



Welcome ~ New Beginnings!

How can it already be June 17th?!?! As you may have noticed, there has been a hiatus between this newsletter and the last one in April 2009. In fact, I'm far enough behind that I'm taking the liberty of combining the May and June 2009 newsletters together, and then starting to work on July's right after this one, phew! What could possibly have put me this far behind in my newsletter? I'm sure many of you guessed my "Eat, Pray, Love" personal journey over 3 countries and 3 months, but nah, that's not it (it hasn't happened, and won't in the near future, I promise!). Maybe you guessed that I was swept back into the cretaceous period and have been studying dinosaurs for the past couple of months. Cool concept again, but nah, that's not it either. Okay, I'll fess up, I've been following my passion and building Natural Solutions by Anke to become the premier health and life coaching stop for equestrian's (that's horse rider's for you grounded folk) and busy professionals!

It's been an amazing journey of almost 7 months to prepare my coaching business to properly service this market, and I'm finally here! The focus is to **help riders in and out of the saddle**; to help them to **simplify, focus** and **be productive** in their lives! "What's that mean" you may ask. Well, I'm here to share with you that according to my research, riders felt they needed help in 3 main areas; **fear and confidence**, weight management (heck let's call it what it is, you want to **lose weight!**) and **time** to not only get to your horse and to ride, but to be present with your horse when you are with him.

The vision of Natural Solutions by Anke is to help riders and busy professionals in these three areas using **group coaching coupled with 1 on 1 time**. My experience is that riders love the feeling of **community, support** and **accountability** from the group, and then the chance to share more personal issues 1 on 1 with me throughout the time that we spend together. It's been a win/win/win/win situation! A quote from one of my recent "graduates" of the Taking Care of YOU! Program; **"...a much better attitude for working toward my everyday and long term goals. Being able to see the importance of setting very small achievable goals so that I feel a sense of accomplishment...I'm learning that even a little bit of time with my horses is much better than no time at all..."**

I invite you to **check out my "horsified" website**, www.naturalsolutionsbyanke.com, and stay tuned for upcoming group coaching on all three focuses that encompass the mind, body and emotional aspect of the rider. Let me know what you're looking for to improve your ride!

To the ride of your life! Cheers, Anke

Health Tips ~ De-stress Your Commute

Whether it's your daily commute, or a full out "road trip" that encompasses the need for games like "ABC", "count the cows" or "I spy" de-stressing your trip will help you create a happier, healthier you!

I'm sure this has never happened to you, but I know that when Tim and I get into the car, I'm digging for the best hip hop CD's, and he's scanning the radio for talk radio...begin stress factor 1...

And I can't forget to mention that before we even step foot into the car, I have to pack and repack it to ensure that all of the things we're taking with us will fit (I think it's genetic from my father)! Tim thinks I over pack, I just know I'm ready for anything! Frankly, it's amazing what you can fit into a Hyundai Elantra hatchback! And if you run out of room IN the car, there's always the roof rack to attach a "burrito" (a blue tarp filled to the brim with every conceivable thing you may or may not need, tightly wrapped up to look like a burrito). Continue with stress factor 2...

Stress factor 3 begins with the fact that I believe when Tim and I get into the car, it's a great time to finally catch up on all that chatting and conversation that we haven't had time for. Tim, on the other hand, has all his back issues of The Onion, several magazines and a couple of books just in case he starts to run low...

It turns out though, that this scenario is fairly typical, and I'm happy to share that there are a few easy things that you and your partner can do to make either your morning commute together a valuable and fun start to your day, or make that road trip a time for fun and enjoyment.

1. **Start your day the night before.** Fuel your tank, set your coffee to brew, iron and lay out your clothes (not that I ever iron, but you may), and pack snacks or your lunch the night before to guarantee a calmer morning. Make sure breakfast is prepared as much as possible the night before as well so you get a good nutritional and emotional start to your day. Also, commit to a regular bedtime. A good night's rest will keep levels of the flight-or-flight hormone cortisol (which are naturally higher in the morning) in check.
2. **Rethink your departure time.** Allot an extra 10-20 minutes for weather, mishaps, and even opportunities for "random acts of kindness" on the road. Griffin and I recently did our second "turtle on the road" rescue this past weekend! If possible adjust your office hours so you aren't leaving during peak traffic times for the daily commute.
3. **Avoid multitasking.** Turn off your phone or PDA. If you must be available, put the ringer on low and allow non-urgent calls to go to voicemail.
4. **Relish the time.** Load your CD or MP3 player with your favorite tunes or books. Bring along your favorite healthy snacks and keep them within easy reach. Keep CD's in an easy to reach visor. Bring games and activities for the kids so that you can have some time to be quiet and think, or have engaging conversation.
5. **Create harmony.** Agree on things before you step one foot into the car! Have a plan and follow it, and compromise whenever you can. Maybe instead of talk radio you can have softer music, instead of reading the entire drive, share snippets of conversation.

Sugar Detox, a 3 part series ~ Part 1, Lose Weight

If you're run down, overweight, or moody, you could be suffering from sugar overload. In the next 3 issues of Natural News, we'll talk about how sugar and yeast can be the cause of these problems, and how to start working to correct them...and still lead a "sweet" life!

If it's impossible to slim down despite your best efforts, your **problem may be fructose**. This simple sugar occurs naturally in fruits, sweet vegetables and honey, but is also added as high fructose corn syrup to many baked goods, drinks, sauces and many prepackaged foods.

Recent studies have found that fructose very quickly turns into body fat, in some cases never even yielding energy for the body to use, says Richard Johnson, author of "The Sugar Fix". Fructose also puts a damper on the hormone leptin, which signals our brain that we're satiated and it's time to stop eating. To end your own sugar fix and lose weight, follow this plan from Johnson:

1. **Cut down on fructose.** Start by avoiding high fructose corn syrup and table sugar. Look for these in any processed food, including ketchup and other condiments, sauces, salad dressings, jams, peanut butter, meat products and commercially produced desserts. Eat no more than 35mg of fructose per day. Keeping track of fructose may be tricky, so here's a handy list of fructose-rich foods from Johnson's book.

Table Sugar, 1 tablespoon	2.0mg
Pineapple, 1 slice	4.0mg
Molasses, 1 tablespoon	5.5mg
Granola, 1/2 cup	7.0mg
Banana, 1 medium	7.1mg
Raisin Bran, 1 cup	7.6mg
Apple, 1 medium	9.5mg
Watermelon, 1/4 melon	11.3mg
Grapes, seedless, 1 cup	12.4mg
Apple pie, 1 slice	16.5mg
Carrot cake, 1 slice	27.0mg
Chocolate cake, 1 slice	36.0mg

2. **Say no to sugary drinks.** Sodas are obviously out - 12 ounces of cola has more than 20 grams of fructose - but pay attention to juices. One 8oz serving of orange juice has 10.7 of fructose, cranberry juice can have up to 13g, and apple juice 16g. Avoid smoothies, sweetened coffee beverages, wine coolers, and any bottled drink that lists high fructose corn syrup on the label. Stick to water, and unsweetened coffee and tea instead.

3. **Eat some starch!** Starchy foods (whole wheat pasta, potatoes, and even whole grain bread) may stay on the menu. They are rich in glucose, which stimulates insulin release, "a normal and healthy physiologic reaction", says Johnson.

4. **Take care of yourself.** Boost your metabolism with 30 minutes of exercise a day. Get 10-15 minutes of sun each day for vitamin D, and at least 500mg of vitamin C daily for antioxidants. Consider a daily quality multi like Shaklee's Vita-Lea. "Eat small amounts of dark 80%+ cacao chocolate on occasion-it helps lower blood pressure", says Johnson.

5. Take the no-fructose challenge. Eating fructose triggers the body to produce more of the enzymes that metabolize it, which leads to more cravings. You can break this cycle by going cold turkey for 2 weeks. Skip sweetened foods and drinks, including desserts, fruit and fruit juice, even honey. Read labels and don't eat anything with high fructose corn syrup. You can still eat potatoes, pasta, rice, vegetables, meat, fish, legumes, nuts and cheese. After 2 weeks, eat fructose in moderation, and get it from the natural sources like raw fruit and honey.

*Next month in July, **End Mood Swings when you rely on sugar!***

From the "Horses" Mouth!

"Anke Johnson is a health and nutrition coach that has what it takes to make a difference in people's lives. She has certainly been an inspiration to me during the last 12 years to achieve a healthy lifestyle.

A great coach is someone who has your best interest at heart, asks the right questions, listens and works with you to create a plan for success. She has certainly been patient with me as I would start a wellness program and for some reason or another, suffer a set-back due to an injury or other barrier. Anke always encouraged me to 'keep my eye on the prize' and stay focused on the goal, whether it was weight loss or getting healthier as I approach my 49th birthday this year. She has worked with me to achieve a healthier lifestyle especially since my career demands a hectic travel schedule. When success is achieved she celebrates the success with you and works with you to maintain results or go for something else.

Bottom line is that Anke's knowledge and passion to coach others to have a lifetime of wellness are keys to her success. She has made a difference in my life and I know she can help anyone who is open to creating a healthier lifestyle."

*Thanks to Barbara MacNeil
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