



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

**July, 2008**

### **In this issue ...**

- Welcome ~ *Anke and Griffin's wild ride!*
- Health Tips ~ *How much protein should I get?*
- Wonderful Magnesium!
- FREE Personal Action Plan Session
- Subscribe / Contact Info

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## **Welcome**

**Dear Member,**

What are you doing for physical summer fun? A couple of days ago my son and I decided to go for a bike ride after his preschool. Now, since he doesn't ride a bike yet, I had to pull 50+ pounds in the trailer bike. Not usually a problem, but this time we decided to bike over 20 miles, with hills (through

the snow, barefoot, you get the picture). I'm in good shape, but this trip certainly was a challenge for me! We had a great time, and at the last hill, I made it 2/3 of the way up to the chorus of "go mommy go" coming from the peanut gallery, only to have to walk up the rest of the hill...not something us competitive types like to do! We made it home, and my legs were on fire...it felt great! I was happy about the exercise, and having fun with my son outdoors, but I was a little afraid of the pain my legs might feel the next day. I downed a Shaklee Physique muscle recovery shake right when I got home, and voila! No pain but lots of gain the next day! So if your idea of summer fun includes testing your limits, or even just working hard in the yard, consider giving Shaklee Physique a try, I'll bet you'll be pleasantly surprised!  
[www.shaklee.net/anke/product/20306](http://www.shaklee.net/anke/product/20306)

**Cheers,**

**Anke**  
[Natural Solutions by Anke, LLC](#)  
Certified Professional Health & Life Coach  
Reiki Master Practitioner



Anke Johnson

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## Health Tips

How much protein should I get per day, and what do I really need?

According to the Tufts Univ. Center for the Study of Nutrition:

Body weight (lbs.) x .64 g. = daily protein need in grams. For example: 150 lbs.  
x .64 g. = 96 grams/day.

Benefits to getting enough protein include balanced weight, more energy and stamina, greater muscle recovery, clarity of mind, younger and smoother

looking skin, hair and nails. If you're not sure about your protein intake and where to get enough good sources of protein, just ask!

Learn more about our program:

[http://www.naturalsolutionsbyanke.com/for\\_you.htm](http://www.naturalsolutionsbyanke.com/for_you.htm)

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## **Are you getting enough Magnesium?**

If you're like most people, getting adequate amounts of magnesium every day is probably not on your top priority list. Although often times overlooked, magnesium contributes to and is a necessary factor in over 300 biochemical processes within the body. It helps to keep a steady heart rhythm, retain and maintain normal blood pressure, support immune functions, keep bones strong, and alleviate symptoms of PMS. Fifty percent of the body's magnesium is found in the bones, making magnesium an essential part of bone health. The other fifty percent is found in body tissues and organs. There has also been a recent increased interest in determining what role magnesium plays in preventing and managing hypertension, cardiovascular disease and diabetes.

*Magnesium therapy is helpful for a wide range of conditions including:*

*High blood pressure and heart disease...In studies Magnesium has been shown to improve energy production within the heart, dilate the coronary arteries (improving oxygen delivery to the heart), reduce vascular pressure, prevent blood clotting, and improve heart rate.*

*PMS...Magnesium deficiency is strongly implicated in PMS. Symptoms like abdominal bloating, breast pain, headaches, fatigue, fluid retention, mood swings, insomnia and anxiety are all symptoms of magnesium deficiency and PMS! Furthermore, cellular magnesium levels in women with PMS have been found to be significantly lower than in women who do not suffer PMS.*

*Asthma...Magnesium promotes relaxation of the bronchial smooth muscle. Intravenous magnesium is a clinically accepted method to halt acute asthma attacks, as it helps immediately dilate the bronchial tube. A recent study showed low levels of magnesium in the body may be directly associated with 'bronchial hyperactivity', thus susceptibility to asthma attacks.*

*Kidney stones...Magnesium prevents calcium crystallizing in the kidneys to create kidney stones.*

*Chronic Fatigue Syndrome... Many patients with chronic fatigue have low red*

*blood cell magnesium levels. In a double-blind, placebo-controlled trial in England, 32 CFS patients received either magnesium or placebo over 6 weeks. Out of the 15 magnesium patients, 12 reported significantly improved energy levels and better emotional state at the end of the trial, compared with only 3 of the 17 placebo patients.*

*Some practitioners believe that magnesium may also help alleviate anxiety, depression and hyperactivity. (We've also found it to be very helpful for restless legs) This is all good news. Is there bad news? Yes. Research has shown that 80% of all Americans do not get a sufficient amount of magnesium in their diet. Processing food removes magnesium from its usual sources, and even softening water decreases the magnesium in our diets. Certain diseases like alcoholism, kidney malfunction, chronic diarrhea, and arteriosclerosis can affect magnesium levels in an adverse way. Some prescription hormones like hormone replacement therapy or birth-control pills can upset metabolism and cause a deficiency.*

When you feel the need to increase your intake of magnesium, a reliable source is Shaklee VitalMag, which contains a proprietary blend of magnesium, boron, and potassium to deliver the most effective amounts of magnesium to your body. Boron aids in bone metabolism and magnesium utilization, while potassium aids in nerve transmission and heart health. VitalMag contains 3 salts of magnesium: the oxide, the gluconate, and the citrate. The formula also contains Shaklee's unique delivery system, which is easy on the stomach and digestive system. The gel-diffusion delivery system gently releases nutrients into the body over a four- to six-hour period. This helps to prevent an upset stomach, which is common in many other magnesium supplements.

*(Italicized text above from Rusty Ost, RPh & member of Nat'l. Assn. of Natural Medicine Pharmacists)*

[www.shaklee.net/anke/products/20683](http://www.shaklee.net/anke/products/20683)

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## **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 questions in general.

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

[http://www.naturalsolutionsbyanke.com/health\\_coaching.htm](http://www.naturalsolutionsbyanke.com/health_coaching.htm)

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