



# Natural News!

From **natural solutions** by Anke, LLC

Volume 2, Issue 1

## Redefining Vitality!

What has 80 bio-optimized nutrients clinically proven to create a foundation for a longer, healthier life? Vitalizer! Based on 12 Shaklee clinical studies, Vitalizer provides the best spectrum of vitamins, minerals, antioxidants anti-aging phytonutrients, omega-3 fatty acids and



probiotics. And they are delivered to the right place at the right time with Shaklee's S.M.A.R.T. delivery system.

Vitalizer gives you:

- Supercharged vitality\*
- Enhanced immunity\*
- Stress management\*
- Antioxidant and DNA protection\*
- Heart and brain health\*
- Bone and joint health\*
- Digestive health\*
- Prostate health\*

And thanks to the unique Vita-Strip Daily Packs, they are easy to take - no matter where you are.

The Basics will be discontinued

in about 2 months, and replaced with "Vitalizer", which has the same as the Basics plus much more. It is comprised of 6 pills total (giving you 80 nutrients), and you take it only once per day (yippee!). The Vitalizer pack has the vita-lea multivitamin, carotinoids (new), vitamin E, Omega 3 oils (new) that are time released so there are NO fish burps, time released B complex and Vitamin C, and lastly an Optiflora pearl that has probiotics in it. Since 70% of the immune system starts in the stomach, you want that to work optimally!

Here's the link for more info on Vitalizer. Go to the bottom right hand corner for 3 pdf's <http://www.shaklee.net/anke/product/20246>

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## Get Your Shaklee Oooooonnn!

All I can say is "fun and great memories" for this years Shaklee Annual Conference in Nashville Tennessee! Kari and I did a road trip down to Lexington KY in the 100+ heat to see the KY horse park, and then on to Nashville the next day for the conference. I wish I could share all the laughs with you, but that would take 6 newsletters to explain! We danced, we sang, we learned

about the new products that were being offered, we bought \$5.00 cowboy hats and way too expensive shoes (but really comfy)! We heard some really great bands, and had a private concert given by Leanne Rimes! The attendance was about 7,000 people, so they had to fit us into their hockey stadium to have us all fit. We also had to decipher the local accent, especially when

it was included in song like "Get your Shaklee On". Until it was flashed on a screen, we had no idea what they were singing! On the way home, Kari and I discovered Gary Indiana's worst neighborhood...so that's why everyone else was avoiding it and would rather stand in traffic! "Look frumpy" Kari said as we passed through a truly scary area of town!

## Change the Mind, Change the Body

Dustin Maher is a Personal Trainer in Madison, WI. Dustin graduated from the University of Wisconsin in 2006 with a degree in Kinesiology, and has been personal training and teaching classes for over three years. Dustin has a daily class at Supreme Health and Fitness called MamaTone Fitness that is dedicated to helping moms reach their fitness goals. This dynamic class combines the power of weight training, cardio, core training, and nutrition into a one hour packed work out. Nonmembers of the club are also able to participate. He also specializes in core training, weight loss, and toning.

### Change the Mind, Change the Body

So you want to get in shape? Don't we all? Then why is it that 65% of American's are overweight or obese? Some blame it on lack of time, ease of fast food, friends, or the all too common genetics excuse. While all of these excuses have some validity, they all take the blame off the person and put it on someone or something else. If true and lasting change is what you are looking for, you have to first change your attitudes and beliefs, even before picking up that first dumbbell, taking that first step off the couch or eating that piece of broccoli.

The first belief change is from "I SHOULD start to exercise," to "I MUST start to exercise." The second belief change is full blame or success rests solely on YOUR ability to change, not someone else's ability to help you change. Lastly, the negative thoughts of past failures must be erased from your memory and filled with positive thoughts of success. Envision yourself in the state of health that you desire. How will that feel? What

will you be able to do then that you can't do now? What in the past has held you back from reaching your goals? What are obstacles that you can foresee getting in the way of reaching your goals? How can you overcome those obstacles to obtain your goals? Why do you even want to get in better shape? What types of things motivate you in life?

Take some time right now to answer these questions that have been posed. When you have completed them and are ready to take that next step into the body and energy levels that you dream of continue reading.

Once the right beliefs are in place you are now ready to start making practical changes. Here are some recommendations for taking action. Take before pictures and post them all over (refrigerator, car, purse/wallet, bathroom, and bedroom). Now take a picture of you in the past or someone else that you admire and want to look more like and keep that image close to you. Take body measurements to track progress. Tell all your friends that you are taking your health and fitness seriously. Surround yourself with healthy people who live active lifestyles. Make a food diary that includes EVERYTHING you eat or drink. Start to reduce or eliminate processed and high sugary foods from the kitchen shelves. Start moving even if it is just walking to begin with.



In the next couple months, a detailed plan of how to achieve the results you are looking for through proper nutrition, weight training, and aerobic training will be included. These components of fitness are in the order of importance. Notice aerobics are last on the list, but it seems most people focus on that, and are frustrated when they aren't seeing the results they are looking for. Next month's topic will be on nutrition and how to eat to fuel the body properly, and find ways of doing so that doesn't result in a "diet" that couldn't be sustained for the rest of their life.

You can contact Dustin at "dustinmaherfitness@gmail.com"

## A Quick View of some of the other New Shaklee Products Launched in Nashville!

1. Basic H2 has reached the industrial, institutional and government organization market with it's new "Green Seal" on it's 64 ounce bottles. Organizations that require Green Seal certification on products will be very pleased with Basic H2. Please see [Greenseal.org](http://Greenseal.org) for more information.
2. Shaklee has created more for our laundry!! We now have a High Efficiency (HE) formulation that's good for both standard and HE washing machines! This liquid laundry detergent comes in both a mild scent as well as the scent free formulation that never before been available in a liquid. Leave it to Shak-



- lee to combine all these features into one product!
3. Degrease yourself. Shaklee has provided us now with an extra spray bottle with a lovely sunflower design that's our "degreaser" formula. Just 1 1/4 teaspoons of Basic H2 in 16oz of water gives you a great degreaser for your kitchen, bath and garage, or wherever you may need it!
4. The Get Clean kit has grown. It now includes the degreaser spray bottle, Germ Off wipes and the new fragrance free or mildly scented HE/standard liquid laundry concentrate.
5. Last but not least, the new Whey Cinch Protein! If you're not a fan of soy, or have an allergy to soy, here's a great alternative to getting a quality protein

- source every day. A vanilla shake that's anything but plain vanilla. It's made with a whey and milk protein blend, so you feel "whey" full. Leucine so you don't lose muscle. And creamy flavor so you don't lose your will. You get all the benefits of a meal. Except it tastes like dessert.
- Delicious, healthy and satisfying meal at home or on-the-go
  - Powered by Leucine™ to help preserve muscle while you lose weight
  - With 24 grams of protein\* to help control hunger and help you feel full
- Contains no soy, Kosher certified too!

# Healthy Life Equals a Healthy, Energy Efficient Home

## A Healthy Life in a Healthy, Energy Efficient Home

What is the connection between healthy living and a healthy, energy-efficient home? To answer this question, let's look at the common language used by healthy living advocates and building science professionals: "mold, renewable energy, conservation, bacteria, indoor air quality, efficiency, systems-approach, comfort, safety, health, durability." General observation reveals that healthy, eco-conscious occupants usually inhabit healthy, efficient homes. So how can a person convert her/his surroundings into the manifestation of their healthy outlook? The answer is as clear as clean air: work with a trained, qualified Home Performance with ENERGY STAR® consultant to assess ventilation, heating and cooling systems, and building envelope integrity.

Madison-area homeowners J. H. and L. B. understood they had a problem in their home when headaches and high utility bills bothered their otherwise peaceful lifestyle. Working with a local general contractor, Building Services and Consultants professionals were hired to diagnose the problems prior to a planned renovation. Building Services staff identified a water heater generating excessive levels of carbon monoxide, inadequate insulation, and many air leaks allowing heated air to escape into the cold winter. Post-improvement testing confirmed home-

owner input: the discomfort, headaches, and elevated bills were now a thing of the past. This is only one story in a collection of many pointing towards a general trend that we *can* do something about unhealthy, inefficient houses.

A Home Performance with ENERGY STAR assessment requires 3 - 4 hours of building diagnostics using specialized equipment including an infrared camera, a blower door, and sensitive pressure gauges. The cost is \$325 - \$500 depending on the level of service requested. The Focus on Energy program currently offers an immediate \$75 discount. Computer-assisted modeling can show approximate expected annual dollar-based returns for performing certain improvements to your house. The fee accommodates an initial assessment, a full 10 - 15 page report, and a follow-up visit to confirm quality installation after the improvement work is completed. The report can contain referrals to trained contractors if desired. By working with Building Services staff, you may qualify for Cash Back Rewards through Wisconsin's Focus on Energy program – a utility / rate-payer funded initiative that helps to implement energy efficiency and renewable energy projects. John Viner, Kris Sanrope, and Mark Lydon will reliably work with you to provide the third party information you need to make your whole house work more safely, comfortably, efficiently, and *healthfully*.  
The Home Performance with ENERGY

STAR program is currently available in 16 states. Take advantage of this health-conscious, eco-conscious, forward-thinking approach to home improvement by contacting **Building Services and Consultants** at **608.437.1136** or by visiting [www.energystar.gov](http://www.energystar.gov) and clicking on **Home Performance with ENERGY STAR**.

*Special Thanks to Mark Lydon  
Home Performance Specialist*

*Ed's note: If you're thinking healthy home, then consider Get Clean environmentally and toxin free cleaners for your home. Please contact the person who sent you this newsletter to get more information. You can view more information by going to <http://www.shaklee.net/anke/product/50426>.*

*You can purchase all items separately, or in the kit, you chose!*

## Basic H<sup>2</sup> and Basic G no match for grime, grease, dirt..and wasp stings!

Hi Kari,

I just wanted you to know that the Get Clean products Bryan ordered are awesome! I cleaned our whole apartment yesterday with the H<sup>2</sup> and it got off the nastiest grime and grease and dirt off the walls, trim, and in the kitchen (and I didn't have to use a lot). We've used the germ stuff in the bathrooms and it feels much cleaner. I talked with Mom this morning and told her the same thing, she was pretty excited that we liked the stuff so well. Just thought

you'd want to know, too.

*Thanks to Michele Mackey!*

Griffin and I were watering our vegetables by



the side of our house, and he started to tap (okay, bang) on the satellite dish. The next thin I knew he was screaming and we were being stung by wasps. I hurried him into the

house, and put some baking soda and water on the stings...still lots of screaming. I had been stung too, so I was applying the same treatment with no relief. So I reached for the Basic H<sup>2</sup>, and put some 50% solution on each of our stings. The stinging and pain disappeared virtually immediately, and Griffin went about his business explaining to everyone that he had just gotten stung by a wasp, and that he didn't like them. No swelling, no after effects. Amazing is all I can say!

*Thanks to Griffin and Anke Johnson!*

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**Protecting the Body, the Home, and  
the Environment...Naturally!**

## Soup Can Cat!

Hi Kari,

Okay...you have to hear this Shaklee story that happened to me today...

I woke up this morning and was in the kitchen and noticed that there was an orange fluffy cat lying down in the grass between the dumpster and the garage, it wasn't moving. I made a noise and it didn't move. I went upstairs to get my shoes and came back down to the kitchen and the cat was still there. I made another noise, and it still didn't move. I was really hoping it wasn't dead. Well my plan was to clean the windows on my car so I got the Shaklee Basic H Windows and Mirror cleaner and a roll of paper towels, put my shoes on and headed outside. Well when the door shut it made a loud bang and the cat stood up. It had something weird on its head and as I walked closer

I realized it was a can of Campbell's Chunky clam chowder. It was stuck on the cats head!!!! The cat had got the can out of the dumpster. It was trying to walk with a can of soup stuck on its head! Well I started to freak out trying to think of what to do because I didn't want the poor cat to die. I tried pulling the can off with my hands but it was stuck in the cats fluffy hair and over his ears and I didn't want to hurt it (I did not want to see any blood!). Then I got an idea (it was a Shaklee moment, where a light bulb appeared over my head)...I sprayed the cat's neck and ears with the Basic H until it was pretty wet and the can wiggled right off. I knew the Basic H wouldn't harm the cat because it's environmentally friendly and it worked great!! The cat ran off with a wet head and soup on it's face, but he was alive!

I know this isn't a normal story for Shaklee cleaning products, but I was so thankful that the Basic H worked and it wouldn't harm the cat once he got free from the can. After that, I called Mom and told her the whole story, she laughed and said I had to tell you. Dad said I should have taken a picture but I was too frantic and worried about the cat. Then I finally cleaned the windows on my car. Feel free to tell anyone this story because it's the only one of its kind.

*Thanks again to Michele Mackey, and thanks for saving that poor cat!!*