



Natural News!

From **natural solutions**
by Anke, LLC

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A Million Trees, A Million Dreams

A Million Trees, A Million Dreams.

Let's plant trees. One million of them. Together, we can make a difference that may alter the climate of the entire planet. It starts with each individual – each family playing a part. Find out how much Co2 emissions your home and lifestyle create and see the corresponding number of trees it will take to absorb that amount of Co2. Then start planting trees or make a donation to have the trees planted. Learn more at the Shaklee Million Trees, Million Dreams Campaign:

<http://www.americanforests.org/campaigns/shaklee/>



I've set my own personal goal to plant 1000 trees by Labor Day. To do this, I'm educating people about the Get Clean kit and the impact it can make on the environment as well as the health benefits for their families! Each family that switches to a Get Clean kit and stops using harmful chemical cleaners will be planting the equivalent of 10 trees! So I am going through my

neighborhood, and other near-by neighborhoods with my 4 year old son Griffin to spread the word about how a family can make a big environmental change just by switching to non-toxic, environmentally safe cleaning products! This means in order to attain my goal of 1000 trees, I will have successfully shared Get Clean with 100 families! I'm excited, and I've already shared with 11 families. If you'd like to join in the crusade by spreading the word, or just by purchasing a kit yourself, please contact the person who sent you this newsletter!

The trees thank you for listening, Anke:)

How Safe is Your Drinking Water?

Everyone knows that water is essential to life. Unfortunately, today's water supply leaves much to be desired. Below are some of the problems with the water today:

The problem with tap water:

- 2,110 contaminants found in U.S. drinking water since 1974.

- Most city municipalities only test for 22 contaminants.
- 8 out of 10 Americans live near a toxic waste site.
- 3 out of 4 waste treatment plants are not able to stop industrial toxic chemicals from polluting the water. --EPA

- Water treatment plants add up to 47 chemicals to treat drinking water such as aluminum, chlorine, and sodium.

- People who drink chlorinated water have 43% higher risk of bladder cancer. -- National Cancer Institute

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Shaklee Minerelles Eyeliner passes the Safety Test

I just wanted to share an important testimonial with you! Recently, our son, Steve was home from college and he shared some startling news with me. You remember Steve is a second year pre-med student.

Well, in his Quantitative Analysis class (a high level Chemistry course) they recently conducted a study on various eyeliners. It seems the class conducted various tests on dozens of different brands of eyeliners to determine if any mutations occurred when they came into contact with human DNA. Steve shared with me that he had snuck one of my Shaklee eye pencils into the mix to see how it would fair. He confessed that he took it without my knowledge for fear that if it didn't do well, he could spare his dear old mom from dieing a hundred deaths over her beloved Shaklee failing the test. Well, he shouldn't

have had any fear or worry because the results absolutely shocked his professor!

It ended up that every single eyeliner (except ONE!!) resulted in skin cell mutations.

When I asked Steve to clarify what mutations truly implied, he looked at me squarely in the eye and said, pre-cancer cells, Mom. Well, the professor went absolutely nuts asking the class who had brought in the Shaklee eye pencil. Timidly Steve identified himself as the culprit and the professor said, this is the only sample that not only didn't damage the cells but actually fed the cells and kept the DNA intact. Boy was Steve pleased with himself and our Shaklee!! He very proudly explained that the sample was his Mom's from her Shaklee stash. It turns out that the professor was really bowled over be-

cause he has conducted this test in class for the past several years and anticipated what the results would be, so needless to say, he was amazed to discover that a product of this quality and caliber actually exists! Pretty cool, eh?

Of course, we know about Shaklee's science and unwavering commitment to health and wellness so we aren't surprised are we, Kitty? Still, it's awesome to learn once again that our Shaklee truly is a gift to our bodies!! It gives me a lot of confidence knowing I can trust the Shaklee science to back up our claims that our products truly are the best on the market!! Thanks, Shaklee!!

Eileen Gale

How Clean is Your Indoor Air?

The Environmental Protection Agency (EPA) consistently ranks indoor air pollution among the top five environmental risks to public health.

The sources of indoor air pollution are wide and varied. Everything from moisture, pressed wood furniture, paneling, carpet, drapes, dry cleaned clothing, asbestos tiles, dirty furnace filters, vacuum cleaners, household cleaners, paint, glues, humidifiers, even air fresheners contribute to the problem of poor indoor air quality.

Today, many new energy-efficient homes and offices are tightly sealed helping to keep energy costs down, but increasing our indoor air problems. And older homes often have high levels of mold and bacteria, accumulated dust (and dust mites), musty basements and other "old home smells".

Your Health May be at Risk!

The health effects of indoor air pollution run the gamut from minor nuisances like bad odors, to serious health issues like headaches, eye irritations, breathing problems, memory loss, skin irritations, colds, flu, viruses, fatigue, asthma, allergies, dizziness, depression,

sinus infections, and emphysema. Those at the highest risk include infants, children, the elderly, and anyone with a compromised immune system.

Long-term health effects from repeated exposure to polluted air include some respiratory diseases, heart disease and cancer. The bottom line is that sick buildings, whether it's a new home or an old one, a condo, an office complex, or an apartment can make people sick! In fact, the EPA states "It is prudent to improve indoor air quality in your home even when symptoms are not noticeable."

Shaklee's dual-patented AirSource 3000 is clinically proven to reduce all three of the major forms of air pollution: 1) particles such as pollen, pet dander, dust, and cigarette smoke; 2) microbes such as mold and bacteria; and 3) gases and odors.

And unlike other air purifiers that often work less than 500 feet, AirSource



works its magic cleaning the air in the entire house – up to 3000 square feet – quietly and with no filters to clean! To install the unit you just plug it into an electrical outlet, turn it on and that's it! Soon thereafter, your entire home smells like fresh air 24 hours a day.

Even better, typical whole house air purification systems cost anywhere from \$1,400-\$8,000 and don't do half of what the AirSource 3000 does. The best feature for AirSource is its price – only \$599 member price! That's up to ten times less than other whole house systems and significantly less than the cost of buying multiple room air purifiers to cover the main rooms in your house.

For more information on the AirSource 3000 or the AirSource Mobile, its portable companion for smaller areas that you can take anywhere, go to: <http://www.shaklee.net/allswellhealth/prodAir>

Is That Baby Fat?

By Wendy V. Sapolsky M.D.

As a practicing pediatrician, this is a question that I'm asked almost every day. As a parent, I think one of the biggest challenges that we face today is not only feeding our children balanced diets, but teaching them to make healthy food choices as they get older. We are all aware of the increasing epidemic of childhood obesity in this country, and the latest statistics are alarming: 15% of children 6-19 years old are at-risk for overweight and approximately 15% are already overweight, according to internationally accepted BMI (Body Mass Index) percentile criteria. Understanding feeding and growth patterns in children can help parents help their children maintain a healthy weight.



The Early Years

The first two years of life is a time of rapid growth for all babies, and first time parents find it especially exciting to guess their baby's weight at well baby visits. A baby's weight should approximately triple his or her birth weight in the first year of life. During the second year of life, a toddler's eating patterns drastically change and many children become "picky eaters." At this stage, the parent's job is to provide healthy foods choices, and the toddler's responsibility is to control the amount of food that goes into his or her mouth. A good portion for a toddler is a tablespoon of each food for every year in age. For example, one tablespoon of chicken would equal one protein serving for a day.

Toddlers possess an innate ability to control their weight, and they know how to listen to their hunger signals. It's important to take the time to cut up fresh fruit and vegetables, even if your toddler doesn't always eat them. The toddler years are a time of slow growth. If your child doesn't eat healthy foods or barely eats for a day or two, don't substitute junk food at this age! If you're concerned about your child's weight, schedule an appointment with your child's doctor.

I always tell parents that toddlers were built to be thin, but medically speaking,

they typically hit their lowest BMI during this time. As a pediatrician, this is when I begin to see children having issues with overeating or gaining too much weight. You should not see your child's weight increase by percentiles during these years. (Ask to see your child's growth chart.)

Ages 5 - 9

I often see rapid weight gain among children in the 5- to 9-year-old group. This is called "Adiposity Rebound." A person is born with fat cells that remain dormant during the first several years of life. If your child is overeating or is not very active, the number of active fat cells will increase, and your child will start to gain weight at a much-accelerated rate. Your child should gain 3-7 pounds per year before puberty, a time when overweight children gain 10-20 pounds per year. Unfortunately, genetic predisposition starts to play a factor at this age as well, which is why it's very important to be aware of your child's growth. Studies now show that 33% of overweight preschoolers will become overweight adults, and 50% of overweight 6-11 year olds will become overweight adults. It is never too early or too late to make healthy eating changes in your house!

What Parents Can Do

If you see your child starting to gain weight, the first step is to make your house a "safe place" for eating. In other words, GET RID OF THE JUNK AT HOME! Make it as easy as you can for your child to eat well. Pack healthy fruits and vegetables in your Laptop Lunches every day. Laptop Lunches are great for portion control so measuring becomes unnecessary. Stock your

kitchen with healthy snacks like cut-up fruits, vegetables, fat free popcorn, and sugar-free popsicles. Eliminate calorie-containing drinks, except for 1-2 glasses of skim milk every day. Get your children hooked on water at a young age. Most importantly, get them moving and keep them active! The American Academy of Pediatrics recommends 30-60 minutes of activity on most days of the week. If you're a parent with an overweight child, now is the time to make changes.

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We can help our kids get the nutrients they need but aren't getting from their foods, especially if they're picky eaters! Shaklee's has a multivitamin for all walks of life. Infant Vita-Lea, Toddler chewable Ocean Wonders, Citriboost powder with probiotics, and for kids 10 and older, Vita lea with or without iron. Shaklee also has a wide variety of chewables, such as calcium/magnesium, and vitamin C.

There's also a great website called "laptop lunches" at <http://www.laptoplunches.com/> They provide great tips on how to make healthy lunches, and provide environmentally friendly and inexpensive reusable packaging options! They also have recipes for kid-friendly foods.

One of my favorite books for kids meals is "Immunity Foods for Healthy Kids" by Lucy Burney". This book is chocked full of great, easy and quick recipes that are geared towards strengthening your child's immune system. This is a "must buy" for any parent!

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

Is Your Drinking Water Safe? Continued from page 1

• Contamination after water treatment comes from lead and asbestos contaminated pipes; plus bacteria and dirt from leaky pipes. -- EPA

The problem with Bottled Water:

- Standards for bottled water are the same as tap water. No guarantee of improved quality.
- Cancer causing chemicals have been found in water stored in plastic containers. --Dept. of Health
- High bacteria count has been found in bottled water, including fecal coliforms. --EPA

Your body—mainly your kidneys--are the filters removing the lead, particles and chemicals found in water today, whether they come from industrial pollution, or from the chemicals **put in** the water to negate the pollution. But rather than having your body be the

filter, why not buy a filter that purifies your water at the tap?

Purifying your water at the tap is the best way of assuring good, clean water. Shaklee's BestWater line of water purifiers offer options to fit every budget, from the easy-to-use and inexpensive BestWater Perfect Pitcher Carafe, to the Consumer Digest excellent-rated BestWater MTS 2000, to the unparalleled water quality of the BestWater Reverse Osmosis System II. All units provide you with a reliable way to get pure, clean water from your tap. Shaklee BestWater units also save you money over bottled water and free you from the inconvenience of having to lug bottled water from the store.

For more information on Shaklee's complete line of BestWater units go to:

<http://www.shaklee.net/members/shopNowProd/WaterTreatment>

