



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 Skinny Weight Loss, and Keeping Your Kids Healthy!

January, 2009

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<http://www.naturalsolutionsbyanke.com>

Please share this newsletter. Do you know other equestrian's or busy career parents who may find this newsletter helpful? If so, please forward this newsletter to them.

Welcome

Dear Member,

It occurred to me last night, as I was navigating the snow swept roads in my car, that driving in bad weather and achieving change were not at all that different. I know, it sounds crazy, but let me explain. Over the last 2 weeks here in Wisconsin, we've had all kinds of wacky weather; snow storms, thunderstorms with rain, then ice, fog so thick I couldn't see more than two broken highway lines as I was traveling along, freezing rain and finally last nights escapade of heavy snow and blowing wind...nice. All sarcasm aside regarding Wisconsin's winter weather, as I was navigating the blowing snow in my car I watched some other drivers for self preservation. Some were going really fast (and then sliding), another was driving in the oncoming traffic lanes and wondering why people were flashing their lights at her (she finally corrected herself as she was about impale her car on a highway divider), and lastly the slow and easy approach. That's when the thought hit me; **driving in bad weather is just like making a permanent change** in any aspect of your life. If you take the **slow and easy approach** (one small step at a time), you have a **much better chance** of getting to your destination unscathed. However, if you **take the fast lane** (and come skidding to a stop after a wild ride) chances are **you'll crash and burn**. How many of you have set your mind on a goal, then mapped out a timeline or plan that should produce quick results, **only to find yourself repeating this process for the same goal over and over again**. Sometimes, this process is repeated over a few months, or even a lifetime. What if (stay with me here) you set your mind on a goal, then mapped out **FREQUENT achievable tasks** and timelines that would produce **MANY quick results** (each result copiously celebrated!), and the **OVERALL timeline to reach the end goal** is extended beyond what you've tried in the past? What if, you have support and accountability during each of these frequent timelines, so much so that even when you fall off the wagon, there's someone there to pick you up again? And because that task was small to begin with, the "loss" is minimal? You're back up and running before you know it! Better yet, **all those small, achievable, frequent timelines equal SUCCESS** in your ultimate goal **without the usual feelings of deprivation, pain, guilt and failure** that usually goes with the "fast lane" approach! This folks is **what coaching is and does**. So if you're ready to **take some small no fail steps towards a bigger goal**, give me a shout. I'd love to help you along all the way to the finish line; safe, intact, happy and celebrating all the way!

Join us for a **free teleclass** "Once and For All" if you'd like to make some changes with your weight and fitness this year! **Monday January 5th at 8PM** central time for 1 hour. **To register** and receive the teleconference number and PIN, please **email me at info@naturalsolutionsbyanke.com** now!

Cheers and Happy New Year,

Anke

[Natural Solutions by Anke, LLC](#)

Certified Professional Health & Life Coach

Reiki Master Practitioner

Shaklee Distributor

EFT Practitioner



Anke Johnson

Health Tips~Colds, Flu and Illness, Oh My!

Tired of being able to predict that an illness will sweep through your family quicker than Michael Phelps' world record swims? Then you may want to arm your family's immune systems with health so that you don't have to worry about which "bug" will hit you next. Here's my own "**secret formula**" that will help your family avoid long, debilitating colds and flu's this winter season and beyond. This recipe is good for the whole family, just **give me a shout for details! It's been tested and proven by me, my 5 year old and my hubby:)**

- Young Living Oil "Thieves"~anti bacterial and anti fungal
- Shaklee's [NutriFeron](#)
- Shaklee's [Garlic](#)
- Shaklee's [Defend and Resist](#)
- Shaklee's [Flavomax](#)

In addition, Shaklee's [Wellness packs](#) year round will keep your immune system and all your cells singing happy tunes and keeping you free from illnesses that you know about, and some that you don't know may even be there. I'd be happy to consult with you and your friends about the wealth of health (both **physical and financial**) you can have. Feel like this is out of your budget? Read how folks just like you are paying for their monthly health needs and having cash left over for something fun in "the horse's mouth" below.

Learn more about our program:

http://www.naturalsolutionsbyanke.com/for_you.htm

From the Horse's Mouth!

Okay, not really the horses mouth but those of you who know about my passion

with equus will appreciate the pun!

In today's economic times almost everyone is ensuring that they get the most for their money. For some, just surviving is their main focus. **Security, empowerment, income growth, personal develop.** We don't see these words in headlines much these days. Instead, we're continuously reminded that we're in a difficult economy (they finally said the word "recession"!). Financial institutions are failing, jobs are being lost by the thousands and people at every income level seem to be struggling to make ends meet. Financial crisis and worry are common themes in the news. But as we know, **it doesn't have to be that way** for everyone.

In Shaklee, **people are thriving** - both financially and personally. More than ever, **people are looking for what we have to offer** - the gift of wellness, independence, the ability to earn an income while helping people and the planet become healthier, and the time to spend with those you really care about.

The most common reasons people lose their homes is to foreclosure and divorce, overwhelming medical bills, and job loss. Shaklee can offer hope, and a way to cope in tough times.

Just ask **Stephanie Arrayan**, a Business Leader in Oregon, who in a very short time had both the end of her marriage *and* a serious health concern to deal with:

"I was real close to losing everything. That really inspired and motivated me to persevere with my Shaklee business and growth. I had a lot of momentum going and qualified for the '08 cruise, then I was diagnosed with cancer last year '07. Thankfully I had built my Shaklee organization up to a point that it provided me an income. Month after month that bonus check just kept coming in. Now I'm really excited to double that! Triple that! Whatever you believe you can accomplish, you can."

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.naturalsolutionsbyyanke.com/health_coaching.htm

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