

Anke Johnson

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Natural News is a monthly email newsletter from certified Health and Life Coach Anke Johnson. You get articles, tips, and more info to keep you healthy, balanced, energized and successful.

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<http://www.naturalsolutionsbyanke.com>

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Welcome

Dear Member,

If you've been a long time subscriber of "Natural News", you'll notice that there has been a significant change to our format this month! Natural Solutions by Anke has grown by leaps and bounds over the last 5 years, so a goal we may have in common is simplicity and efficiency, while delivering information that's timely and relevant to your health and life goals. Enjoy the new launch of "Natural News" and all it has to offer you for a life of abundance, joy and well being. To read the most recent copy of **"What's New" Shaklee news**, go to www.naturalsolutionsbyanke.com/free.php

Cheers,

Anke

[Natural Solutions by Anke, LLC](#)

Certified Professional Health & Life Coach

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Anke
Johnson

Health Tips

The most important element in improving our health is consistency. It would be far better to do a 30 minute walk a few times every week than to do Yoga few times a month. Look at how you are spending your day. There are always ways to make healthier decisions. And give up on those quick-fixes. Truly being healthy is not something a quick-fix will achieve but the accumulation of healthy daily decisions will. Start with one small commitment. Once that commitment starts to become easy build on your next step to success.

For Example, exercising outside in the daylight has multiple positive benefits. Breathing in fresh oxygen and being exposed to daylight decreases anxiety and increases energy levels. Start at a level

that's realistic for you (5 min around the yard, or 30 minutes around the neighborhood).

Learn more about setting realistic goals and our program:

http://www.naturalsolutionsbyanke.com/for_you.htm

Super Foods

No, not "Super Size"; Super Foods. In today's world of multi-tasking and hurry up and get it done to get to the next project, it's great to get to know super foods and what they can do for you and your need for speed!

Here they are. No processing, no powders, no preservatives, no packaging, no chemicals; right from the garden to the table. And there's no better season than right now due to the abundance coming from our locally grown farmers markets and produce stands. The organic living raw foods are the foods required to be healthy and sustain life in the body. The nutrients and freshness of these foods makes the body jump for joy each and every time they are eaten. Literally, the body becomes a new person when organic living foods are ingested and enjoyed.

Enzymes in these foods are our 'spark" of life and are what gives the body true life and energy. Without them the body becomes sluggish and unresponsive. When we are born we have a reserve of enzymes that the body operates on until it is given "live" enzymes to replace the ones eaten up by our body doing the things we do each day. Even blinking requires enzymes and energy. These enzymes become depleted when not replaced by "live" enzymes and the body becomes lethargic and starts breaking down sooner than it should. In our society today, we see that as the chronic complaints including; "I'm tired, I can't think clearly, I survive each day, I wish I could lose weight, I don't feel good, look at these wrinkles, etc".

Some super foods include:

Fresh foods include fruits, vegetables and salad greens and are great for vitamin, fiber and high water content. Fresh green foods are particularly important for the oxygenating and alkalizing effects.

Sprouted foods include seeds, grains and legumes and also green sprouts such as chlorophyll rich wheat grass and sunflower sees. Weight for weight, sprouted legumes can contain as much protein as red meat. Raw nuts and

seeds become more digestible by simply soaking, and sprouted foods demonstrate a massive increase in vitamin content as a result of the germination process.

Super foods advocates become vital, lose weight, become energetic, strong and have stamina that goes on and on. This is not an accident; it is because the body is getting the live nutrition from organic living foods eaten on a daily basis. As a result, the body is able to clean out toxins and begin the healing and rejuvenating process to become a healthy specimen.

How to start eating super foods when you're busy, your family demands sloppy joes, and you don't have the energy to get started? Start with yourself first, support your family when you have the energy to tackle the entire table! Start with a meal that you have control over, maybe lunch. Add a variety of one super food to your meal at a time, don't try to take "too big of a bite". Be gentle, but firm and consistent with yourself, allow for that one meal to become your super food meal. You'll be amazed at how you feel after eating that food, you'll conquer the 4:00 slump, and you'll have the energy to tackle the remaining meals with your family one super food step at a time.

Food Porn vs Right Stuff

"Fatbreads"!! Stouffer's "Corner Bistro Flatbreads bring the special restaurant touches you love about dining out into the comfort of your home" says the box. Yessiree, you'll find touches galore inside each box! Despite it's healthy sounding name, these flatbreads pack over half your daily saturated fat intake, double the sodium, over 640 calories per serving and virtually no nutrition in no time flat. If you're in the mood for frozen pizza for one, stuff the Stouffer's and pick up a (smaller) Lean Cuisine Roasted Vegetable Pizza. You'll get 330 calories and just 1.5 grams of bad fat. With a white flour crust and 450 mg of sodium, it's not quite health food. But it sure beats Bistro!

FREE Trial Session

We encourage all our prospective clients to begin with a Complimentary Personal Action Plan. It gives you an opportunity to experience coaching with me, and to explore if my services are the right fit for you.

You can also ask questions you might have about the coaching process or any health questions in general.

- The session is 45 minutes depending on our conversation.
- No-obligation, no fee.

http://www.naturalsolutionsbyanke.com/health_coaching.htm

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