



Natural News!

From **natural solutions**
by Anke, LLC

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Variety is the spice of life!

I can't say enough good things about our CSA. "Our what" you ask? Our Community Supported Agriculture. Last year, Tim and I embarked on a new venture. We signed up for a vegetable share, fruit share and storage share with Vermont Valley Community Farm in Blue Mounds, WI.

www.vermontvalley.com
Not only was it cheaper than buying organic at the store, we couldn't believe how fresh and how long everything lasted! We were also introduced to many new edibles that I know I wouldn't have been brave enough to buy at the store! I can't wait to make swiss chard pie again (like a spinach quiche, only better)! There is also a companion cookbook that helps you figure out how to best prepare some of the foods, all easy and quick recipes for the busy. The farm also provides recipes weekly with your share. Best thing is, it keeps

coming all season long, fresh and bountiful!

If you want to invest in your long term health for a healthy, active retirement, get started today! CSA's are signing up customers now and they can only supply to so many people each year. Be one of the smart lucky ones and decide which local CSA best fits your needs and do it! It's THE BEST investment you'll ever make! By eating these fresh, locally grown organic foods, you'll strengthen your body to be the best it can be. It's one piece of the trio of health; sensible diet, proper rest, and proper exercise. **JUST DO IT!**

"To find a CSA in your area, just Google CSA and your state/province for a listing, or check out the March Sustainable Times for Madison WI CSA Listings"

It's that time again; what are you going to do this year?

Okay, so last year you said you were going to do something about your allergies. You were sick and tired of the sneezing, the runny nose, the "brain fog" that's all associated with allergy symptoms, and you didn't want the side effects of all

the popular allergy medications. So how are you doing this year?

I'll share a story with you. Someone I know had terrible allergies. Their nose always got really red, itchy and runny, they got sinus head-

aches, they couldn't sleep, they were irritable, they were crabby, they sneezed, they had dark circles under their eyes and their ears popped.

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When is a vitamin not a vitamin?

A chemist might contend that a synthetic vitamin is the same as a natural one. After all, the chemical structure is the same. Does it really matter where it comes from? A vitamin is a vitamin, right?

Not exactly.

In nature, vitamins occur as part of a complex system of other vitamins, enzymes, and nutrients. These co-factors create a synergy that increases the effectiveness of each component of the system. Scientists cannot fully explain how this works... but we know it does.

For example, the FDA allows ascorbic acid to be called vitamin C, even though ascorbic acid is merely the antioxidant protector of the vitamin C complex. (It's like getting the shell without the egg.) Minus the necessary co-factors, ascorbic acid doesn't have the same effect as natural vitamin C on the common cold and other conditions where vitamin C has proven helpful. Same with vitamin E. Natural vitamin E is more biologically active than the synthetic version - therefore, it is absorbed better and retained longer

in the body.

As much as possible, you should meet your nutritional needs through a healthy diet. And when you choose a supplement, choose those that are made with real herbs, berries, fruits, vegetables, and mushrooms. In other words, put food into your body, not chemicals.

Cool thing about Shaklee, I've always called them "foodlets" because they're really dehydrated foods that retain all the known and unknown nutrients!

Managing your time; another piece in the quest for balance!

You often hear people say that managing your time effectively is important if you want to be successful. The problem is that it all seems so complicated. Which systems or planner do I use? How do I keep track of everything? It can be a little overwhelming.

Well, I was fascinated when I came across the story of Charles Schwab and Ivy Lee.

In the early 1900's, Ivy Lee was a management expert who knew Charles Schwab (at that time a major industri-

alist).

Lee offered Schwab an idea about how to manage his time better. Put simply...

1. Every night before going to bed, set out the 6 most important things to do the next day
2. Make sure they are put in the order of the most important first, next most important and so on.
3. The next day, tackle the items in the order listed. Don't move on to

an item until the previous one is finished.

Sounds simple right? Well, try it and stick to the rules. You'll be amazed at how focused, energetic and efficient you'll become. But you have to stick to the rules. Do it for at least 21 days and report back, I'll be eager to share your success story!

The Pain Relief Trio; Shaklee's product focus for chronic and acute pain

Joint Health Complex

When your joints are healthy, they operate like a well-oiled machine. Cartilage and joint fluids cushion your bones, allowing muscles and tendons to slide smoothly and limbs to move easily. Normally, that cartilage is constantly broken down and rebuilt. However, problems such as age-related slowdown of cartilage production overuse of joints, and individual physical differences can hinder this process and

cause cartilage to break down faster than it is rebuilt.

Supplementing with Shaklee's Joint Health Complex improves the cushioning in joints for more comfortable movement, flexibility, and range of motion. Plus, the complementary blend of glucosamine, cat's claw, and specific trace minerals supports overall joint function, enhances mobility by supporting joint lubrication, and helps your body build cartilage.

Shaklee's Joint Health Complex does NOT use chondroitin, a cattle-sourced compound, some tout as a beneficial addition to glucosamine products. That's because there is NO scientific evidence showing a glucosamine-chondroitin combination is any more effective than glucosamine by itself.

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Pain Relief Trio continued

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Shaklee also uses a glucosamine hydrochloride combination over glucosamine sulfate, as they have found that former doesn't need to be stabilized with salt, and hydrochloride offers a more concentrated form of glucosamine.

The result of such scientific diligence is that, unlike a lot of products on the market, Joint Health Complex is fast acting, improving joint function in as little as one week of use. It helps the body rebuild cartilage for joints to promote comfortable movement while supporting joint function and facilitating a better range of motion. For more information on Joint Health Complex or to order it separately online search for product # 20668

Joint & Muscle Pain Cream

Shaklee's Joint & Muscle Pain Cream potent menthol formula provides quick penetrating relief from pain caused by arthritis, simple backaches, muscle strains and sprains, bruises and cramps. Its patented liposome delivery system delivers a PLA-2 inhibitor for instant pain relief. It offers fast absorption and deep penetration to soothe aching joints and muscles on contact. Improves blood circulation in the affected area and provides prolonged release action with liposomes, optimizing effectiveness against minor joint and muscle pain. Rub it in real good and feel the pain melt away! To order Joint and Muscle Pain Cream search for

product # 31050

Shaklee Pain Relief Complex

Shaklee's Pain Relief Complex is one of the most advanced pain relief products ever created for relieving chronic pain, discomfort in joints caused by overexertion, and pain associated with inflammation like cramps and body aches.

What makes this product so unique is a patented blend of clinically proven plants and herbs for natural pain relief. Shaklee discovered that safflower was a potent and selective inhibitor of the pain enzyme Cox-2, while also discovering that a novel extraction of *Boswellia serrata*, an Ayurvedic medicinal herb, was a potent inhibitor of the pain enzyme Lox-5. In contrast, the two leading prescription pain relief products only inhibit one or the other. Shaklee's Pain Relief Complex is the **first product to inhibit both the COX-2 & 5-LOX pain pathways!**

Even better, most other pain relief products, including aspirin, can cause stomach discomfort from minute intestinal bleeding every time you take it. Shaklee's Pain Relief Complex doesn't do that; it's very gentle on the stomach. Here is a quick comparison of Shaklee's Pain Relief Complex to two other popular pain relievers...

Shaklee Pain Relief Complex™: (30 servings) \$29.70 Member Price (No side

effects; blocks BOTH pain enzymes Cox 2 and 5 LOX)

Celebrex™: 30 tablets \$77.09 (Possible side effects of liver & kidney damage; blocks only COX 2 pain enzymes)

Vioxx™: 30 tablets \$81.49 (Possible side effects of liver & kidney damage; blocks only COX 2 pain enzymes)

With the natural plant extracts found in Shaklee's Pain Relief Complex you have quick relief for sudden oncoming body pain, and relief of long-term chronic pain. This also includes improving knee osteoarthritis and overworked joints, often within just a few weeks. And you get the full spectrum of pain relief without any known side effects or stomach discomfort. To order Shaklee's Pain Relief Complex online search for product # 20667

This year can be different, easily!

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So they took their over the counter and prescription medicine and felt better, but now they were suffering from some side effects from the medication! I'll let her explain how she felt in her own words "As soon as I began taking the Claritin-D 12 hour pill I noticed feeling buzzed. I ignored that thinking I knew it might do that. 2 days later, I developed pain in my stomach after eating or drinking! Bloating and intestinal pain. Then I started losing my appetite. This pill with not a lot in your stomach reeks

havoc on you! I felt incredible reflux issues in my esophagus. I am so finished with this drug. Would rather almost deal with the allergy symptoms."

The solutions? Build your immune system so that you no longer support your allergies! You can start with just one little pill, just like the prescription. This pill, however, BUILDS health. Its called NutriFeron. This person started to take it and voila, the symptoms started to become less and less. Not only that, other symptoms she had started disappearing and she only had

"Build your health now. Get a free audio CD on Allergies by Dr Richard Brouse, &/or on NutriFeron by Dr Steve Chaney. Just ask whoever sent you this newsletter!"

1 cold this entire winter, a major difference from the 4-5 per winter. Want to know more? Listen to a very engaging audio CD(s) and you be the final judge!

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

Sorbet anyone?

For a pre-spring berry sorbet for two, toss 2 cups of frozen mixed berries or strawberries (about 15) into a blender with 4 Tbs. of orange juice and, if you'd like, a splash of lime juice. Blend until smooth, then scoop into two bowls and serve immediately or freeze.



'Forward and Happy' -Looking forward to specials for April!

- NutriFeron and alfalfa for allergy relief!
- Joint Health Complex
- Pain Relief Complex
- Joint and muscle pain cream

