



Natural News!

From **natural solutions**
by Anke, LLC

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Cola, Not Coffee, Raises Blood Pressure

Boston researchers have found no connection between long term coffee consumption (caffeinated and decaf) and the development of high blood pressure among almost 30,000 middle-aged women in the Nurse's Health Study, even after accounting for other factors like sodium, potassium and calcium intakes and weight. Caffeine intake ranged from 20 to 600 milligrams a day. While

coffee was not a risk factor, cola consumption (regular and diet) *was* associated with a significant increased risk.

The researchers suggest that the caffeine in cola may not be the culprit. Rather, it may be some as-yet-unknown unidentified component. If caffeine *is* responsible, the lack of an effect in coffee may be because java contains antioxidants that overcome caffeine's effects.

The study still leaves open the possibility that coffee drinking might aggravate high blood pressure in people already diagnosed with the condition.

Journal of American Medical Association



Griffin and Mommy Snow Bunnies !

Can one have fun in both the sun and snow? You bet! Sprinkle about 6 inches of soft, quarter sized snow flakes on the ground in about 12 hours, add some sunshine and bright blue winter sky and you've got a barrel full of fun!

Griffin and I went out to shovel the driveway, and afterward went out to the "big hill" at our local park to test out the toboggan for the first time this year. We met up with our neighbors and their three kids and had toboggan races! It was great

fun. Griffin, who didn't want to go sledding initially, was difficult to get off the hill, even as it started to get dark. However the call of hot chocolate lured him back into the safe and warm confines of home.)

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Make Resolutions Last!

Are you tired of “losing out” to your New Year’s resolution by February? Here are some helpful tips from sources such as Tufts University Health News, The American Journal of Epidemiology and the European Journal of Applied Physiology.

After the excesses of the holiday season, you’re probably ready for a change. But if what you really want is to get better, set realistic goals that you can stick to over the coming year. Here are five ways to ensure that your New Year’s resolutions will last.

1. **GET REAL** Most Americans view their own weight through rose-colored glasses. While approximately 65 percent of us are overweight (and a third of that number are obese), only 40 percent of us recognize the need to shed some pounds. Innumerable studies link a healthy weight with a long life, and even a little extra weight can raise your mortality risk. Among healthy non-smoking Americans, those who were overweight at age 50 had a 20 to 40 percent greater risk of death than those who maintained a healthy weight. Probably the most accurate predictor of mortality is waist-to-hip ratio. That’s because BMI (body mass index) doesn’t differentiate between fat and muscle mass. Abdominal fat relates most strongly to

cardiovascular risk. Invest in a tape measure, and then divide the inches around your waist by those around your hips. Women want a waist-to-hip ratio that’s 0.8 or below; for men, aim for 0.9 or less.

2. **ENJOY A PLANT BASED DIET** Eating plenty of fresh vegetables and fruits and using olive oil as your main source of fat is a healthy way to keep calories under control. While the Mediterranean diet appears to protect against cardiovascular disease, Type 2 diabetes, and weight gain, go easy on the pasta and white bread, which have been linked to renal cell cancer. New research in the New England Journal of Medicine finds that when low-carb diets emphasize vegetable sources of fat and protein, they not only lower weight but also reduce the risk of coronary heart disease. Because fruits and veggies are high in fiber, they keep you feeling full while providing plenty of important nutrients without many calories. In animal studies, eating approximately 30 percent fewer calories while ingesting adequate amounts of nutrients appears to protect against Alzheimer’s, cancer, diabetes, heart disease, and other problems.
3. **GET MOVING** A brisk walk a couple of hours after a high-fat meal helps protect against cardiovascular disease, researchers at Indiana

University report. In addition, regular exercise helps trim your waistline, makes you less likely to overeat, and improves both memory and mood. Nutritionist Carol Simontacchi, CCN, MS says you can expect to lose 2-3 percent of body weight just by exercising. Imagine what exercise, combined with a lower calorie plant-based diet, can accomplish!

4. **SLEEP WELL** Regular exercise also helps you relax and sleep better—a recent recognized factor in maintaining healthy weight. Using data from the Nurses’ Health Study, researchers associate sleep deprivation with weight gain and obesity. To snooze soundly, don’t eat for several hours before retiring, relax in a warm bath, and keep your bedroom cool and dark. If you have trouble sleeping, try relaxing herbs (hops, kava and valerian) a half hour before turning in.
5. **CONSIDER SUPPLEMENTS** Green tea contains L-theanine that promotes relaxation and deep sleep, as well as beneficial substances that enhance weight loss. This unfermented tea raises the rate at which we burn calories, while inhibiting increases in fat cell size and number. And at Arizona State University, nutrition experts report that low-fat dieters who took 500 mg of vitamin C daily burned higher amounts of fat than those on placebo.

Fabulous Flavonoids!

A new Italian study finds a reduced risk of colon and rectal cancers among subjects who reported the highest dietary intake of fruits and vegetables. Flavonoids are the substances in fruits, vegetables and tea that may offer protection. The European School of Oncology reports that dietary changes may prevent up to 80 percent of colorectal cancers. When diagnosed early, these

cancers are among the most curable, they add. Other research continues to find cancer-fighting potential in a number of different flavonoids. For example, flavones in citrus fruits have been linked to protective effects against cancer and heart disease, while blueberries—a rich source of anthocyanidins—may help halt the spread of liver cancer cells.

Challenged by eating enough fresh fruits and veggies? Do like I do, supplement with Shaklee’s Flavomax (order #20654) to get the best flavonoid protection possible!

Teleclasses and Events for February 2007

Events

- Feb 17th, 10-11 AM Event ~ **Keep Dane green, Get Clean!**
- Feb 24th, 10-11 AM Event ~ **Mug and a Muffin, Enfuselle;** Learn about (and try if you like) age reducing skin care without the chemicals or drugs!

Teleclasses

- **“Have a Heart”**, Tues Feb 13th 9:30 AM to 10:30 AM CT, Breakfast Club
- **“Have a Heart”**, Thurs Feb 15th 8:00-9:00 PM CT, Pajama Time
- **“Have a Heart”**, Wed Feb 28th 12:00 PM to 1:00 PM CT, Lunch and Learn
- **“Manly Men”**, Wed Feb 21st 12:00 PM to 1:00 PM CT, Lunch and Learn
- **“Manly Men”**, Thurs Feb 22nd 9:30 AM to 10:30 AM CT, Breakfast Club
- **“Manly Men”**, Tues Feb 27th 8:00 PM to 9:00 PM CT, Pajama Time
- **“Earn what you’re worth”**, Sat Feb 24th 4:00 to 5:00 PM CT

Have a Heart;

Give your heart the Valentine it deserves! Support the hardest working muscle in your body by learning more about a low fat diet, lowering your total cholesterol, exercise, stress management, lowering your blood pressure and heart disease.

Manly Men;

Avoiding that annual checkup? Many men take charge of their health through avoidance. Come join the wisdom of many nutritional experts, as they take you through a whimsical tour that includes prostate health, testosterone, heart disease, cancer, high blood pressure and many other health concerns that men may have.

Earn What Your Worth;

Work with a proven system that will help you to earn what you’re worth, and then some. If you’re looking for another income stream, if you want to own your time and your life, or if you’re just curious, then join us for a quick overview of what owning your own Shaklee business takes. If it’s a nice day outside, are you able to leave work and go play? If you need some extra money, are you able to give yourself a raise to ensure that extra money is in your account? Are you able to secure your own future with your current job? What would an extra \$100, \$200 or \$500 per month do for you?

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

For details on each event and teleclass, please go to www.naturalsolutionsbyyanke.com/forum, and search on the Teleclass and Event threads.

Email info@naturalsolutionsbyyanke.com to reserve your spot and get teleconference details!

Get Clean Really Works!!!

Wow to Get Clean!

I received my cleaning kit shortly before I left town for the holidays. I had fun putting it all together yesterday and trying everything out in my kitchen and bathroom. How can something that doesn’t smell like chemicals be so effective? I’m really impressed, so far!

Oh and here are a couple of other things I really like about the Get Clean kit: (1) It’s pretty. (2) It takes up very little room, and I’m looking forward to clearing out the masses of cleaners from underneath all of my sinks. (3) The scour-off paste is very cool. I can’t fig-

ure out how it works, but it does. It doesn’t smell, it’s not gritty, and it rinses off clean.

You know what a skeptic I am about everything. These products are of great value — in more ways than one.

Thanks to Vicky Jones, December 28, 2006

The Difference in clear!

Hi, I got my vitamins last night. Thank you so much!!! What a difference!! I took one last night and 2 today. That along with the B-complex and the calcium I got at the same time as the

Vita-Lea. I could really tell the difference from the Walmart vitamins!! Like I’ve said before, I always felt vitamins should make you feel better or peppier!! Shaklee’s are the only ones I’ve ever taken that really make you feel like you have taken something special!! Make any sense? Anyway, thank you again, you are such a special friend!!

Thanks to P. Thiessen, WI

*ed’s note, the “special friend” is Harmony and Health owner Kari Schraufnagel

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

Fight cold and flu, even when it's in your face!

As the mother of a 3 1/2 year old, I can say with experience that cold and flu germs WILL come into your house in any given season. However, that doesn't mean that you have to catch what's going around! Let me give you a bit of history about myself.; I've always had a weak immune system, and caught pretty much everything that everyone had, and then got a "bonus" cold that no one but me seemed to get. Yipee!

Flash forward a few years. This year, Griffin has sneezed, coughed and hacked directly in my face numerous times, has slept inches away from my face when he didn't feel well, and "spread the love" to daddy, who then also coughed, hacked and sneezed around the house. So this year I did something different; every time a cold came into the house, I took Defend and

Resist, doubled up on my Flavomax and NutriFeron, and made sure I got my 7-8 hours of rest each night. I did not catch

any colds, and if I did get a scratchy throat, it would go away within 24 hours. Fabulous! *Anke Johnson, WI*

'Forward and Happy' -Product Specials for the month of February!

- Flavomax ~ 3.00 off!
- Carotomax ~ \$3.00 off
- Cinch Starter kit ~ \$10.00 off
- Get Clean Starter kit ~ \$10.00 off