



Natural News!

From **natural solutions**
by Anke, LLC

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Alfalfa; not just for livestock!

There are many types of allergies. Both environmental and genetic factors play a role.

I have mainly a grass and tree pollen allergy. Had them since I was 17 years old. My bad sneezing season is May thru June with some minor symptoms in September.

The symptoms I get are uncontrollable sneezing and itchy eyes...

The main goal is to build the immune system to combat the allergens that affect your immunoactive responses:

Here are my top 10 things I did that reduced my allergy symptoms from grass and tree mold.

1. Close the windows in your office and house.
2. Get an **AirSource 3000** to rid the indoor air of pollen. The air purifier allows the body to maintain a stress free immune system while you're indoors.
3. Place AirSource in bedroom(s) during the day. The ultra violet light in Air-

Source kills the dust mite feces that cause allergic responses.

4. Get new pillows for your beds if your pillows are over two years old because of the dust mite excretions. Wash and change pillow cases, regularly.

5. Switch from toxic to non-toxic cleaners - toxic chemicals (**Get Clean**) have found to cause asthma and allergies in come cases.

6. Start an Anti-Allergy Shaklee Supplement program: Mine is...

7. I take 3-4 capsules of **Immunity Formula I** every morning. On a bad day, I have to take a second serving in the afternoon.

8 I also take a full serving of **Alfalfa** once or twice a day before Immunity I was available, I had to take 3-4 servings per day.

9. I carry a baggie of Alfalfa in allergy season, when I travel, play golf or go boating. I take 3-4 tablets any time I sneeze.

10. Another Shaklee supplement, **Optiflora**, the pre-biotic and post-biotic seem to help me with



my allergies, also. Optiflora works in the GI tract.

Many people are getting good results with Shaklee's new **NutriFeron** instead of Immunity Formula I. Nutriferon is a blend of four Asian herbs.

Immunity Formula I, on the other hand, is a blend of 10 immunoactive nutrients, vitamins and minerals. I personally, get great results with Immunity I so I haven't switched. Everyone is different. So, it's best to experiment to find out what works best for you. Nutritional therapies usually work. (Be sure to consult your allergist doctor if necessary.)

Good luck this allergy season!

Jerry Aldrich

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Welcome to Jason Korrell!

Hello everyone, I'm excited to share a new Business Partner with you, Jason Korrell! I met Jason and his wife Kiara at "The Millionaire Mind Intensive" weekend back in March. We were all there to learn more about our finances and how we can get our money to work more for us, because really, who doesn't want your money working for you?!

As many of you know, I believe that things happen for a reason, and there was a reason that Tim and I sat beside Jason and Kiara that afternoon. Part of the seminar involves sharing information with those around you, and Tim

and I teamed up with Jason and Kiara to further our "Millionaire Minds". One of the focuses of the weekend was to create something called "passive income", which is income that you earn without expending energy and time. One of the best ways to do this is to own a direct selling business like Shaklee. Anyway, Jason and I got to talking during one of the breakout sessions and he mentioned he had interest in helping people, the environment and wanted to start his own direct selling business. I shared my Shaklee business with him and I am happy to report that after he researched the company (and me) he

has decided to open "Korrell Enterprises"! So I am honored to have Jason as part of our Shaklee team. We're already having fun talking about and planning his business strategy, which will be put into action very shortly.

So please, everyone help me welcome Jason and Kiara into the Shaklee family, I'm proud to have them on board and look forward to a long, fun, relationship!

Jason's contact information is on page 1 under Business Partner information.

Are you a "germinator"?

If you're a Shaklee member, then check out the new Spring magalog coming your way this week! Get Clean continues to grow by now offering safe, "Germ-Off" wipes. It kills 99.9% of *E. Coli* and *Salmonella* bacteria on contact.

As a mom of a 4 year old (yes, Griffin turns four on Saturday, I can't believe it!) my little germ monster loves to go outside with me to the barn, and touch all sorts of icky things like public bathroom toilet seats (heck, anything in

public bathrooms), elevator buttons, shopping carts, phones, you get the drift. So now that Shaklee has come out with these little gems, I feel I have a full arsenal to battle germs and dirt wherever Griffin goes (and me too!).

If you don't like wipes that kill germs, then the Basic H2 wipes are a great choice. I have them on the back of my toilet where Griffin aims (poorly) for the water when peeing "just like daddy"! Let me clarify here, Tim's aim is fine! Anyhow, after Griffin goes to

the bathroom, I just use a wipe where he missed and things are fresh smelling and naturally clean again. The best thing? The wipes are recyclable so I just throw them in the recycle bin or in the toilet.



Learn, Drive, Learn, Iron, Learn, Run, Learn, Walk, Earn!

What do you do with your brain while you drive to work, fold laundry, cook, etc? You could be learning how to be healthier! We've got excellent CD's and tapes (yes tapes for us dinosaurs) that we love to lend out, covering topics



such as osteoporosis, blood pressure, cardiovascular health, men/women's/ children's health (here's an opportunity for the men in your life to learn about health without going to the Dr's office!), the immune system, diabetes, and many, many more! Just ask the person who sent you this newsletter about topics you may be interested in, I'll bet we have 'em! Best of all, we lend them to

you for free, and then when you listen to at least four, you get \$25.00 towards the Shaklee products of your choice, up to \$100.00!

So set your mental exercise into motion and expand your health knowledge when you want, where you want and how you want!

9 ways to De-Stress Your Life!

Feeling Better and Achieving More by Managing Stress

Stress. It's not good for business or life.

According to a survey of 800,000 workers in over 300 companies, the number of employees calling in sick because of stress tripled from 1996 to 2000. In fact, an estimated 1 million workers are absent every day due to stress.

About two out of three of the workers in the survey said that workplace stress had caused difficulties, and more than 10 percent described those difficulties as having a major effect on their jobs. About one in five respondents said they had quit a previous position because of job stress, and nearly one in four have been driven to tears by it.

Okay, so you're not going to cry. But you can't lead a happy, healthy, and productive life when you're feeling crummy. You can't work well. You can't be creative. And you can't enjoy the company of others.

So if you're feeling stressed right about now... what are you going to do about it?

To put the question in a broader and more philosophical frame: Why is it that so many people, so much of the time, are downright miserable?

Is it the existential situation - the psychological default program that kicks in when we realize we are alone? Is it the result of thinking we are alone when we are not? Or is it merely the result of too much work and not enough sleep?

Short answer: all of the above.

You can't avoid getting into a funk now and then. However, you can learn to recognize the onset of a bad mood and get yourself out of it before it ruins your day (or your life).

I should know. I'm can be a moody person. If I could gather up all the time I've spent fretting, frowning, grouching, and/or complaining, I'd have enough to become a physician and open my own emergency clinic.

Grumping around is not only wasteful, it's limiting and potentially destructive. When you feel bad, you lack the emotional strength to try new things or overcome seemingly insurmountable obstacles. Because your energy is low, you tend to spend time on very ordinary chores, the kind of work that will ensure the same old ho-hum life.

I once read a book on optimism and pessimism that made the case that the difference between feeling sad and clinical depression is not one of kind but of degree. If that is true, two conjectures come immediately to mind:

1. Moodiness should be actively combated, because moodiness can lead to despair.
2. Despair is an extreme form of moodiness, and so some of the techniques that eliminate moodiness can cure clinical depression.

Versions of despair - cynicism, anger, and fear - have no place in your business or personal

life. If you let them in, you will fail to strive or give up too easily - and those habits will cost you.

Bad feelings are usually triggered by stress - some external event that creates a feeling of emotional discomfort. To lead a psychologically comfortable life (free of unnecessary stress and open to happiness and other good things), you must learn to recognize stress in its early stages and do something to reduce it.

Avoiding a bad mood is much like avoiding a common headache: If you can feel it coming on early enough and get some Pain Relief Complex into your system, you'll never be in pain. But if you wait till the pain is planted in your head, you'll have a difficult time getting rid of it.

One way to deal with stress is to eliminate the external cause. If, for example, a new client is a royal pain, figure out how to deal with him or pass him off to a competitor. If a new set of regulations is making your routine work difficult, master them and they'll cease to give you stress.

Another, sometimes more practical, way to defeat stress is to change the way you react to it. A favorite book of mine is called "The Power of Losing Control" by Joe Caruso. Joe shows you and teaches you that by losing the control you think you may have (that's really an inner struggle you'll never win) you actually gain more passive control by changing how you react to the stressors and your outlook on life.

That said, here are 9 ways that I have found to de-stress my life:

1. Forgive yourself for feeling bad. Depending on your biology, your upbringing, and your circumstances, you may feel blue rarely, sometimes, or often. Accept it as normal.

2. Count your blessings. Count what you're grateful for and you'll be amazed at how much there IS to be grateful for!

3. Take a nap. You'd be surprised by how often you can make yourself feel better simply by taking a 10-minute catnap, or even a 10 minute break.

4. Make sure you are getting enough sleep at night. This will not only keep your stress levels in check, it will improve your overall health. And remember this: The sleep you get before midnight is twice as good as the sleep you get afterward. ("Early to bed, early to rise...")

5. Take regular stress breaks. Regardless of your line of work, you will be forever on the verge of a nervous breakdown unless you schedule at least two (and preferably three or four) stress breaks every working day. If you have good control over your daily schedule, you can plan those breaks between tasks. Ideally, you'll want a five-minute break every 90 to 120 minutes.

If you think you are too busy to take stress breaks, you really, REALLY need to do it. If

you have no problem with the idea, you don't have enough stress in your life because you are not working hard enough. (Get to work!)

A stress break is not a stress break unless:

- You get at least 10 feet away from your desk.
- You are completely distracted by it.
- It lasts at least five minutes.
- It relaxes you.
- It energizes you.

6. Cut out the crap food. Sugar and starch are poisons. Be aware of how they affect your mood.

7. Spend as much time as you can with upbeat people. Moody people are often helpful, productive, and inspiring - but they can be an emotional drag. If your life is full of moody energy-sappers, refresh with positive friends.

8. Exercise. For many people (me included), the kind of short-duration, high-intensity exercise I recommend to improve your heart, lungs, and waistline reduces stress too. For other people, doing something like walking, biking at a medium pace, or swimming slowly is more calming when they're feeling under pressure.

9. Play. Be cognizant of which forms of play reduce stress and which add to it. Golfing is mostly, from what I've seen, a stress producer. So are most competitive sports. Yes, they're fun if you have a competitive nature... but they don't reduce stress.

Let's see. What can you do right now - while you're sitting there at your desk or in your chair - to make yourself feel better and in greater control of your life? Try this - something that always works for me whenever I'm feeling overwhelmed by my workload:

Compose a list of your five most pressing incomplete jobs. Break down each job into specific tasks that can be accomplished in an hour or less. Arrange those tasks in order of priority. Then, choose one. Just one. Put everything else out of your mind and get to work on it. Immediately. No excuses.

That's what I just did by writing this newsletter. And now that I've done it, I'm one task closer to catching up on my backlog than I was an hour ago.

I think I'll use this energy to take a break and walk outside—it's a beautiful day!

From

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

Mom Tested, Kid Approved! Bumbo Seats and more!

Recently, a member of mine wrote me to tell me about a new website that she created with a friend of hers.

It's a creative site that features all kinds of things that parents may be looking for for their kids. From green awareness (my passion), to shoes, to Bumbo seats, to backpacks to meal planning to you name it, these ladies are giving their opinions on what's good for us parents and our kids! Call it the "Consumer's Choice" of kid stuff!

Three cheers to Jen Coan and her pal for creating such a whim-

sical, fun website for all of us to enjoy! Check it out at www.momappeal.com. And

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

- Alfalfa and NutriFeron
- Sun Block
- Stress Relief Complex
- B-Complex

To "cash in" on these specials, please contact whoever sent you this newsletter after you've purchased the product!

please, pass them gem on to anyone you think may be interested :)

