



Natural News!

From **natural solutions** by Anke, LLC

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Feel Better, Be Better and Get More Done!

To say I'm excited about formally offering my Health Coaching services is an understatement! The certification entailed 2 years of night classes, but it has taught me more than I could ever have dreamed of.

My Health Coaching practice caters to two specific groups of people, an odd couple if you will;

The first are Professionals

and Entrepreneurs who are frustrated by stress and related issues, and want to do something to improve their lives and business performance.

The second are women who have had a child when they were over the age of 30 and are burdened with more responsibilities and struggling to lose their baby weight.

Why these two groups? Because I've lived both of them, and understand first hand the frustration and challenges associated with each. At first glance these groups don't seem related, however they actually do have a lot in common;

- Demand for high organizational skills
- Juggling multiple priorities
- Overseeing groups of people.
- Dealing with unknown pressures.
- Completing huge "to do" lists.

These parallels are astounding and it wasn't until I was in this dual role myself as a mother and professional that I realized how connected they both were. Let me help you discover your own strengths that will change your health and life for good!

Coming very soon, my revamped health coaching website that will give you all the information you need. Stay tuned.

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Business Partner Information

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Anke recently got the **best testimonial ever** from a client who is both a business woman and a mother. If you are interested in reading it and seeing if health coaching is for you, call Anke at (608) 467-0008

Fun with Family at Christmas!

What a wonderful Christmas and holiday season! It was mostly relaxed, with the immediate family celebration on Christmas eve, complete with turkey, pies and all the fixings! Then on Christmas day, it included church services (a first but very enjoy-

able event for me), and celebration with extended family in the afternoon. Griffin took first prize in collecting "loot", and expanded his already vast train set to new proportions! There was lots of laughter, memories, old and new traditions. And, of



course, over the next few days we'll all be weaning ourselves off the sugar highs we've so graciously achieved!

Learning in the comfort of your home

Is it possible? Learning valuable and fun information about your health in the comfort of your home, or under a nice shade tree, or even at the beach? It's possible anywhere you have phone service, because that's all it takes! That, and your interest and curiosity to sign up for any or all of the upcoming teleclasses offered by Natural Solutions by Anke, LLC!

I'm excited to be offering these teleclasses because it gives everyone a chance to participate. You could be lounging in your PJ's, or even be on your lunch break. Your valuable time

is maximized because you don't have any travel time to a seminar, and don't have to hire a babysitter to watch the kids.

Topics will be varied and will change every month. Based on feedback, some teleclasses may be offered more than once per month. It's easy to sign up too! Once the teleclass date and time have been determined, you'll be able to go my website (coming soon!) and sign up for a teleclass. Once you've signed up, an email will be sent



to you giving you the teleconference number to call on the specified time and date. There will be a limit to the number of participants for each teleconference, so signing up early will guarantee a spot just for you.

These teleclasses are open to anyone who has an interest in the topic being discussed, and would like to learn more about it so that they can better take charge of their own health!

Teleseminar and event schedule for January 2007

Teleclasses

“Fit or Fat?”

How you can help your body to **lose weight naturally, with the side effect of getting fit in the process!** This teleclass discussion focuses on how you can turn the tables in your body's favor to gain lean muscle mass, increase your metabolism, and lose unwanted fat. We'll also touch on some of the **heart health benefits** of getting your body to a healthy weight, including **lowering your cholesterol and blood pressure**. We'll discuss how stabilizing your blood sugar and maintaining lean muscle mass is the key to this “fit or fat” lock! With or without a gym, you can do this!

Teleclass dates and times:

- Wednesday January 3rd, Lunch and Learn, 12:00 PM to 12:45 PM CT
- Monday January 8th, Pajama Time, 8:00 PM to 9:00 PM CT
- Tuesday January 30th, Early Risers, 9:30 AM to 10:30 AM CT

“8 Fun Steps for Building Women's Health ”

Join us for 8 fun steps to health where you can say “yes” to yourself without any of the guilt! Instead of hearing what you shouldn't do, we'll focus on what you **can do!** By following these 8 steps you'll find yourself with; **more energy, more time, ways to reach and maintain a healthy weight, ways to minimize disease processes, less PMS, less stress,** and much more!

Teleclass dates and times:

- Wednesday January 10th, Lunch and Learn, 11:30 AM to 12:15 PM CT
- Thursday January 18th, Pajama Time, 8:00 PM to 9:00 PM CT
- Tuesday, January 23rd, Early Risers, 9:30 AM to 10:30 PM CT

Events

“Get Clean”

Would you like to be part of the environmental solution? Then get ready to Get Clean! Learn how by **paying less** for your cleaning products, you also make a **positive impact on your family's health and the environment!**

Thursday, January 25th from 7:00 PM to 8:00 PM. Contact Anke for the location

To sign up for a Teleclass or Event, send an email to me at info@naturalsolutionsbyanke.com and I will send you the details. No matter where you live, everyone can participate!

It's all about change, the six stages of the change process

Over the last two years I have learned a lot about change. I've been able to apply it to my home life, my relationships, and my horse! I mentioned the last two years because I just recently graduated and became a Certified Professional Health Coach.

The main focus in coaching someone for anything is all about the change process. If we can help people master the process of change, then they can apply this process to anything in their lives. So in essence, we've taught them to fish, instead of providing the fish for them.

The change process is broken down into

6 distinct stages, each of which have to be mastered in order to elicit the desired change. You can have several things you're focusing on that are in different stages of the change process, in fact most of us do.

- Stage one, Precontemplation. Denial pretty much wraps this one up. You're not open to suggestions.
- Stage two, Contemplation. You now have an awareness of the problem, and you're beginning to do some work to find out what others are doing about it and maybe what you could do in your own situation

- Stage 3, Preparation. You're now getting ready to make a change. You're planning to take action in the next 30 days.
- Stage 4, Action. You actually make the move for which you've been preparing.
- Stage 5, Maintenance. This is the most important stage. You're developing new habits that will prevent you from lapsing back into old habits.
- Stage 6, Termination. The ultimate goal, the temptation is gone!

CINCH comparison; The Inch Loss Plan

Do you have a New Year's Resolution that includes losing weight? Or maybe you hadn't intended on losing weight, but the holidays were just a bit too "kind" to you this year. Well, fear not! There are many things at your fingertips to choose from, if your desire is to lose inches.

Shaklee's CINCH inch loss plan has been proven to be effective. It has Protein so you **feel good**, Luecine so you **don't lost muscle** (a key to permanent weight loss), and **great taste** so you don't lose your will! It also comes with its very own **virtual coach**, meal plan suggestions and recipes to **take the guesswork out of eating!**

Most diets fail because they're nutritionally inadequate, so you feel bad sooner or later. They're also too hard to follow, and if it interferes with your life, you're less apt to stick to it. Sometimes the results are just too slow, and so the motivation dwindles to frustration. Some diets work with the aid of unsafe stimulants that have negative side effects. The goal is to balance your metabolism, and this is where many weight loss plans fail. You may end up losing weight, but you're most likely losing muscle, which is what you need to keep in order to avoid the "yo-yo" effect!

So what if you tried a program that helped you **lower your cholesterol and triglyceride levels?** Helped you **lower and balance blood glucose levels**, and helped **normalize blood pressure?** If this is for you, read on.

In the August 30th 2006 issue of Forbes magazine, it gave a great weekly price comparison for diets. CINCH wasn't included because it wasn't available yet, but it's easy to see where it fits in:

- Jenny Craig: \$137.65/week
- Nutrisystem: \$113.52/week
- Atkins: \$100.52/week
- Weight Watchers: \$96.64/week
- **CINCH: \$94.68/week to start, then \$78.64/week**
- The Zone: \$92.84/week
- Ornish: \$78.74/week
- South Beach Diet: \$78.61/week
- Slim Fast: \$77.73/week
- Sugar Busters: \$69.62/week
- Subway: \$68.60/week
- Average single American weekly food expense is \$54.44

The cost of the evening meal and

snacks is not included in the CINCH numbers. If average costs are included, CINCH is highly competitive with other complete diet systems. When compared with the staggering cost of being obese or even overweight, CINCH is a bargain!

By getting together with a buddy and doing CINCH together, it sets you up for even greater success, since you're accountable to each other. Plus, you'll have a built in support system for those times that you do feel like you're going to slip.

Weight loss is not for the weak of heart, however it may weaken your heart! You have to be ready to make the change, so I don't suggest ANY weight loss plan until you've carefully thought about really wanting to make the change (see "It's all about change" above). Once you're committed to the idea, then choose a plan that's best for you. The ultimate goal is for you to obtain optimum health, and weight loss is a large part of that. If you're ready to make a change, and you'd like to talk about which plan is best for you, contact the person who sent you this newsletter, you'll be glad you did!

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

The “Side Effects” of Coaching!

Anke Johnson has been my health and nutrition coach for the last couple of months and I'm more than happy with the results I've achieved so far.

Not only has she customized a supplement and exercise plan that works for me, she also motivates, teaches, and cheers me on during our weekly one-on-one phone consultations. I've lost weight, I feel better, I sleep better, and my waist is almost an inch smaller since I began this journey.

The additional energy has allowed me to procure more clients, make more money, and work more efficiently.

It's a difficult process to change health habits that however destructive they are, tend to be very entrenched and not easy to modify.

If you are ready to make a positive lifestyle change and need help figuring out

how to achieve results, get help from Coach Anke.

Understand that nobody wants you to

succeed more than Anke!

*Thanks to Dan Lautenschleger—
Madison, WI*

'Forward and Happy' -Product specials for the month of January

- CINCH start kit, \$10.00 off
- The Foundation, \$3.00 off
- Women's Health Solutions (includes GLA, Osteomatrix and Stress Relief Complex) \$3.00 off
- Women's Health Solutions, menopausal (includes menopause balance complex, Osteomatrix and GLA) \$3.00 off

