



**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, [What's New](#) on The Fountain of Health, Could you Live Ten Years Longer?!

**December, 2008**

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### **Welcome**

**Dear Member,**

There are certain things that I hear over and over when I talk casually with

people, and one of the latest things that's come up again is **"I want to know more about detoxing"**! So, are we talking about getting on the wagon and ceasing your boozing tendencies? Probably not, but I couldn't resist the joke and the irony:) So I went out to experience this "detoxing" myself, and I have to admit, I wish I had done it years ago! I was **having challenges with my skin and hormonal balance**, so after consulting with my "health source", she recommended a parasite (yuck!) detox might be just the ticket for me. As always, I'm open to being the human guinea pig if it will benefit my customers, so off I went. Now, I consider myself a pretty healthy person, but I still was aware that this detox might bring some things to the surface that might now be very comfortable. In addition to eliminating the parasites (yuck!) in my system, this detox also works on eliminating the candida yeast as well as any fungal issues. So the first 2 days, I found myself in a mental fog...truly, I felt at times that I was really not here on this earth! But it was a relaxing feeling, so really was quite pleasant! I just knew I had to be gentle with myself and certainly not schedule anything that took brain power! So after two nights of VERY deep sleep that lasted 8-9 hours, I awoke on day 3 bright and chipper. As the day wore on, I could not believe the energy that I had. In fact, when I thought I could not have more energy, more kicked in...to the point of having **an insane amount of energy!** In addition, I was sleeping 7-8 hours and waking up before my alarm, even through the Thanksgiving holidays. I got up, and **achieved more than I thought possible**. In fact, my Christmas decorating, baking and gift shopping is all done...yes, you heard right ALL done! I've NEVER had all of this done before December 1st ever! I also ended up catching a little cold during the detox that apparently has left many folks with sinus infections, and utterly miserable for weeks. Mine lasted 3 days, and I never missed a workout nor had a sleepless, stuffed up night. In addition to the detox, I kept taking my Vivix and other supplementation, and cleaned up my diet as required by the detox. My **endurance during my workouts continues to climb** due to [Vivix](#), but I also know that since the detox, my body can better absorb the nutrients that I provide it, hence the insane energy! So, I'll continue to detox every 6 months to help my body eliminate what the environment dishes out, and I won't give up my Vivix! **Is detoxing for everyone?** No, because it does require you to be disciplined in your diet and committed to continue even if the going gets a little rough. Is it worth it? You have to be the judge, but I can say with a resounding YES it sure is! Oh, and a **bonus side effect of the detox, I lost another 4 pounds**, and have finally made it back to my pre baby weight, feeling stronger and more vital than I ever have before!. Woohoo!!!!

**Cheers, Anke**

[Natural Solutions by Anke, LLC](#)

Certified Professional Health & Life Coach

Reiki Master Practitioner

Shaklee Distributor

EFT Practitioner



Anke Johnson

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## Health Tips~The Price of Health!

What's your breakfast like? How do you feel after you eat it? Do you have a **plummeting energy dive** that leaves you splayed out useless on your computer keyboard or do you have **more energy than you know what to do with**? Then comes lunch...are you a **3 o'clock slumper recovering from a food coma**, or are you **enjoying your work and activities** and looking forward to spending quality time with your family and friends in the evening? Are you **dead to the world** once you get the kids in bed, or do you have enough energy to have some **guilt-free me time** to accomplish some of YOUR own goals? We reap what we sow, so if we live on fast foods (or no foods) then we get the former. If we make wise choices for our foods, then we can have the latter! Here's a great example, complete with cost for you actuaries!

**Starbucks Breakfast** ~ Mocha Grande, Lemon Scone

Cost \$8.00, Calories 850, Fat (grams) 39

**Big Mac Meal** ~ Big Mac, Medium Fries, Medium soda

Cost \$7.95, Calories 920 Fat (grams) 48

**Shaklee Rx for a Healthier Life™** ~ Vivix, Vitalizer, Cinch, Nutriferon

Cost \$7.00, Calories 285, Fat (grams) 3

Wow! Looks like a no-brainer to me! The Cinch shake is highly portable, and so are the rest of the Shaklee products!

Are you ready to get started? **Purchase the Rx for a Healthier Life on Autoship and I'll personally give you 10% back for your first 60 days**, just because I know how good you'll feel!!! My gift of health to you:) **More money** in your pocket, **less weight** on your body, **more energy** this holiday season and beyond!

Learn more about our program:

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

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## **From the Horses Mouth!**

Okay, not really the horses mouth but those of you who know about my passion with equus will appreciate the pun! Here are some great testimonials that I wanted to share because if it can help just a few people regain their health, energy, and vitality, it's worth it!

"I am 72 years old and have had essential tremors since my early 30's. The shaking and tremors became so bad that I had to quit my job as a lab technician in 1989. When in high school I could type 60 words a minute. For the past 15 years in order to type, I had to hold my right index finger with my left hand and type one key at a time. At times, the tremors were so pronounced that I had difficulty eating and drinking, but I made a really good "tossed salad"! I have faithfully used Shaklee supplements since November of 1998 and added the Vitalizer when it was introduced. I also take CoQHeart twice daily along with B-Complex. While there was some improvement, it did not eliminate the tremors. In a week and a half after taking [Vivix](#), I noticed the tremors/shaking had lessened. Now, at three weeks of Vivix, my tremors/shaking are minimal! I have to learn to use my hands again - I have to learn to type again with all my fingers!!! I was hoping a change would occur in two to three months on Vivix, but never expected these results in three weeks!." *Thanks to Anne Campbell*

"When my 4 year old had spent the last 2 days vomiting and having diarrhea, it did not surprise me to get stomach cramping and nausea. It just so happened that I was on the phone with Marjorie (another Shaklee distributor) just after it started and she suggested I take Defend and Resist right away. I was not aware it could be used in the case of the stomach flu. I took all 6 tablets right then. Over the course of 1 hour, the cramps and nausea subsided. I took Defend and Resist for 3 more days, and I never got any more symptoms. In addition, I gave it to my 2 year old in her juice as a precaution and she too remained symptom free. My son recovered 2 days faster than others in the area that got the same bug since he had [vitamin C, vita lea chewables](#) and [defend and resist](#) in his diluted apple juice. He was able to hold down the diluted juice and (surprisingly enough), the [energizing soy protein](#) shake. D&R has truly bee tremendous...my favorite Shaklee product!" *Thanks to Karen Morrison, Spokane WA*

*(note: actually, the Shaklee soy proteins are often easily tolerated by sensitive stomachs. Dr Bruce Miller says it's "practically pre-digested", so it's very easy to process and absorb. Shaklee Performance drinks are excellent for nausea and diarrhea, because it helps to balance the electrolytes. And, Defend and Resist is most effective when chewed or dissolved in liquid, since Echinacea stimulates lymph glands in the tongue. A couple of Chewable Vitamin C tablets chewed with the D&R can make it taste like purple sweet tarts! I always have 2 bottles of extra D&R at home in case our family of 3 starts to come down with something, then there's plenty to go around! Anke)*

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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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