



**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 Stress Management for everyday life!

**March, 2009**

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

- Welcome~Forward and Up!
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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.

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## **Welcome**

**Dear Member,**

This edition of Natural News will be unlike any other; it will be my last

newsletter prior to the launching of my Health Coaching for Equestrians! Bear with me here as I explain.

You see, I wasn't following my own coaching advice (the shoemaker's children have no shoes, no doubt), and it wasn't until I was teaching one of my Health Coaching classes about 9 months ago that I realized, "hey, I've missed the boat"! I was teaching my students to ensure that they follow their passions, for when you follow your passion, you can produce brilliance, and also have a lot of fun doing it! Voila, the birth of Natural Solutions by Anke, LLC Health Coaching for Equestrian's and busy career people!!!

So what is this "Equestrian Health Coaching"? It's helping you, the rider get the ride of your life. You have no idea how great your ride could be! It's also helping you, the busy person get the ride of you life (catchy play on words, eh?). Do you wish you could ride your horse without feeling guilty that the weight he's carrying may be too much for him? Would you like to be able to maneuver your body in synch with your horse so that your ride is seamless between horse and rider? How about getting on your horse from the ground without grunting and groaning and someone pushing your back end into the saddle? Do you just want the time to be able to get out and ride your horse without guilt and without time limitations? How about riding without pain or physical restrictions? Or even riding without fear and with confidence? That's what health coaching for equestrian's is about; it's about helping you the rider; with things that prevent you from getting the most out of your ride with your horse, and having that partnership that few experience, but everyone can have.

So dear reader, thank you for your continued support. I am excited to launch this new endeavor that truly has had my heart singing for the past 9 months, and I'm excited to share all the hard work with you and your horse! You can still look forward to the quality coaching and nutritional counseling that you've gotten for the past 6 years, but now there's an added benefit; the ride of your life! Plus many more programs and choices to fit your budget and your lifestyle.

***If you're in Madison WI, come visit us at the Midwest Horse Fair, booth number 5024 for our grand opening.*** I'd love to see you there and get a chance to talk one on one with you about you and your equine partner 🐾

Oh, and this newsletter will be much shorter than ones in the past, just because with all this change, I've had very little time for the newsletter creation! Look forward to much more creativity in the coming months! Also check back periodically on my website, the equestrian updates will be up and running by April 17th. Thanks for your understanding. Forward and Up!!!!

Learn more about our program:

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

**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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### **Shaklee!~Partners with U.S. Ski and Snowboarding teams in preparation for the 2010 Olympic Games in Vancouver BC Canada!**

Shaklee Corporation, the leading natural nutrition company in the United States, is the official nutrition supplier for the U.S. Ski Team and U.S. Snowboarding throughout their training for the 2010 Games in Vancouver, continuing a relationship that began in 1980. Founded in 1956, Shaklee has been supporting elite athletes for decades -- more than 54 gold medals have been awarded to Shaklee-powered world-class athletes.

"We currently use these products to enhance the hydration status and energy requirements of our athletes' demanding training schedules and busy lifestyles," says Troy Flanagan, Director of Sport Science for the U.S. Ski and Snowboarding Association, the national governing body for the U.S. ski and snowboarding teams. "Shaklee nutritional supplements are the only choice for us and are proving to be critical to our preparation for the 2010 Games!"

Flanagan says Shaklee products are instrumental in allowing the teams to perform at a high level in very rigorous conditions. "U.S. Ski Team athletes travel four to five months straight each year, flying to winter conditions in many different countries throughout the world. Shaklee's NutriFeron(R) helps boost their immune systems\* as they push through jet lag, drastic temperature changes, tough training, and the stress of competition," he says.

The U.S. Ski Team and U.S. Snowboarding use a broad assortment of Shaklee supplements, including Vitalizer for overall health and wellness, NutriFeron and Defend & Resist Complex for immune support, Cinch(R) for healthy weight

management, Shaklee Performance(R) for hydration and endurance, Physique(R) for post workout recovery, Joint Health Complex for healthy joints, Joint & Muscle Pain Cream for after those grueling workouts, and many others.\*

"At the U.S. Ski and Snowboarding Association (USSA), we make sure that the supplements that our athletes competing in the 2010 Games are taking are extremely safe and reliable," Flanagan says. "That's why USSA athletes are only provided with Shaklee products, which are manufactured to the highest standards."

Shaklee is proud to be the official nutritional sponsor of the U.S. Ski Team and U.S. Snowboarding, a relationship that began over 29 years ago and has since provided the nutritional fuel that helped support the teams in winning 10 medals in the 2006 Winter Games in Turin, Italy, and is currently helping to power the ski team and snowboarders in preparation for the 2010 Games in Vancouver.

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 Horse's Mouth!**

Okay, not really the horses mouth but those of you who know about my passion with equus will appreciate the pun!

### **Get the most for your Meal Money and have your body show it!**

Look 25 years younger, feel INCREDIBLE, have loads of energy, and wear the same size pants you wore in your twenties.... the cost.... priceless, right? Well, with the market being so slumpy, the last thing you need to worry about is spending money you don't have to- especially on things you DO NOT need. So we would like to show you how you can have the best of the best without compromising your budget.

We took a survey of three Americans' meals (purchased on a fairly regular basis). Of course we were interested in the health components, but we were also curious about the monetary costs (since healthy food should technically cost the most). What we found was VERY interesting... and an ideal outcome (in our health-conscious opinions...)

**Person A- Starbucks Fanatic**    ORDER: Mocha Grande and a Lemon Scone

\* CALORIES: 850 \* FAT (g): 39 \* COST: \$5.15

**Person B- McDonalds' Addict** ORDER: Big Mac Meal (Big Mac, Medium Fries, Medium Diet Soda)

\* CALORIES: 940 \* FAT (g): Your arteries don't want to know \* COST: \$5.11

**Person C- A Shaklee "Rx for a Healthier Life" Maven** ORDER: A frothy, decadent chocolate CINCH shake, a strip of Vitalizer, 2 Nutriferon capsules, and a teaspoon of VIVIX.

\* CALORIES: 285 \* FAT (g): 3 \* COST: \$4.68\* \*Price is based on Autoship and includes any product of your choice the following month (value up to \$93.25 SRP).

*For those who think Person C might have the better deal, your Shaklee waitress will be glad to take your order*

*--Thanks! to  
Dan and Marjorie  
Felton-Petry, VA*

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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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## **Subscribe / Contact Info**

**Professional Health Coaching Services  
Protecting the Body, the Home and the Environment...Naturally!**

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