



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 Heart Smart Lifestyle, Stress Busters, and Stomach Soothers!

February, 2009

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Welcome

Dear Member,

If you haven't already heard, February is healthy heart month. Valentine's Day may answer our heart's yearning for love, but it sure doesn't help our heart from the health aspect! Well, let me rethink that; because love and happiness can surely make you happy, less stressed, can make you laugh and you get the "warm fuzzies" when you think of someone you love. So I take it back, nix the Valentine's candies, and Valentine's Day would be a good compliment to a heart healthy month!

This month, I wanted to welcome you in February with a little piece about Life Strategy from Lou Tice at the Pacific Institute. If you've set some goals in January and they aren't going too well, take a look at what Lou has to share, and see how that fits within your life strategy!

Do you have a life strategy? It's not a plan, but more like a process - and it's a great question to answer as we head into the New Year.

The process of adjusting to life and of getting what you most want is a continual one, even though your goals may change at any time. But if you understand the process, you'll also understand that developing a life strategy is a great idea.

Now, a life strategy is not a life plan. A plan tells you what route to take to accomplish a specific goal, and plans are valuable. But a life strategy offers a more flexible, large-scale umbrella under which your plans can take shape.

A strategy begins and ends with values - a prioritized listing of what is important to you. Things like self-discovery, personal and spiritual growth, mental and physical well being, meeting challenge and adversity in a calm and centered way, harmonious and loving relationships, etc.

Once you know what you value, you can set goals to help you bring about end-results that are aligned with your values. That's a strategy, and it's bigger than individual goals, but every bit as important.

Without an overall strategy, you may climb the ladder of success, but when you get to the top you may find that it's leaning against the wrong tree. You may find that the one with all the fruit is just out of reach, if you haven't developed a good strategy to get there. Make sense?

Learn more about our program:

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

Cheers,

Anke

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Certified Professional Health & Life Coach

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Anke Johnson

Health Tips~8 Heart Healthy Food Tips for you and your Valentine!

Eating a heart healthy diet is actually a very tasty venture! It's not at all about giving up, but more about countering certain foods that help your body with a few main things; reducing inflammation, reducing saturated fats, increasing the good fats, reducing sodium intake, increasing your fiber intake, and increasing your sources of proteins to include things besides meats. By making these tiny tweaks to your cooking routine, you'll sneak in flavor and variety while cutting out cholesterol, salt and sugar!

- **Spice it up!** Pick two or three herbs you like and grow them in your garden or window box. Fresh herbs infuse your cooking with more flavor than salty, fatty sauces and dressings. Try ginger and turmeric for its flavorful and anti-inflammatory properties.
- **Bake, don't fry.** Anything that can be fried can usually be baked too, without as much oil. Try baked yam fries with olive oil, garlic and fresh herbs. A great, fun change for kids too!
- **Skip the salt.** Put the tangy notes of citrus, wine, balsamic vinegar, or vegetable broths to work in place of salt to help manage your blood pressure. Once you start reducing your salt intake, you'll be amazed at how much you will taste!
- **Add some oil.** Yup, I said add. Use extra virgin olive oil instead of butter (or mixed with a small pat). Cooking vegetables in oil is actually better than cooking them dry – the oil helps the body absorb all those fat soluble vitamins that the veggies provide!
- **Go whole grain.** In addition to standards like whole wheat bread and brown rice, try nutrient-dense grains like bulgur, barley and oats for variety and a dose of chromium, magnesium, B vitamins (our power packs) and folic acid. High fiber buckwheat helps to reduce your LDL (Bad) cholesterol.
- **Color your plate.** We do eat visually as well as be smell and taste. Tim hates it when I eat portabella mushrooms, he says they "look" gross. Granted, they can look a little dark and moldy, but the taste is exquisite! So the more colorful your fruits and veggies, the more cholesterol-regulating phytonutrients and antioxidants they contain!

- **Switch spreads.** Instead of cholesterol-laden mayo, try dairy and egg free spreads like tapenade, roasted peppers, onions, or even sautéed greens like arugula, collards or spinach.
- **Eat less meat.** Yup, I said less. Eat grains like quinoa, legumes and tofu (all high in protein and amino acids) and consider meat a garnish – not the main event.

The wonderful thing about changing your diet to a heart healthy diet is that it effects so many others things in your life. You start to have much **more energy and endurance** because you're feeding your body energy-rich foods, and your body rewards you with a greater energy output. You'll **reach an optimum weight** (either gain or lose) because your body is being fed real foods and not food substitutes like processed or fast "non-foods". Your **mood will improve greatly**, because like other areas in your body, your nervous system is positively impacted by eating these nutrient dense foods. You'll also **gain time in your life**, because when you feel good, you're much more productive and in a lighter frame of mind. You'll tackle a day with **zest, energy and gusto** for life! Bon Appetite!!!!

Learn more about our program:

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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!

Brain Tumor and Boswellia – A Comparison

In April 2004, my 4 year old son, Drew, was diagnosed with a brain tumor. After surgery and pathology was completed, the doctors told us the tumor was considered a very aggressive adult tumor called Glioblastoma Multiforme. It is considered the most aggressive brain tumor. We were told to enjoy the next 5 to 12 months with our son.

I am happy to report that it has been 4 ½ years since diagnosis. Drew will be 9 years old on January 19. After diagnosis, we immediately did tons of research and started him on many supplements. Boswellia was one of the first we started for its anti-inflammatory properties and apoptosis (causing cell death) in glioma cells. With surgery, radiation and a brain tumor comes lots of swelling. The doctors are very quick to prescribe steroids. For Drew, we use Boswellia in place of steroids and to maintain proper balance. In the rare occasions that steroids are required for Drew, we use Boswellia to wean him off the steroids more

quickly.

I had been purchasing Boswellia through a “reputable” online company, until recently becoming involved with Shaklee. Upon reading over the literature on Pain Relief Complex, I realized the working ingredient was Boswellia. You see in order for Boswellia to have maximum penetration and minimal stomach upset, it is best taken with something fatty. Therefore, I was pleased to see the secondary ingredient, safflower extract. For Drew this means he does not have to worry so much with what foods he has eaten prior to taking the Pain Relief Complex.

*--Thanks! to
Gina, Michigan*

Product	Strength and cost	Dosage	Cost per year	Savings
Previous Boswellia	300mg/cap 90 caps/bottle \$25.00 / bottle	8 caps per day for 2400mg/day	32.44 bottles/year = \$811.11	
Shaklee Pain Relief Complex	1000mg/cap 90 caps/bottle \$35.00 / bottle	3 caps per day for 3000mg/day	12.17 bottles/year = \$425.83	\$385.28 for a superior product!

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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