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This months, [Health Quest](#) on Prescription for a Healthier Life

**April, 2009**

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## **Welcome**

**Dear Member,**

Last week, I had decided to take 6 days “off” work while my brother came into town to visit. This is just a week and a half before the big “grand opening” of my Health Coaching for Equestrians at the Mid West Horse Fair in WI. Crazy timing? No way! By taking some time off, and allowing myself to reflect and relax, I’ve been able to think of some really great ideas that will help me at the fair, plus I am now refreshed, energized and ready to go! My brother was also able to lend some great insight and ideas for my business as we would chat and take our walks together. Going on hikes, catching up on family gossip, world issues and how to change the world (ha ha) were all part of my brothers visit and our daily itinerary! Usually, I’m in my office for a large part of any business day coaching over the phone. Even though I work out at the gym, the hours at the desk do take their toll. So while I was with my brother, I noticed that even though I didn’t set foot in a gym for the entire 6 days, my pants got looser. That’s pretty impressive because I also downed an entire pint of Michael’s frozen custard! So what’s the conclusion? A good reminder that a daily walk, hike or other activity beats the pants off (pun intended) going to the gym! And it’s really easy to do...one step at a time.

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](#)

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**[Health  
Tips~A Walk  
in the Park!](#)**

Shaklee

EFT Practitioner

There are many reasons people decide to go for a walk. Some walk to get some fresh air, others to go from place A to Place B, yet others to escape the dreaded inside of a gym. Whatever reason you chose to go for a walk, understand that walking, either in a city, a forest or wide open spaces, offers many more benefits that meet the eye! If you’re looking to start a walking routine, remember the most important thing is to start one step at a time, and be realistic about how fast and how long you should walk. Don’t climb the highest peaks in the beginning; rather start the first week with a ridiculously no-fail goal, and work your way up from there...the peaks will always be waiting for you! I’ve included below some great benefits that many folks realize when starting a walking routine. See if any resonate for you!

### ***Walk to Get Fit:***

To turn your walk into a workout, you should be walking fast enough to raise your heart rate and break a sweat but still be able to converse. Grab a buddy for company, good conversation and great accountability! Tweak your technique as you walk; proper posture will make you walk more comfortable and robust. Lift up through the crown of your head and drop your shoulders back and down and lean forward from the waist. Keep your eyes on the horizon and chin parallel to the ground. Keep your knees slightly bent to reduce percussion, and your footfall should be heel to toe. When you feel like you're ready for more of a challenge, add poles to include your arms, chest, abdominals, back and shoulders in the "walkout". You can also add steps, staircases and hills to give yourself some interval training, and to engage balance and small muscle groups in your body.

### ***Walk to Reduce Stress:***

You don't need to pound the pavement at warp speed to reap the tension taming benefits of walking! Researchers at the Rippe Lifestyle Institute in MA found even taking a comfortable saunter can significantly reduce stress. If you can get to a more quiet location, like woods, arboretum or countryside field, you'll reap even more stress relief benefits! Incorporating a simple meditation technique either while walking or right before or after will increase your stress reduction. Choosing a mantra while you walk, focusing on your breath or listening to your footsteps will give your walk focus. A simple mantra like "I love life" is a positive phrase that will keep you from dwelling on stressful thoughts. Being curious while you walk will also focus your mind on things other than negative or stressful thoughts. Look at people's gardens, or learn to identify trees, flowers and mushrooms if you are in a more rural setting. By engaging your mind in things other than the "daily grind", you're giving your entire being a mini-vacation!

### ***Walk to socialize:***

Walking solo offers you a chance to clear your mind, but walking with another or a group offers plenty of other benefits! You can find a walking group in your area, and make new friends. Walking with others will help you to stay motivated and hold you accountable to each other; a great way to form a new habit and has some friendly camaraderie. By walking with others you'll be more apt to pick up the pace to the fastest walker, thereby getting fit. Walking with a group is a great activity to try at work. Go out for anywhere from 10 to 60 minutes during a lunch hour, and discover how refreshed you'll be when you get back to work. Another benefit, you'll be more apt to remain positive and level headed, even when you leave work and head home to pick up your kids and start the family evening routine. However you decide to walk, you'll find walking is a great way to exercise, reduce stress and get fit anywhere, anytime!

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!

### **Who's Watching the Hen House?**

Imagine you're watching the Super Bowl and trusting that the officials are completely impartial. Then imagine your outrage if you learned that half of them on the field were getting paid under the table by one of the teams (especially if your team lost!). It may be stretching the metaphor a bit, but the situation with drug testing in the US is not too different. One would hope that the physicians carrying out the clinical trials would be completely impartial, seeking only to discover what's best for the patients. But a new report from the Inspector General of the Dept. of Health and Human Services shows that the FDA has very little idea of which docs conducting drug studies have a monetary relationship with the sponsoring drug companies. That's because in nearly half of the clinical trials, the FDA does not have financial conflict of interest reports from investigators. Perhaps even more alarming, the feds oppose the Inspector General's recommendation that such conflicts of interest should be evaluated even before the clinical trials begin.

Criticism of the FDA from within the agency is arising as well. A letter to (then) President-Elect Obama from 9 FDA scientists suggests that integrity is a problem at this watchdog organization. The staffers charge that medical devices get inadequate safety oversight, and that some products make it to market with incomplete or inaccurate labeling. These whistle-blowers maintain that their complaints have been swept under the rug.

Whether the new administration will take these accusations seriously and make significant changes in the way the FDA functions remains to be determined.

*--From The People's Pharmacy Health News, 1/17/09, NPR*

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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.

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