



Natural News!

From **natural solutions**
by Anke, LLC

Volume 3, Issue 3

“ If Mama ain’t happy, Ain’t nobody happy! ”



OPEN HOUSE

Tuesday, March 11, 2008
3:00 p.m. - 8:00 p.m.

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Washing cloth diapers with Shaklee!

If you're like a lot of parents concerned with the environment these days, you may have thought about using cloth diapers at one time or another. But yuck! How wants to clean poop diapers?!?! If it wasn't hard to clean them, and they smelled less than waiting for your Diaper Genie to fill up with soiled disposable diapers, would you consider using cloth? Here's one mom's experience with cloth diapers, Shaklee and Twin boys!

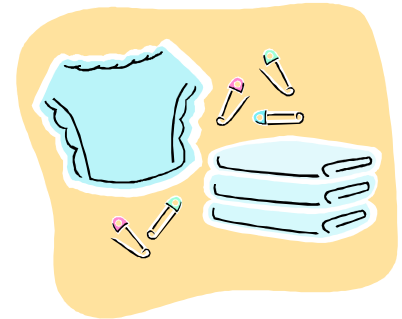
I soaked the dirty diapers in H and G, usually washing them every other

day. I think I used 2 tsps of both H and G in the diaper pail and I'd fill it with a couple gallons of water, enough to cover the diapers after I tossed them in it. Wet diapers went straight into the pail, but with poop diapers I'd first get as much solid waste off in the toilet before putting in the diaper pail.

Washing diapers – I poured the entire contents of the diaper pail into the washing machine. First, I did a rinse cycle only. Then I'd put in Laundry powder, Nature Bright, 1 Tbsp Basic –G, and Fabric soft-

tener. Run through the heaviest wash cycle on hot, and put through 2 rinse cycles. Then dry.

I felt like the diapers ALWAYS smelled clean and fresh. I didn't get out all of the stains all of the time, but I could've if I'd soaked them in Nature Bright. I just didn't take the time to do extra soaking.



Help For Childhood Eczema

Recent research shows that giving newborns a combination of probiotics and prebiotics-types of healthy bacteria and fiber-can reduce the incidence of childhood atopic eczema by 34 percent (*Journal of Allergy and Clinical Immunology, 2007, vol199, no1*). In the Finnish study, 1223 pregnant women took probiotic-prebiotic supplements or a placebo for 2-4 weeks prior to delivery and then continued supplementation to their newborns. The ba-

bies given probiotics-prebiotics showed significantly higher levels of "friendly" bacteria and fewer incidences of eczema. Why? Healthy gut flora stimulate immune cells in the digestive tract to become more active in regulating immunity and suppressing allergies-including the scaly symptoms of eczema!

Speak to the person who sent you this newsletter to get an individualized plan created for you and your

"Shaklee's Probiotic system and Omegaguard are just two suggestions for eczema"

family, and kiss the eczema goodbye, and say hello to soft, smooth comfortable skin!

ON SALE! During March Ocean Wonders, Infant Vita Lea, Chewable Cal Mag, all 10% off!

It's very hard to find a children's vitamin with all 24 of the essential vitamins and minerals and without artificial sweeteners and colors and preservatives. And it's even harder to find them being made from real food rather than being made synthetically from petrochemicals. Then add the complexity of proper processing so

that chemicals are not added and the live enzymes necessary for absorption are preserved, and you're down to one product that we're aware of—Vita Lea Ocean Wonders (and Infant Mix and Citriboost).

There are some things you don't want a bargain on: parachutes, brain surgeons, and food supplements!

(Note: one thing to know about the Infant Mix... it says on the bottle not to mix it with milk. The reason for that is because it has Vitamin C in it, which can make milk curdle a bit. There's absolutely nothing wrong with that—it's not harmful in any way to the child—other than it can scare Mom. But not if Mom knows it's safe!)

Smart Supplements for New Moms!

These natural aids will help you fight exhaustion, moodiness, and illness, so you can focus on the person who needs you the most: your baby!

Energy Lift:

~**Iron** to replenish and rebuild hemoglobin lost in delivery, encourages mitochondrial function

~**B-Complex** to ease stress, boost adrenal function and support immune system. Helps to ease through loss of sleep and irregular sleep patterns associated with newborns:)

~**Soy protein** to heal your body and rebuild strong cells. Also gives your body the extra boost it needs in producing milk.

~**GLA** helps to prevent hair loss after childbirth

Immunity Boost:

~**Probiotics** to replenish good gut bacteria and increase absorption of nutrients, which will support and strengthen the immune system.

~**Flavonoids** to increase antioxidants when your immune system can be depressed from lack of sleep and added stress

Mood Support:

~**Omega 3 fatty acids** are a natural anti-inflammatory and help to even



your mood with DHA and EPA

~**GLA** helps to even moods and balance hormones (a lifesaver for Anke!)

~**B-Complex** is the “happy vitamin family” and will help you to handle stressors with more ease, will lift your mood naturally, and will balance your blood sugar levels to prevent “binging” and the mood swings that go with it!

For more on women’s health in any stage of life, please contact the person responsible for sending you this newsletter!

Safety & Effectiveness of Cough and Cold Drugs Questioned

The FDA has issued a health advisory to warn parents against using over-the-counter cough and cold medicines for babies and toddlers. The agency took this action because there is little, if any, evidence of benefit, and there is considerable concern about potentially life-threatening side effects. A commentary in the *New England Journal of Medicine* last month called on the FDA to act against pediatric cough and cold meds by issuing a public statement that the products are not safe or effective for children under age 6. The Cochran library has just questioned the effectiveness of cough meds for adults as well as children. This publication reviews the world’s medical literature to determine the benefits and risks of many treatments. A recent review of 25 placebo-controlled studies found that the evidence for effectiveness of

common cough meds was unconvincing for both adults and children.

The FDA is responsible for determining that all meds, both prescription and over-the-counter, be proven to be safe and effective. Given that Americans spend hundreds of millions of dollars every year on cough meds, it’s disturbing to learn that there is so little good evidence supporting the effectiveness of these drugs.

(excerpted from The People’s Pharmacy, NPR, Jan. 26, 2008)

Wow; just another example of how important it is to use products that are as close to nature as possible, from a company that has a very clear and long-standing philosophy of being in harmony with nature and good health. What to do instead of drugs? On an earlier show one of the best options suggested

was drinking hot/warm water or tea through the day and mixing honey and lemon at night. Just like my mom gave us! Thanks, Mom! (note: babies are not to be given honey, but then, they don’t need things to be sweet; raw, unrefined cane sugar (like Sucanat) could also be used, though honey “sticks” better). I’ve supported and built my sons immune system by giving him Vitamin C, Calcium Magnesium, Ocean Wonders Multivitamin and Flavomax. If he does start to come down with something, I add Echinacea and Nutriferon for a few days. Even with this bad winter for illness, he’s been very well, and when he does get something it’s typically on the upswing in 24hrs as opposed to days or even weeks. This also saves our household from getting sick too!!!

Anke, Editor:)

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We're on the Web!

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



Is it Really Low Glycemic?

The University of Australia is the originator of low-glycemic and the science behind it. They test products to verify them as low glycemic, and they're the only ones who can do so (Patents, trademarks and all that...). There are a lot of products on the market claiming to be low-glycemic, but without any real verification of these claims. It's just seen as a good marketing tool, like "all natural" (which legally means nothing, but sounds great). Shaklee is very serious about everything they claim to be accurate, and they continually provide verification from independent, well respected sources (like the over 100 clinical studies published in peer-reviewed, scientific –not advertising - journals). So when Shaklee has "Low Glycemic" on the label, that means they've spent the money to have them tested and verified by the University of Australia—the experts on the science!