



**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. For great information on how you can have energy, vitality and feel great, check out our back issues and Shaklee's "What's New" or Health Quest newsletters [here](#) .

This months, [Health Quest](#) on Nutrition and Neurodegenerative Diseases

**October, 2008**

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

- Welcome~Ultra Marathon Man Dean Karnazes!!
- Health Tips~Red Bull Can Give You A Stroke!
- The Many Names of MSG
- FREE Personal Action Plan Session
- Subscribe / Contact Info
- Memorable Quotes

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## Welcome

**Dear Member,**

Shaklee is proud to announce its partnership with the "Ultramarathon Man," Dean Karnazes. Karnazes is an endurance runner extraordinaire and has been saluted by *Outside* magazine as "America's Greatest Runner". He has also been hailed as one of the "Top 100 Most Influential People in the World" by *TIME* magazine and *Men's Fitness* says Karnazes "might just be the fittest man on the planet". Karnazes is also author of the best-selling autobiography *Ultramarathon Man: Confessions of an All-Night Runner*.

Dean Karnazes is an avid user of Shaklee's nutritional products and is proud to be aligned with Shaklee. "My philosophies are aligned with Shaklee philosophies. Not only do I believe in quality, but in authenticity of products. I think Shaklee, more than any other company I have worked with, thoroughly researches their products," said ultramarathoner Dean Karnazes, "I believe in them. That's why it's a great honor for me to be affiliated now with Shaklee, and I look forward to years of development and growth ahead."

To learn more about Dean, go to [Dean Karnazes](#) and his very own [Ultramarathon](#) website!

**Cheers,**

**Anke**

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Certified Professional Health & Life Coach

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Shaklee  
EFT



Anke Johnson

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## Health Tips~Red Bull can give you a stroke!

According to *Reuters August 14, 2008*, Just one can of the popular stimulant energy drink Red Bull can increase your risk of heart attack or stroke. The effect was seen even in young people.

The caffeine-loaded beverage causes blood to become sticky, a pre-cursor to cardiovascular problems such as stroke.

One hour after drinking Red Bull, your blood system becomes abnormal, as

might be expected from a patient with cardiovascular disease.

Red Bull is banned in Norway, Uruguay and Denmark because of health risks.

### **How to Increase Your Energy Without Energy Drinks~Dr Mercola's comments**

If you're drinking energy drinks for the reason most people do -- to get more energy -- know that there are far superior options than artificial energy drinks. Humans are not naturally sluggish or constantly tired. This lethargic state is something that many of us have brought on ourselves.

Your lack of energy is likely due to a combination of factors including:

- Poor food choices
- Low-quality food
- Stressful lifestyle
- Negative Emotions
- Lack of sleep
- Lack of exercise

Increasing your energy levels, then, is as easy as remedying these factors by:

- Eating right for your nutritional type
- Increasing your intake of omega 3 fats
- Eliminating eliminating grains and sugars from your diet
- Releasing emotional stress and negativity with the Emotional Freedom Technique
- Sleeping when you're tired
- Exercising

Learn more about our program:

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

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### **The Many Names of MSG~Mike Adams, NaturalNews.com**

MSG is a food additive found in almost all commercially prepared food. It supercharges the taste of food, but not in the way you would think. MSG fools your brain into thinking the food you're eating tastes really great. MSG is an excitotoxin to the brain. When we consume food containing MSG, it excites the brain into the mass production of dopamine, creating a drug rush that gives us a brief sensation of well being. And because MSG is highly addictive, we keep coming back for more and end up overeating.

In the process, we end up destroying our brain cells.

Because the food buying public does not want to consume MSG, food processors have gone to extremes to be sure that you don't know it is in their products, and this has been allowed by the FDA. You will seldom see MSG listed on the label, because it is disguised. Here are the names of some of the disguises:

**Hydrolyzed vegetable protein, autolyzed vegetable protein, textured vegetable protein, hydrolyzed yeast extract, autolyzed yeast extract, plant protein extract, sodium caseinate, calcium caseinate, yeast extract, textured whey protein, natural flavor.**

Most processed food for children also contains high levels of MSG, such as canned or packaged spaghetti, alphabet soup and chicken noodle soup, microwavable cups, packaged dinners and much more. A meal of this food can raise the blood level of excitotoxins to a value proven in primates to destroy brain cells. A child's brain is four times more sensitive to damage by excitotoxins than is the brain of an adult. (This is the same class of super excitotoxins that Aspartame, NutraSweet, and its many names (Splenda, etc.) fall into.

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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.

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**Anke Johnson**

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### ***Memorable quotes:***

"Older people shouldn't eat health food; they need all the preservatives they can get."

"Quit worrying about your health. It'll go away."

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