



# Natural News!

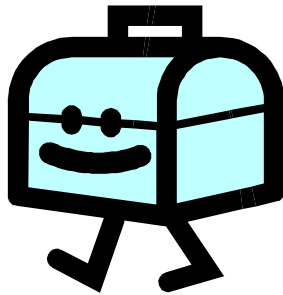
From **natural solutions** by Anke, LLC

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## Pack a Waste-Free lunch for you and your child!

As some of you may already know, I've gotten up on my high horse (in some ways literally!) and pursued a passion of mine that has been with me for many, many years. That passion is all about environmental conservation. We can really do with so much less, recycle so much more, and preserve the environment oh so easily, if just everyone pitched in with a little more effort.

- Buy safe small containers in different sizes to keep juicy foods separate.
- Let your child pick out a fun thermos for water, juice or milk.



The average schoolchild who brings a disposable lunch (packed with juice boxes or other single serving convenience foods) generates about 4 to 8 ounces of garbage every day, according to New York State Department of Environmental Conservation. That doesn't sound like much-until you consider that it adds up to 45 to 90 pounds of garbage per child, per year. And this is just lunch alone! This equates to about 18,760 pounds of waste per average elementary school! Reduce your impact by packing lunch the Japanese way, as boxed meals. They virtually eliminate waste and can inspire healthier eating too!

- Make dinner do double duty. For example, carrots cut for dinner tonight can be paired with dip in tomorrow's lunch. Use leftover chicken breast to create chicken salad.
- Put leftovers into a glass container and pop into the freezer to make a future microwaveable or oven safe lunch.
- Keep healthy ready-to-eat foods, such as baby carrots, grape tomatoes, cube cheese, canned pineapple chunks, and yogurt-covered raisins, on hand for busy days.

***To launch a waste-free lunch program at your child's school, visit [www.wastefreelunches.org](http://www.wastefreelunches.org)***

***Want to do even more? Consider purchasing a Shaklee Get Clean Kit and eliminate 108 pounds of packaging material from landfills, 248 pounds of greenhouse gases—this is the environmental equivalent of planting 10 trees.***

### Inside this issue:

The VIBE Machine!	2
Super-mom!	2 & 3
Teleclass and event schedule	3
Fibro Relief	4
Forward and Happy	4

### Business Partner Information

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- [www.shaklee.net/kari](http://www.shaklee.net/kari)

## How's your energy level? By Joy Cotton, President Inner Chi Center

Does this describe you? You eat right, take good nutritional supplements, exercise, and still you don't feel as energized as you would like. After years of being exposed to the toxins in the environment, in food, and from stress, our body's cells get stagnant and don't vibrate as high as they were designed to vibrate. That's when we may start to experience less energy and more aches and pains. The more stagnant the cells are, the less energy we'll feel.

### VIBE Machine

The VIBE machine is an energy device that sends out frequencies that match the frequencies of our bodies. These higher frequencies start to reprogram our cells to vibrate at their original healthy levels again and shake the toxins loose so that they can be flushed out by the water we drink. After sitting for a few minutes in front of the VIBE machine, a person can start to experience more energy, better sleep, and an improved mood. With regular use, many people experience positive health benefits.

### How much is enough water?

Everyone knows the importance of drinking lots of good, quality water throughout the day. Staying well

hydrated can aid our bodies in many ways. The minimum amount recommended is eight to ten cups per day. A gallon (16 cups) is ideal, especially if you are using the VIBE machine. This will speed up toxin removal, thus ensuring that you feel your best.

Some people have a more difficult time detoxing for a number of reasons. The EB-Pro Cellular Cleanse Footbath is a great aid in the detoxing process. By soaking their feet in a container of spa-hot ionized water, people can experience a relaxing and easy way to draw free radicals, heavy metals and other toxins out of their body through the large pores of their feet. People usually feel lighter and more balanced after a cellular cleanse footbath. The VIBE machine and the EB-Pro footbath work well together in helping to energize and balance the body.

Everyone will have a different experience with the machine. **The VIBE machine does not cure disease, but it does give the body the vibrational support that it needs to help it heal itself.**

**Want to experience the VIBE machine?**

***Mention that you heard about Inner Chi Center through this newsletter and receive \$10 Off on a package of VIBE sessions!***

Contact Joy Cotton, Inner Chi Center, LLC, 608-663-8843.

**The first VIBE session is free.**

To learn more about the machine, clinical studies on Aging, DNA, and Depression/Anxiety and about the Inner Chi Center, LLC: [www.InnerChiVibe.com](http://www.InnerChiVibe.com).

Ed's note: I have been using the VIBE machine now for approximately 2 months. Not only is the Inner Chi Center a wonderfully relaxing place to go to, but Joy is one of those rare, caring individuals who is really looking out for your best interest. I have noticed several health benefits since using the vibe machine, such as; increased energy, stronger immune system, and more restful sleep. I strongly urge you to at least try the vibe machine for the free trial that Joy offers. Some folks can feel the effects right away, and you'll probably walk away with a new bounce in your step!

*Anke Johnson*

## Shaklee-Powered Super-Mom! (and my pal 'Chele)

My passion for Shaklee products and the business opportunity has strengthened through the years. I was first introduced to Shaklee by my mom in the 70's (she drank the soy protein shakes), then again in my late 20's from my BFA (best friend always) Kathryn while we were jogging. She shared with me how I could alleviate my menstrual cramps by using Shaklee's Calcium-Magnesium

(now called Osteomatrix) - a natural solution without having to use medication. I was definitely curious about learning more. Then she introduced me to my special friend, Darrell, and he did a wonderful job, along with Marjorie, whom I'm inspired by greatly, in teaching me about the products, eating right, and also about the business. During this time I was an elementary school

teacher. I began to have a family, and while training in Shaklee, it gave me the courage and strength to step out of my comfort zone of teaching to do what I really wanted to do, which was to stay at home with my children. So I quit my job after being a teacher for the county for 9 years. I then had 2 boys and became pregnant with my 3rd boy. In the meantime, I was enjoying *cont pg 3*

## Upcoming Teleclasses and Events for March

Haven't attended one of these yet? Then you're really missing out! These fun, engaging and informational events and teleclasses give you great payback for your small investment of time.

### Events

1. "Keep Your County Green", Sat March 10th 9:00 AM-10:00 CT AM

### Teleclasses

1. "Forward and Happy", Wed Mar 14<sup>th</sup> 12:00 PM to 1:00 PM CT, Lunch and Learn

2. "GAPSAP!", Tues Mar 20<sup>th</sup> 8:00 PM to 9:00 PM CT, Pajama Time

3. "Learn and Earn", Tues Mar 27<sup>th</sup> 9:30 AM to 10:30 AM CT, Breakfast Club

### Forward and Happy;

Feeling good in your own skin; stepping away from the scale and stepping into

the concept of good health! If you're looking to learn more about why **your goal should be to obtain optimal health instead of losing weight**, then this teleclass is for you. We'll look at why many diet plans don't work, and what you can do to **"get into your skinny jeans" AND increase your current state of health!** A great companion class to Forward and Happy, I suggest also coming to the "GAPSAP" teleclass to learn more about the process of change.

### GAPSAP!;

How to make the change process stick. A great companion teleclass to "Forward and Happy", this is a **MUST** for anyone who has experienced **yo-yo dieting, organizational challenges, stress management issues or other change process challenges**. In this teleclass, we'll look at the different stages of change, and why many people who set goals either don't attain the goals, or if they do attain the goals, why they slip back into old habits in a short period of time. Find out what

"GAPSAP" can do for you!

### Learn and Earn;

If you're looking for **another income stream, then it's time to be curious!** Do you have an interest in protecting the environment? Maybe natural cosmetics are your bag. Or how about teaching people about health and wellness? Maybe all three or just a drive to help others earn more income as they make their way through their day. Whatever the case, come with an open mind to see if learning and earning is for you!

**For details on each event and teleclass, please go to [www.naturalsolutionsbyanke.com/forum](http://www.naturalsolutionsbyanke.com/forum), and search on the Teleclass and Event threads. Call 608-467-0008 to reserve your spot and get teleconference details!**

## Super-Mom, Continued from Page 2

Working on my Shaklee business, and I earned my first free trip, to Las Vegas.

In 2003, my 3rd son was born with a health condition –situs invertus-where all his organs are a mirror image of where they should be. This is not a problem in and of itself, but a characteristic of that can be that his cilia don't work properly, which makes him much more vulnerable to infections. So he did up having more sinus and ear infections. At ages 1 and 3 he had surgeries on his ears and his nose. One day the ENT looked at him and at me and said "I can't believe, with the problem's he's having with his ears and nose, yet I can look at him and see how strong, happy and healthy, well-adjusted, and how great he feels. He's never once complained about a painful ear!" I believe that the fact that all along I was using Shaklee products made a huge difference. During the times of his surgeries I was able to train and complete 5 tri-

athlons in 1 1/2 years. He's turning 4 this year (2007) and hasn't has a surgery for a year. I did my first half marathon on January 6 of this year. I trained, felt good, and finished in the top 12% out of 16,000 people (at age 40).

My life is calm enough now that I can refocus energy on my Shaklee business. It's my hope and my prayer that through my experiences and the great health of my family that others recognize that I share from the heart, and that they in turn achieve optimal health as well, as they go through trying times in their lives. I know that helping others to attain their health goals is where I'm supposed to be in my life right now, so they can be the best they can be. By the way, my mom is still having her Shaklee protein shakes every morning. She's in great health, and I want to thank her for setting a great example of good health to me. I

use all of the Shaklee product lines-AirSource, personal care, Get Clean, and the water purifier. I also want to thank my husband for the love, support, and help he gave not only in trying and experiencing all the Shaklee products, but also in the business, and my 3 boys, who are so good about taking their vitamins every day. I'm proud of them, and I know it really helps.

*Thanks to Michele Howard, New Port Richey, FL*

Ed's note: 'Chele is one of those BFA's to me. She is the gem who introduced me to Shaklee when I was incapacitated with my irritable bowel syndrome. She always shares from the heart, and is a true angel. Thanks 'Chele! Love Anke:)

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

## Fibro Relief with Bonus!

In the end of 2003, I was diagnosed with Fibromyalgia. I was in bed for 3 months with intractable pain, unable to walk for 1 block. Before this, I was very active, and walked 5-6 KM every day before gardening and such. After going to several doctors, who said they could not really help, I was taking 250mg codeine per day with minimal relief. I was miserable and almost hopeless. Then my dear daughter introduced me to Shaklee and set me up with vitamins and food supplements. She also helped me with lifestyle changes and a healthier way of eating. About 3 months later, I started to be able to have a little more exercise tolerance. This continued to increase over 6-8 months to the point that I could do regular house work again, and now today, I can walk up to 2 KM per day. Gardening is also something I can do again, which I love.

Now in 2007 thinking back there was something that was missing from my winter days, and those were the sinus infections I used to get every winter. The only thing that had changed was taking the supplements and the life-

style changes. Therefore, the added bonus to the fibro relief was the absence of the sinus infections!

*~A special thanks to my mother, Erika Kelly British Columbia, Canada*

## ***'Forward and Happy' -The Last Word...***

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

***John Muir***

