



# Natural News!

From **natural solutions**  
by Anke, LLC

Volume 2, Issue 11

## Healthy Child, Healthy World

Are you concerned about your child's environment, both at school and at home? Here is yet another way for you to find easy steps for homes, schools and child care centers and an easy way to deliver the message! Shaklee has partnered with Healthy Child, Healthy World to raise awareness of the health issues we all face and to provide education about the simple choices everyone can make to create a cleaner, greener, and safer home and planet. Health Child Healthy World is a national, non-profit 501(c)(3) organization dedicated to protecting the health and well being of children from harmful environmental exposures.

A DVD entitled "Creating Healthy Environments for Children", which features actress and mother Amy Brenneman along with leading pediatricians, Dr. Philip Landgran and Dr. Alan Greene, can help you

share information with parents, teachers, administrators and child care professionals to help raise awareness and donations for Healthy Child's Healthy World. The DVD features an introduction by Roger Barnett (Shaklee CEO) outlines the 5 easy steps to a healthier Home and features Get Clean™ products as non-toxic solutions for cleaning safely.

As a mom, this is a big issue for me, especially since Griffin's off to preschool now 3 days per week. I want his school environment to be as safe as his home environment, but even more so, I want his class mates to get the same clean environment as he has at school and at home.

I am passionate about this and will offer to educate any mom's group, school or day care on this issue at no cost in order to



spread the word so parents can make better decisions about their child's environments.

If you would like to order the DVD, please let me know or use order number 66045. The DVD is \$5.00, and **the entire \$5.00 price is a donation** to the Healthy Child Healthy World organization.

Check out their website at [www.healthychild.org](http://www.healthychild.org).

Any questions about going green or if the products really work? Please call me and I can show you how well they work, and that they're actually cheaper than the store bought brands!

*Sincerely, your editor,  
Anke Johnson:)*

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## The “Witching Hour” Challenged by The “Energizer Bunny”!



I grew up with a physician father and nurse mother who bought Shaklee products for themselves and recommended them to patients. That was back in the 1970s. As a kid I didn't give much thought to nutrition except if my mom didn't have some of it in the form of good food on the table when I was hungry. My parents seemed to have more energy than my friends' parents did, but I ascribed that to their extreme work ethic and type A personalities.

Flash forward 35 years. I was the mother of two, married to a traveling salesman, 500 miles from family, and feeling mediocre at age 44. I worked out three times per week, tried to eat reasonably well, and practiced positive thinking. However, more often than not I was so tired by 6 pm that I dreaded each day just anticipating that time period. That time of day is called "the witching hour" and for good reason - multiple demands on my time and energy, and most of the time I was the only adult around to answer those demands. I went to my doctor who determined I had anemia, so I went on prescription iron. That helped somewhat, but I still felt worn out and was becoming slightly depressed over the thought that this was as good as it was going to get.

A friend held a "Mugs and Muffins" party at her house, and I honestly just went to get some free coffee. My thought was that I'd help out my friend by attending. When I arrived there was a nurse and a teacher talk-

ing about how depleted our soils are, how polluted our indoor environments are, and how wellness and prevention are better than waiting for disease to set in. While munching on my muffin, I thought this sounded reasonable but wasn't moved to buy anything. Then an experiment was conducted with a GNC multivitamin in one glass of water and a Shaklee Vita-Lea in another glass of water. This piqued my interest because I'd been taking GNC for years. After 30 minutes, the GNC pill was hard as a rock and the Vita-Lea fell apart with a tap on the glass! Maybe that was why my multivitamin hadn't prevented my fatigue! Then, the high absorption levels of Vita-Lea combined with the knowledge that B Complex should be taken separately from Vita-Lea was discussed and VOILA! The light bulb went off. I was ignorant of the optimal combinations and doses of supplement needed, and therefore had wasted money and health on useless pills for years. Now I was learning, and so I decided to give Shaklee a try.

Still skeptical, I reasoned that if the Shaklee ladies recommended 5 basic supplements, I'd just try two and see if I could see any improvement. I doubted it. Still, I bought Omega Guard and B Complex. I chose those two because the ladies said Omega Guard would help my son's attention problems and my daughter's skin problems. I figured it couldn't hurt to try it for myself. Then I chose B Complex for my major complain - fatigue.

After just 1 week on those two products, 6 pm rolled around and I still felt like cooking dinner, helping the kids with their homework, driving them places, and speaking to my husband in a cheerful tone of voice. As he said, "Whatever you are doing, keep doing it!"

I am an attorney with a master's degree in hospital administration and a

teaching certificate. I have many options in life. I'm choosing to promote wellness to others because my other career options do not offer health promotion, green living, flexible schedules, and income all in one package. Shaklee's integrity as a company is unquestioned and I like to align myself with such value. And that is the bottom line: Align yourself with what's right, work diligently toward that goal, and the rewards will come.

*Special thanks to Mary Reichard, the Energizer Bunny!*



## It's Easier to Get Up in the Morning with Vitalizer!

I've been giving my whole family Vitalizer, including my two boys ages 13 and 9. My boys have been getting right up in the morning, bright-eyed and bushy-tailed since taking It used to be slow going in the morning here...and we had such a difficult time getting the boys going in the morning. No more!!! I used to feel a little groggy in the morning too, and I wanted to sleep in until the last possible minute. Since taking Vitalizer I wake up in the morning feeling well rested and ready to get going! It's so nice! I have this wonderful sense of well-being—it's hard to describe. I just feel good! And my body feels so

much lighter and easier to move around. I've been like the energizer bunny!

*Thanks to Toni Parker,  
Cowley WY, another Energizer Bunny!!*



***“Free shipping to all members from the 1st to the 10th of each month! Put Basic G on your next order”***

## Discover the Convenience of Basic G ~ How can it work for you?

It cleans, it disinfects, and it deodorizes in one step! It's good throughout the home as especially effective as an all purpose disinfectant. It's great in the bathroom and a real time saver. It kills 33 types of germs, including canine parvovirus and feline leukemia. In fact it has been registered with the EPA as a disinfectant for those two animal unfriendly germs! In undisturbed laboratory conditions using E. Coli (one of the more resistant organisms found in fecal material) and linoleum tile, Basic G continued to work for three days after initial use. Household bleaches lose their effectiveness within one hour. Basic G has a fresh pine scent and no noxious fumes. Biodegradable and easy to use, Basic G has a bottle marked

with the plastics code to facilitate recycling. Here are a few examples of how it can work for you:

1. AS a disinfectant-it disinfects a variety of bacteria, fungi and viruses and leaves just a hint of pine scent behind, not the whole forest! The general cleaning/disinfecting solution is 1T. per gallon of water.
2. As a bactericide-it reduces the hazards of cross infection. It kills staph, strep, salmonella and other similar bacteria
3. As a fungicide-it reduces the dangers of athlete's foot fungus in tubs and showers.
4. AS a virucide-it is effective against many common viruses, including

those that can cause colds and flu

5. Add to the diaper pail-add a capful to the diaper pail and to wash for cleaner diapers.
6. Help retard mildew-add it to the wash to help eliminate mildew from clothing and other washables.
7. Clean rubber bath mats-soak them in water with Basic G added to thoroughly clean and disinfect.
8. Deodorize pet area-mix 1/2 tsp. in a 16 oz. spray bottle and spray pet areas to eliminate odors. Costs just pennies.
9. Economical-Basic G will save you money every time you use it. Shakee doesn't ship the water to you, just the concentrated product!

## No Viral Attacks, No Asthma Attacks for Young Son!

I first met with Anke Johnson over two years ago and didn't want to spend lots of money on vitamins that I wouldn't even take on a regular basis. Then our youngest son, Leo, started getting sick all the time and was diagnosed with asthma. Now the whole family takes vitamins regularly and we are all very healthy. It took Leo a year or so of consistent vitamins and immune supplements to start to stay healthy on a

regular basis. There are many things Anke helped us change in our lives, like the cleaning products in our home, getting rid of aerosol sprays, examining our eating habits and encouraging us to be active regularly with the kids. This is called lifestyle changes for healthy living, not buying a pill to make life better. As a result, Leo has been healthy for 6 months straight with no asthma attacks, no viral illnesses that

knock him out and our family has a lower level of stress and a huge level of appreciation for Anke and all she has done to help us enjoy our kids and our lives.

Thank you!

*Thanks to Jackie, Madison WI*

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

## Vacation Saved!

It was 5 days before we were scheduled to take a week vacation in Spain with the whole family. I was doing my best to imagine and plan for what it would be like with a 2 yr old and a 6 yr old on an 18 hour traveling adventure with all the flying and layovers. Getting sick was not part of the plan and sure enough I started coming down with a cold and so did our 6 yr old son. We have consulted with Anke about vitamins and our health plan for our family for that past 2 years and stick to our regular supplemental plan but that week I called Anke and said, "We can't get sick...help me!" and sure enough, Anke emailed me an extensive recommendation to increase this to that and do this and don't do that and try this. Some of the reminders were as basic as GET SLEEP with the reason why and how lack of sleep is detrimental to getting better. The combination of increas-

ing our supplements in certain areas and the reminders of things I already knew but can never remember in crisis mode resulted in Alex and I getting better by the time we left to travel and our youngest son (who is asthmatic and gets very sick with viral illnesses) and my husband avoiding the cold altogether. I give her all the credit for helping us have a fun and healthy vacation and am very grateful.

*Thanks to Sandy, Madison, WI*

