



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 Anti-Aging; from the cellular level!

November, 2008

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Welcome

Dear Member,

Last weekend, our family went tent camping in southern WI. During our first day out, my son Griffin and I went exploring in the meadows and woods, while dad

was busy fishing. After a few hours, both Griffin and I started itching and getting little rashes on our skin. I thought it must just be due to being in the grasses and sweating a bit, so I didn't think much of it. But after we got home a day later, I noticed that Griffin had a rash on his elbows, knees and all over his chest and stomach. I too, had a rash on my arms and knees. I asked Griffin if it itched, and he said just a little. Mine was about the same. We figured out it was poison ivy, but what we couldn't figure out was why it wasn't causing us much more grief! My husband had poison ivy as a child so severely, that they actually used him as a test case in the local hospital! Since Griffin is 50% daddy, I had always dreaded the day that he may be exposed to poison ivy! I looked up some information in a few of my natural healing books, and confirmed that it was indeed poison ivy, and also discovered why both of our reactions were so mild. Essential fatty acids like Omega 3's, probiotics and flavonoids are very effective in reducing and eliminating the effects of poison ivy. Griffin takes all of those daily anyway, so his immune system was already positioned to handle the effects of the poison ivy. The other things that help with poison ivy are alfalfa and GLA, another essential fatty acid. I gave Griffin Shaklee [alfalfa](#) , [Omegaguard](#) , [Optiflora](#) , [GLA](#) and [Flavomax](#) , and in 3 days all signs of the poison ivy and rash were gone. Best of all, he never got super itchy and uncomfortable! Since I take all of these things daily anyway, my poison ivy never even got hold enough to matter. It's just amazing to me what the body can do when given the right nutrients!

Anke Johnson, Madison WI

Cheers,

Anke

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Anke Johnson

Health Tips~Got allergies or sinus problems?

"My neighbor lives on a dairy farm. He was never able to help the family on the farm because his allergies were so severe. He would lock himself in his room for a week at a time just to try to get away from the pollens in the air. He had tried every drug on the market. He had numerous surgeries including windows in his sinuses and removal of his continuously growing polyps. He was desperate to try anything. He is now taking alfalfa every day and is completely symptom free. My next goal for him is to try adding Fresh Laundry and Soft Fabric. It would be wonderful for him to put his face on a pillowcase that was cleaned with a natural product...along with all of the clothes he wears and breathes." *Thanks to Beth,*

WI

Would this be life changing for you? The testimonial from Beth and her neighbor is just one of many and speaks volumes to so many people who have allergies and sinus issues! This year seems to have been particularly bad for many people with allergies and sinus infections. I've run across so many people who have been plagued with pain, sleepless nights, headaches, missing work and missing out on the fun! Stop blowing and snuffling, stop the headaches, the itchy eyes and burning. Start feeling great, enjoying and being able to smell the crisp fall smells, take a deep breath without panic! All because of a little green [alfalfa](#) pill that is called the "king of plants" because of its wonderful anti-inflammatory, anti-fungal, anti-histamine, analgesic (pain relief), blood and body cleansing, alkalizing and digestive properties! And those are just a few of the things it can do, all without side effects. Well, that's not true; very often people do notice side effects once they start taking alfalfa. They start noticing that other negative health issues are improved or disappear because of the wonderful properties of alfalfa!!!

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Rainbow of Color or Chemicals?

There is a vast difference between the United States and England in regards to food dyes. Fortunately, the United States is starting to come on board with what they do across the pond, but until we're fully on board, it's wise to educate yourself on what you could be feeding your family without even knowing it.

We all know that red and yellow mixed together make orange. In the United States, it's two synthetic food dyes: Red 40 and Yellow 6. In England, it's pumpkin and carrot extract. At a McDonald's in the US the strawberry sundae gets its color from Red 40. In England, the red comes from (woohoo!) real strawberries! Sometimes, the difference doesn't even need to be between countries. Sometimes it's the difference between *light* and *original*! For instance, Yoplait Light Red Raspberry is colored with Red 40, however Yoplait Original Red Raspberry is colored with natural beet juice concentrate! Let's keep searching... Kraft Macaroni & Cheese Scooby-Doo! gets its yellow from Yellow 5 and Yellow 6. Kraft Macaroni & Cheese Organic Cheddar gets its yellow from Annatto (a derivative of the achiote trees, used as a spice and color). You'll also find more people-friendly dyes like annatto in Annie's Mac & Cheese products as well. Do you like Hint of LimeTostitos? I do, but I can't eat them because they always upset my stomach. No wonder, when the slight green tinge of color

comes from Blue 1 and Red 40. Alternatively, Walkers Doritos Hint of Lime in England comes with no color. Hmmmm.

If you're an advocate for reading labels good for you, because you probably avoid many food dyes and preservatives that are detrimental to our health. Because of all these hidden food dyes, Americans consume five times as much food dye as they did 30 years ago, according to the Food and Drug Administration.¹ Europeans on the other hand, and will not purchase foods with synthetic ingredients if they have alternatives. Because of this, companies like McDonald's are changing their tune overseas. The European parliament has even approved a warning for food packages that contain any one of the six synthetic food dyes; "May have an adverse effect on activity and attention in children".^{1'2} There has been movement to ban Yellow 5 and 6, Red 3 and 40, Blue 1 and 2, Green 3, and Orange in the United States. But unfortunately, "the FDA's insistence that there is no evidence that dyes impair behavior is based on its misreading a 25 year old report", according to the Center for Science in the Public Interest. New studies now point to synthetic preservatives and artificial coloring agents as aggravating ADD & ADHD symptoms, both in those affected by these disorders and in the general population.²

What do you think about companies choosing to use synthetic food dyes to make their products look good? Many multinational companies are using natural choices with rave reviews, so we do have good alternatives.

A growing number of natural food dyes are being commercially produced, partly due to consumer concerns surrounding synthetic dyes. Some examples include:²

- Caramel coloring, made from caramelized sugar, used in cola products and also in cosmetics.
- Annatto, a reddish-orange dye made from the seed of the Achiote.
- A green dye made from chlorella algae.
- Cochineal, a red dye derived from the cochineal insect, *Dactylopius coccus*.
- Beet juice & Beet powder, red color
- Turmeric
- Saffron
- Paprika
- Elderberry juice

¹ Nutrition Action, Vol 35, number 8

² Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomized, double-blinded, placebo-controlled trial", Lancet, Sept 2007

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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