***

- Cinch Starter kit, \$15.00 off
- Get Clean Starter kit \$10.00 off
- Shaklee Foundation 10% off
- Energizing soy protein, cocoa or vanilla, \$2.00 off

