



Welcome ~ Summer fun!

July 2009

On July 3rd, the family went to Milwaukee zoo for a day of fun, and of course, I was reminded by Griffin my 6 year old of two of the tools of coaching; simplify and focus. For days before we left for the zoo, Griffin was already vocalizing the "toot toooooot" of an imaginary train...focus. At the Milwaukee zoo, they have a miniature train that goes around the zoo, probably a 10 minute ride. But that's 10 minutes of extreme fun to a 6 year old who's obsessed with trains! So when we arrived at the zoo, the first thing we had to do was go on the train. Clever mom that I am, I explained to Tim, my husband, that by doing this activity first Griffin would be settled in for a fun day of looking and interacting with some of the animals and we wouldn't have all his focus on the trains. Boy was I wrong. After the ride, all we heard from Griffin every time we heard the train whistle throughout the zoo was "can we go on it again? when can we go again? where's the train?". We did get to see the entire zoo, but we were never allowed to forget that a train was in our presence, and that Griffin wanted to be on it...talk about focus! Tim and I could have saved ourselves quite a bit of "train ride pressure" just by simplifying...we could have just bought three perpetual train tickets, grabbed a brew or two, and gotten comfortable for train ride after train ride...simplify!

This month's "What's New" on Children's health!

Health Tips ~ Join Shaklee FREE with 50PV!

Join Free with 50 PV is Back!

From July 1 to August 8, 2009, Shaklee is waiving the \$19.95 membership fee for new people joining Shaklee with an order of 50 point volume (PV) or more. You have the choice of ordering anything to make up that minimum 50PV, but below are some suggestions that may tickle your fancy and the fancy of your baby or kids!

Join Free with 50 PV + Shakleebaby™ or Shakleekids™ = An unbeatable invitation to Join Shaklee today!

Got some moms and dads (or grandparents) that you're talking to about Shaklee? Maybe it's you! From now until August 8th,* use these great offers for new Members and Distributors to Shaklee any they can save \$69.25 and get a great introduction to Shaklee nutrition for kids and parents!

Shakleebaby™ 70 PV New Member and Distributor Pack #53911

When a new Member or Distributor submits their Shaklee application and places their first order, if the order contains a complete pack of Shakleebaby, they can also receive one **Shaklee Vitalizer™ w/Iron for only \$10**, and get an extra 20.94 PV for a total of 70 PV!

Shakleekids™ 50 PV New Member and Distributor Pack #59219

When a new Member or Distributor submits their Shaklee application and places their first order, if the order contains a complete pack of Shakleekids, they can also receive one **Shaklee Vitalizer w/Iron for only \$10**, and get an extra 12.30 PV for a total of 50 PV!

*Each New Member and Distributor Pack (#53911 and #59219) is orderable one time only, while supplies last. They are only available to newly sponsored Members and Distributors who were sponsored between May 1, 2009 and July 31, 2009. The offer number must be added to the new Member or Distributor's first order. Please paste your text (from Notepad) here.

Sugar Detox Part 2 ~ End Mood Swings!

Last month, we began our series on "sugar detox" with losing weight by detoxing your sugar habits. This month, we'll focus on how sugar effects your mood!

When you rely on sugar treats for a hit of energy during a dull or jam-packed day, you'll be guaranteed a bout of irritability when the "high" fades. While sugar is a genuine addiction - eat too much and your brain gets hooked on its own chemical surges as it would with any drug - it is possible to learn new habits, says Kathleen DesMaisons, Ph.D., a specialist in addictive nutrition and author of *Potatoes not Prozac*, 2008.

Try these steps to end a sugar habit and to regain control of your moods. To determine if you're addicted, see "is sugar making you moody?" below. But go slowly, and remember that it is a cumulative process. You'll have better long-term success if you give yourself at least two weeks to one month to adapt to each change.

Is Sugar making you moody?

Look for these signs to see if you're "sugar sensitive", says Kathleen DesMaisons Ph.D.

1. Low-level anxiety or depression
2. Frequent sugar-craving binges
3. Withdrawal symptoms and irritability

Getting sugar out of your diet

Eat breakfast with protein. Within 30 minutes of waking, have a meal with at least 10 grams of protein to stabilize your blood sugar, Scrambled eggs or tofu, nut butters, and veggie sausage patties are all good options. Protein powders such as Shaklee's "Cinch" and yogurt are good as well.

Keep a journal. Note everything you eat to help you become aware of how much sugar you're eating and when cravings occur. You'll be less likely to slip into unconscious sugar consumption.

Stop snacking. Eat three meals a day on schedule and with protein. You can still have small amounts of sugar of all types (even desserts), but only with your meals. Better yet, add two small snacks in between the meals, and decrease some of the calories during your lunch and dinner. Eating a full meal helps slow sugar delivery which avoids the blood sugar spikes that cause cravings.

Take these supplements. To optimize your body's ability to metabolize carbohydrates, take vitamin B-Complex, vitamin C, and zinc.

Eat a potato every night. Although fairly high on the glycemic index, potatoes can combat mood swings and sugar cravings. Eating a whole one at dinner creates an insulin response that delivers the amino acid tryptophan (a precursor to serotonin) to the brain.

Switch to brown foods. Sneak high-fiber whole grains into your diet - eat whole wheat instead of white bread, brown rice not white - to help stabilize blood sugar.

Cut down on sugar. Avoid all refined and sweetened foods such as cereals, candy,

packaged cookies and presweetened beverages. Cut out sweet fruits (banana's, kiwi, apples) and eat less-sweet fruits like berries instead.

The Three Types of Sugar:

GLUCOSE is the body's main source of energy, mostly derived from starchy foods like vegetables and grains.

FRUCTOSE helps the body store calories, found in fruits and honey and other natural sweeteners like molasses, maple syrup, agave nectar, jaggery (unrefined palm sugar) and unrefined cane sugar. These sources also contain trace amounts of minerals and other nutrients. Too much fructose or refined sugar can lead to high blood pressure, type 2 diabetes, or even cancer.

GALACTOSE occurs in dairy and breast milk.

Next month, part 3 and our conclusion with sugar detox in "beat fatigue"!

From the "Horses Mouth" ~ Testimonials and Friends

My 11 year old son Michael was diagnosed with "hives" as a result of a virus this Winter. I concurrently had a sinus issue I was having trouble getting over. I talked to Anke about these issues, and she told us about the benefits of Alfalfa for both of these conditions. The very same day made sure we got a supply of Alfalfa to start taking, and after one dose, my son reported feeling better, and his hives on his face and back started to disappear. My sinuses were clear within a few days as well. I am taking Alfalfa daily now for its general health benefits and am so grateful for Anke's knowledge and guidance with how naturally helpful it can be for my family in many ways.

Anke is a great combination of enthusiasm, information and consideration. She has always been willing to answer my questions and share her ideas, experience, and expertise when it comes to any of her Shaklee health care or cleaning products (my favorite is the "Get Clean Scour Off"- it makes scrubbing pots easy and smells so great!). She listens carefully, shares from a place of compassion and knowledge, and always is cheerful and willing to help in any way she can. I think Anke is a reliable source of information and coaching, and I admire her passion for all she involves herself in.

Julie Wilke, Madison WI

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