



Natural News!

From **natural solutions**
by Anke, LLC

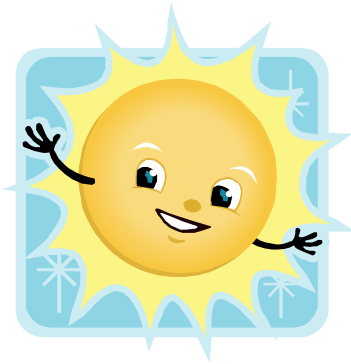
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Be Sun Safe Instead of Sun Sorry this Summer with Shaklee!

Shaklee Performance—the drink of summer. No need to “run ragged” in the heat! Formulated to meet the demanding needs of anyone who’s working or playing hard—from outside workers exposed to horrid summer heat, to recreational sports players, to athletes. Performance provides 3 types of carbohydrates for energy and stamina, and electrolytes that help balance thirst with fluid needs. Shaklee’s unique OptiCarb helps keep you going longer and stronger. Choose from two delicious flavors: lemon lime or orange.

Shaklee’s SPF 30. One severe sunburn during childhood or adolescence doubles the risk of developing skin

cancer. The American Cancer Society estimates that melanoma (skin cancer caused by overexposure to the sun) has increased about 4% since 1993 and that last year 53,000 new cases were reported. Enfuselle SPF 30



is designed for all skin types. This patented, oil-free sunscreen absorbs quickly with-

out leaving a sticky residue, offers better UVA and UVB protection, and contains antioxidant vitamins and botanicals, which add an extra defense against premature aging skin.

Shaklee Herbal Blend Multi-Purpose Cream—got sunburned anyway? Shaklee’s Herbal Cream (for short) is very healing for sunburn, rashes, etc. Plus, the Enfuselle Hydrating Moisturizer continuously releases moisture for a 24-hour period, so it can help keep the skin hydrated, so it can heal and avoid peeling. Enfuselle Hand & Body Lotion is also a great option.

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New Physician’s Website!

Shaklee has created a new website as a resource for physicians and healthcare professionals who would like to learn more about our company, products, science, philosophy, and

opportunity. In one online location, there is now a wealth of information... www.physicians.shaklee.com This great information includes a tool that allows you to

search generic names of drugs and their interactions with certain herbs and nutrients. Check it out, whether you’re a health care professional or not!

Co-Q10: Vital for a Healthy Heart

Although the human body can synthesize CoQ10, in some situations the body's capacity to produce CoQ10 isn't sufficient to meet its needs. CoQ10 levels reach their peak in the human body by age 20 and fall slowly thereafter. In fact, 60% of the population has CoQ10 deficiency in their 50s and 60s. In addition, certain medications can reduce the body's production of Coenzyme Q10. Supplements help, but since the body poorly absorbs most supplemental CoQ10, a supplement must be highly bioavailable to be effective. Kudos to Shaklee for figuring out a way to keep CoQ10 stable and bioavailable without using synthetic chemicals. CoQ10 is poorly absorbed because it is a large, fat-soluble molecule, and it clumps together in supplements, which makes it even larger. In a

soft gel capsule (suspended in oil) it can re-crystallize over time, reducing bioavailability. Tablets and hardshell capsules (caps with powder inside) are even less bioavailable, because they are in powder form. So what some companies have done with their "bioavailability enhanced" CoQ10 products is to use a synthetic chemical that alters the normal permeability of the body's cells. We were very disappointed and nervous to learn that the brand that we had used (and recommended) in the absence of a Shaklee CoQ10 was doing this. Who knows how that affects us, to alter cell permeability!

We're so excited to be able to offer folks Shaklee's safe and amazingly-bioavailable CoQHeart. This product will be an important supple-

ment for those with congestive heart problems, high blood pressure, angina, or a past heart attack. People on certain medications, especially cholesterol-lowering drugs, will also benefit greatly. These meds not only suppress the body's ability to make cholesterol, but they also suppress the body's ability to make CoQ10 (maybe that is one reason that cholesterol-lowering drugs do reduce cholesterol, but they actually INCREASE the likelihood of a fatal heart attack and other causes of death, as well (Dr. George Mann, Vanderbilt School of Medicine)).

Why choose Shaklee CoQHeart?

1. CoQHeart is clinically proven to give you unprecedented bioavailability for CoQ10. It is up to 500% more bioavailable (which means a 30-mg. capsule of CoQHeart would provide the same benefit as 150-mg. of Brand X— and Shaklee does it without using synthetic chemicals!) than any solid form and up to 333% more bioavailable than other soft gels. It has a 33% greater absorption rate than the leading bioavailability-enhanced soft gel (which alter the body's cells).
2. The high bioavailability for Shaklee CoQHeart means you take less but get more. This clinically-proven super enhanced absorption is the result of a patented technology, exclusive to Shaklee, using all natural ingredients.
3. CoQHeart is the only product that combines coQ10 with Resveratrol, which contains strong antioxidant properties proven to help prevent LDL oxidation and to facilitate blood flow.
4. Who will benefit from CoQHeart?
 - All adult men and women concerned about heart health
 - Postmenopausal women who want to maintain a healthy heart
 - Those on certain medications that reduce coQ10 production in the body.

Is there Scientific Evidence for the Ingredients of CoQHeart?

Coenzyme Q10, also called CoQ10, is a naturally-occurring compound found in every cell in the human body. Vital to heart health, CoQ10 promotes energy production at the cellular level. It is most evident in the heart, the most active organ in the body. The beating heart and electrical conduction of the nervous system need a continuous flow of energy that is dependent on adequate levels of CoQ10 in the cells.

CoQ10 has antioxidant properties, protecting LDL cholesterol from oxidation, thereby helping to maintain vascular tone and integrity, and keeping the blood flowing freely through the arteries. It has the ability to recycle and regenerate vitamin E, allowing

vitamin E to continue providing antioxidant protection to cells of the body. An estimated 60% of the population has CoQ10 deficiencies in the fifth and sixth decades of life.

Clinical studies have shown that dietary supplementation with CoQ10 increases the concentrations in both blood and LDL molecules. This increase is important for protecting LDL cholesterol from oxidation. A recent double-blind, placebo-controlled study found that supplemental CoQ10, given daily for four weeks, significantly lowered the rate of LDL cholesterol oxidation. Some of the strongest evidence for the cardiovascular benefits of CoQ10 supplementation is found in

eight clinical studies in which researchers concluded that CoQ10 promotes the heart's ability to pump blood.

Resveratrol, a phenolic compound derived from the roots of the Chinese herb *polygona cuspidatum* and found in red wine, also possesses potent antioxidant properties; it complements the action of CoQ10. Researchers first demonstrated these antioxidant properties during laboratory studies in which resveratrol was added to human LDL cholesterol. One such study found that resveratrol inhibited LDL oxidation by 70-80%. It may also help blood vessels relax and dilate; both important functions for optimizing blood flow.

Great Energy!

I'm the only member of my family who hasn't died of coronary heart disease. I was always winded after 30-minute workouts. When Shaklee chose me to

be one of the testers for Shaklee's new CoQHeart, I found that I felt just fine after exercise—not at all winded! It

was an amazing difference! And my husband noticed a difference, too.

--Thanks! to Billie Lane

Basic H² Wipes...Out Bugs!

We have found that the Basic H² wipes make an excellent bug repellent. Plus they are easy to carry with you when you are on an outing. In Arkansas we have these nasty little gnats that can really make your life miserable during the evening hours as well as mosquitoes. So far the wipes have been very effective. I love the convenience of using the wipes. We use one sheet per person. I have also slightly wetted the sheets to make them go further and have had good results.

--Thanks! to Ruth Narveson

By the way, I have often sprayed myself with the Basic H cleaning mixture as my bug spray, before gardening. So of course I had to try using the new Basic H² cleaning mixture spray, and it worked great as well. Now, I will point out that we don't have big swarms of bugs on the top of Bent Mountain, but if I forget to use it, I am reminded by the bites I start to receive. If I'm in an area with a greater bug density, I may use a mix of 1 part H² to 3 parts water, or even 1:1. How handy, too, that once I'm

done gardening (or hiking, whatever), I'm already lathered up for my shower!

—Thanks to Marjorie Felton-Petry

10 Reasons to Love Basic H²

1. Stop Living in a toxic Home

Some of the most questionable chemicals used regularly in household products are ammonia, chlorine bleach, phenol, butyl cellosolve, and formaldehyde—all of which can be found under your kitchen sink. Basic H² is nontoxic and safe for your family.



2. Everything and the kitchen Sink

Basic H² cleans it all from kitchens and bathrooms to appliances, woodwork, mirrors, painted walls, and floors— it even does windows! So, toss out those single-purpose cleaners like sink and tile cleaners. Mix ¼ teaspoon in 16 oz. of water in a Get Clean spray bottle for all purpose cleaning, and 1-2 drops in 16 oz. water to clean windows.

3. Eliminate your ammonia-based window cleaner

Basic H² cleans windows without streaking while being a great alterna-

tive to leading brands. Basic H² window cleaner is equivalent in performance to Windex®Original.

4. Removes the impossible

From lipstick on a linen napkin to crayons on a painted wall, full-strength Basic H² comes to the rescue.

5. Great for cutting grease

Tough on greasy BBQ grills, ovens, and even oil spots on concrete. Mix 2 oz. per gallon of water for a super degreaser formula.

6. Does odd jobs

One tablespoon of Basic H² in a bucket of hot water lifts off old wallpaper. One and a half teaspoons in a half gallon cleans sticky paintbrushes. Just soak for 24 hours and rinse with hot tap water.

7. Saves money

One 16 oz. bottle of Basic H² diluted per label directions makes 214 bottles

(28oz.) of ready to use all purpose cleaner.

8. Camping and traveling companion

Take along a small size Basic H² to keep clothes, dishes, and everything else clean. And you'll help be keeping the great indoors unpolluted.

9. Easy on the planet

Biodegradable and environmentally friendly, Basic H² handles even hard to clean jobs without phosphates, borates, nitrates or other stuff the planet doesn't appreciate.

10. Less in the landfill

Basic H² is superconcentrated, so you'll use fewer bottles of cleaning products throughout the year.

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

Shaklee Featured in “*The Green Book*”

The Green Book, which arrived in bookstores 6/19, is hailed as the everyday guide to saving the planet one simple step at a time. Co-author Elizabeth Rogers (who wrote the book with Thomas M. Kostigen) was featured on the Oprah Earth Day show in April, along with Roger & Sloan Barnett. She was so impressed with the Barnetts, Shaklee, and Get Clean that she added Shaklee into the book! She also now uses Get Clean in her home.

Iron + C is More with Less

My mother has a certain type of anemia that her physician was addressing with ProCrit shots, with took her hemoglobin from 9 to 13. The prescription for ferrous sulfate constipates her really badly. We decided to try Shaklee's Iron + C instead, even though her physician said that it didn't have anywhere near enough iron in it. He said she would need ten or fifteen times that much (like the amount in her prescription). But I guess he doesn't understand about the Shaklee difference, because it works! Her hemoglobin is fine as long as she takes her Vita Lea with iron and her Iron + C. Her hemoglobin stays between 12 and 13, with no ProCrit or prescription iron. --Thanks! to Maryann Iraclianos, RN, Bloomington, IN