



Natural News!

From **natural solutions**
by Anke, LLC

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Ahhh, the snows gone, now what?

Buds on trees, blossoms, the smell of fresh lawn clippings, that's what! And with that, come seasonal allergies that some of you may be dreading. If you're a fellow sufferer, fear not! Make this an allergy season like you've never had before! I have

pretty bad allergies, but you'd never know it. My brother in law in Vancouver (yes you John) mocks me when I take my "little green pills", but he can mock all he wants, they're life savers! What are they? They're Shaklee alfalfa of all things! Living in the Midwest you'd think you could just chew on some and you'd be fine, but that would be even more odd and more of an opportunity to mock than to take little green pills:)

Shaklee alfalfa is what I like to call "nature's decongestant". It has won-

derful anti-inflammatory properties, and because of that is a wonderful natural antihistamine, digestive aid, antibacterial and aids in lowering cholesterol and aids diabetics. It's rich in trace minerals, which most of us don't get from many of our foods because their tap roots don't go down far enough in the earth to capture what alfalfa does. Alfalfa's tap roots can go up to 50 feet down into the ground!!!

So if you have arthritis, seasonal allergies, stomach ailments, water retention, stiff and painful joints, sinus problems, hay fever, gout, or would just like to detoxify, then this little green pill will serve you well...VERY well!

Boost your immune system even more for those seasonal allergies with Nutriferon, just contact the person who sent you this newsletter to find out what allergy and hay fever solution may be best for you:)

Both Alfalfa and Nutriferon are on sale with Natural Solutions by Anke this month, both 10% off!



What's Your Contribution for Earth Day?

With all the "green" in the news these days (I'm not talking the recession here folks) it's hard not to start thinking about what you can do to impact the earth in a positive manner! But so many times I hear "but what can I do to make a differ-

ence? How about plant 10 trees? If that's too daunting a task, how about cleaning up your own indoor environment in your own house, making it safer for your family? If you use the Shaklee Get Clean line of cleaners, you've now planted the

equivalent of 10 trees! Yup, by using Shaklee Get Clean products exclusively in your home for all your cleaning needs; laundry, dishes, dusting, mirrors, bathrooms, cars, BBQ's, you name it, in one years time you've impacted the earth positively. So positively that by switching from brand X, you've planted the equivalent of 10 trees. Now, wasn't that easy? And think, if every family that you know did that, how many trees would be planted now?



Stop the “I Will” and Start Seeing the “I Have”!

Have you ever noticed how many people say “I will...” or “as soon as I have time...” or “one day I will...”? What if, instead of saying “I will”, you can say “I have...” or “I did...” or even “I can’t believe how good I feel since I...”? I recently gave a coaching demonstration to a gentleman who felt he really didn’t need coaching to achieve his long sought after goal of weight loss, but he wanted to do

the demo out of curiosity. After the demo, he felt he had gained value, he could see how coaching could benefit him, and he walked away with a two week personalized action plan that got him started on a path to weight reduction he never thought he’d go down. Even though he didn’t hire me as his coach, I had asked him to be accountable to both of us over the next two weeks, which he was. It was

what he did next that surprised me; he called me and said that he hadn’t ever realized how important accountability was for him, and he had never been as motivated and excited from within because of this accountability! He had achieved his goals for the first two weeks, and is determined to continue on his road forward.

Funny that! Coach Anke.:

Don’t Buy a New Dryer, Just Use Scour Off!

Wow! Can I say how much I love the Scour Off product? I am so glad this product was invented. After a dirty day outside, I decided to wash my kids' coats and snow pants along with mittens, their pants, and hats. Coming out of the washer, the items looked fine. I gave them a final shake to get the little residue of sand off their snow pants (couldn't get it all with my washer) and put them all in the dryer. What an array of emotions I went through when I opened my dryer when the items were done drying. There was black crud smeared EVERYWHERE! It looked like someone took a grease pencil and crayon and dark grease from ? and smudged it all over the inside of my dryer.

I took out all of the clothing. Every piece was covered in the same black crud. (I dealt with the clothes later, and none of

the marks came out.) I went to work on the dryer. I tried all of the cleaning products in my house....harsh soap scum removal, a 'green' degreaser product from the garage for massive oil spills, the well know 'white eraser' that's supposed to take care of everything, and even some of the wipes and sprays from Shaklee. Then a light bulb went off in my head and I remembered that Scour Off came in my huge Shaklee package/deal. IT WORKED! With an old sock, I took a minimal amount of Scour Off and went to work, it took 99% of the mystery black crud off. I did follow up with the 'famous white eraser' and some Shaklee degreaser to get the final light grey, cloudy residue off. Not a lot of elbow grease needed, just patience to make sure it was all gone. With 4 people in the family and all of the laundry we go through, I was not

excited to have to go to the local laundry and sit and have my items dried there, if it didn't come off.

Just before we tried Scour Off and after we tried everything in the house to get it off, my husband was almost ready to buy a new drier. We still don't know what the mystery gunk was, we think something from the kid's pockets. We have seen crayon in the dryer, and this was not even close to how easy that is to take off. Please thank whom ever was the brain behind this product. It saved us hundreds of dollars from getting a new dryer.

Thanks so much,

Diane Wadzinski, Madison WI

When Shaklee Says Concentrated, They Mean Concentrated!

Tide is now making unscented HE laundry stuff. I bought it because it seemed to be cheaper. But I discovered that it doesn't do the 64 loads it says it does, so it didn't save me money. --
Thanks! to Laurie Horton, Madison, WI

(Note: When companies say that their box (or bottle) does X number of loads, they define a load as 5 towels (machine less than half full!). When Shaklee says a load, they mean a FULL washing machine. And we find that 1/8 C. is all we need for a full load—half of what Shaklee says.

So we actually get twice as many loads as they say!)

