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Welcome~Fishing For Answers

Dear Member,

We all know fish is good food. It's loaded with protein and contains less fat and cholesterol than most lean meats; many varieties also provide those excellent omega-3 essential fatty acids. But all the worry about hidden toxins and overfishing of certain species may leave any seafood lover

wondering if it's really such a catch after all. Happy news! There's no need to scale back on your intake. Recent studies published in the *Journal of the American Medical Association* and *The Lancet* indicate that the benefits of eating seafood - including a lower likelihood of heart disease, cancer and other diseases - far outweigh any potential risks from toxins. And environmental watchdog groups can help you pick the best options for the planet's health too, based on your geographic location and the most current sustainability information. Get up to date information on environmentally sound seafood choices by visiting www.oceansalive.org which tells you the best (and worst) seafood picks based on nutrients, contaminants and sustainability concerns. Check out their great recipes as well related to each different type of fish and seafood! If you're not a seafood lover, or are still a little cautious about eating seafood, [supplement your omega-3 needs](#) with a cold-pressed, non fishy, and toxin free supplement.

Cheers,

Anke

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Health Tips~Raise Healthy Eaters

As parents, we all want our children to grow up strong and well nourished, with a good sense of nutrition and a healthy approach to food. In reality, that's a far trickier proposition than most of us count on. Between media influences, peer pressure, poor quality school lunch programs, and easy access to convenience foods, kids are faced with a lot of temptation. It's important to help them to understand how to make wholesome food choices on their own and to create an environment that will nurture healthy food habits as they grow. Here's how:

~Work with natural tastes and habits. Kids require frequent refueling - and they'd love to do it with sweet foods and simple carbs. Work with it

by offering healthier treats, such as an array of colorful fruits and vegetables. Preparation is the key. Always have a fruit salad ready to go, or an apple with almond butter spread on it. That way, kids will have a fast, nutritious alternative to a cookie.

~Get kids involved. Cooking with your children is a powerful way to get them invested in making healthy choices and to explain the nutritional value of various foods. Kids have a vested interest in eating the foods they've helped to prepare. At the grocery store, allow them to choose the fruits and vegetables that appeal to them, or make a game of it; ask them to find their favorite green, red, orange and yellow fruits and vegetables, and which nuts and beans they'd like to add to their salad. If time is an issue, prepare larger amounts of fresh foods in advance and have them ready to go in the fridge.

~Encourage mindful eating. Raising healthy eaters also means helping kids understand when they're thirsty or hungry, what their bodies are asking for, and the difference between eating until they're satisfied versus stuffed. Ask "how does the black-bean soup feel in your body?" "how much energy do you get from it?" My son will tell me that he gets crabby when he eats sweets, so we talk about alternatives that he can have so that he feels good energy from his foods, and not the "ten hyper notches above fine" that he gets from sweets.

~Be the boss. Sometimes we're so fearful of creating negative food associations for our children that we shy away from insisting on good eating habits. We want our children to wear seat belts and wear helmets when they ride bikes. And because we love them we want them to eat healthy foods. Insist that they eat a large portion of complete protein, fresh vegetables and some fresh fruit or a whole grain with each meal. Tell them the reason for your rule—because you love them and want them to be healthy. There's no reason to be fearful of that message, or to believe that it will set up unhealthy emotional eating patterns later in life.

~Keep trying. This is a journey, and it takes time and repetition. Expect your kids to balk, especially at first. Be calm, matter-of-fact and avoid power struggles. And continue to set a good example with your own stellar food choices! If you're not eating this way right now, you'll benefit from it too. And always make it fun, there's nothing better than watching your child gobble up his beets because he wants to see his "red poop" in

the toilet! Just like acquiring a taste for bad foods, your kids over time will acquire a taste for foods that are good for them...and so will you!

Fire Up Your Blood

Are you exhausted, unfocused, and pale? You may have anemia. Supplements and a simple change in diet can help!

Anemia is a sneaky condition. Mild symptoms can feel like stress. You're fatigued even when you get enough sleep. You're unable to concentrate and think clearly. Your skin may become pale due to lack of oxygenated blood that would normally give you that healthy glow and color. And you may find yourself craving things like ice, clay or even dirt!

If left untreated, anemia can start to feel like a heart attack; rapid breathing, irregular heart beat, and chest pain from an overworked, oxygen-deprived heart. You're already tired from the lack of oxygen in your blood, plus your body is working overtime with a shortage of blood to try to get oxygen to your cells, which is wearing you out even more. While serious anemia can be dire, the condition can be treated easily with supplemental iron and a diet filled with foods rich in iron.

~**Take supplements.** If you get diagnosed with anemia, the first thing you'll get is a prescription for iron pills to elevate your iron levels to normal limits. Consider taking a more natural approach and consider [iron supplements with Vitamin C, calcium and phosphorous](#) which helps your body to absorb the iron. Most iron supplements cause constipation, however if you take one with the [ferrous fumarate form of iron](#), you won't have to deal with the discomfort of constipation. Add to this lots of water and fiber rich foods, and you're on your way to feeling more energy!

~**Eat iron rich foods.** "Eat more liver" is what you used to hear when faced with getting more iron. No more. Although organ meats do contain the highest concentration of iron and are more readily absorbed by the body than other sources, iron is found in significant amounts in many additional foods, such as legumes. In fact, legumes and other plant foods often contain more iron than most animal-derived products. Tasty foods like leafy green veggies, legumes, dried fruit, nuts, whole grains, enriched rice, pasta and cereals, and shellfish are also excellent choices for iron. You can also cook with a cast iron skillet as an effective way of getting more iron into your

diet from foods. If you have mild or boarder line anemia, taking [B-Complex](#) vitamins will help your body produce more red blood cells, which in turn will aid in the increased absorption of dietary iron.

~**Avoid iron blockers.** Certain substances in foods can negatively affect iron's bioavailability, or the amount that's actually absorbed and used by the body. These iron blockers include calcium in dairy products, egg whites, phosphates in milk, phytates in high fiber foods and tannins and polyphenols in coffee and tea. Some foods, like spinach and soy products that are rich in iron also contain iron absorption blocking substances. These foods, when eaten with the correct amount of foods rich in vitamin C, the iron blocking substances are decreased and the iron becomes available again.

~**Exercise with care.** Physically active women, especially runners, often have low iron stores. This type of "sports anemia" is often due to a combination of the breakdown of red blood cells from the physical force of exercise, a dietary deficiency of iron, and regular use of aspirin and other pain killers that can cause gastrointestinal bleeding.

Bottom line: Anemia is easy to handle, as long as you eat lots of iron-rich foods, and if you're prone to anemia, get tested annually. If you find you're not getting enough iron rich foods and anemia is an ongoing problem, consider taking an iron plus C supplement to ensure your body is getting what it needs. Your body, mental focus, clarity and energy level will thank you for it!

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.

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