



Your Health, Your Well Being

Prevention and Health
100 Years of Innovation

April 2015

Prevention...Getting and Stay Healthy

For me, prevention is key. However, that's not always important to others, and I get that. When we talk about our own health, one of the only ways for us to live the full life we want to live is to start thinking about prevention, instead of reacting when we need a cure.



In order for your car to service you with reliable transportation, it must have regular and timely oil changes, tune-ups, tire replacements, and occasional mechanical repairs. Every time the engine is turned on, it must have fuel, oxygen, and a spark. A sense of direction is needed to make a gainful trip.

The health of our bodies and minds have similar needs to our car, but they are often neglected. "I'll eat better tomorrow," "I'll start an exercise program after the holidays," "I've got to start going to bed earlier," "I need to take more time for myself," "I forgot my supplements again," are common comments of a person who is not valuing themselves or the gift of their health. In time, just as an uncared-for car, our health will begin to fail. And, just as with a car, failed health is much more expensive than prevention, and some things can't be fixed.

Even if you have great health insurance, the co-payments can add up, and loss of a job which provides the insurance can leave you "uninsurable" by private insurance. And, of course, if you end up not able to work due to health, you can't afford insurance anyway. Then, there's the cost of pain and suffering...

We must have healthful food, regular exercise, and a burning desire to be the best we can be. Remember-it is never too late to start making daily choices for our health. "Be true to

yourself" means not procrastinating on the things you know are right for you. It is not a mark of selfishness, but rather, of responsibility. Make up your mind to create a safe, supportive and nurturing environment so you can complete your desire to be as healthy as you can be, and you can contribute in more ways to benefit others, as well.

100 Years of Innovation

The year was 1915. Woodrow Wilson was President of the US. The Great War (what we would eventually call World War I) was raging in Europe, though the US had not yet officially entered the war. The 19th Amendment, which gave women the right to vote, was still 5 years away; congress voted down a bill that would have made the amendment unnecessary. Babe Ruth (then a pitcher for the Boston Red Sox) hit his first home run. And a young chiropractor named Dr. Forrest C. Shaklee created one of the first multivitamin supplements in the world.



For many years (exactly how many is a bit fuzzy) scientists had known that there were things-compounds-in the food we ate. But what they were and how they functioned were still mysteries. They were on the cusp of a shift in the understanding of how nutrition works. In fact, they were creating the science that we today call nutrition. It wasn't the beet, per se, that helped people be healthier-it was the microscopic compounds in the beet. And there were a lot of compounds. And they seemed to do a lot of different things.

Dr. Shaklee was one of those scientists who were examining food and the body's needs to try to understand how the two interacted. But while most of the scientists were interested in the theoretical aspects of these compounds (what is the chemical structure?, how are they related?, can we isolate them?, and so on), Dr. Shaklee was taking a practical approach-how can what we're seeing here help improve the health, and lives, of my patients?

With the creation of his Vitalized Minerals, he helped usher in the age of supplementation, which today... [READ MORE...](#)

Calcium - Bones, Teeth, and a Whole Lot More

When we think about calcium in the body, we naturally think of bones and teeth, and that would be logical, since some 99% of the body's calcium can be found there. And while that 99% is really important, it could be argued that the other 1% is even more critical for our lives.



But let's start with bones. We tend to think of our bones as very inert structures that simply allow for movement and form while offering protection for some very vital collections of other organs. That would all be true, except for the "very inert" part. In reality, a lot is happening with our bones. They're made mostly of collagen, a protein that provides the soft, flexible framework for our skeletal structure. The collagen is then strengthened by calcium phosphate, a mineral complex that hardens that framework into bones. Throughout our lives, our bodies go through a dynamic two part process of manufacturing new bone called remodeling. In the first part of the process, resorption, old bone tissue is broken down and removed by cells called osteoclasts. In the second part of the process, which is formation, cells called osteoblasts replace the old bone tissue with new. In an average adult 20% of their bone calcium goes through this resorption/formation process every year. It's almost like a new skeleton every 5 years.

Think of your body as having a bone bank account. During your childhood and teen years...[READ MORE...](#)

Closing Thoughts

"Sow the seeds of happiness in others, and you will reap a joyful harvest."

~Dr. Forrest C. Shaklee Sr. , Thoughtsmanship

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