

From: Natural Solutions by Anke, LLC <coachanke@gmail.com>
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Reply: coachanke@gmail.com



Your Health, Your Well Being

Sun Protection, Heart Health, &
Perform Your Best!

May 2015

Before, During, and After Exercise

Shaklee Performance is clinically proven to hydrate better than water. Plus, Performance has **more electrolytes and provides more energy than the leading hydration drink**. It contains **six hydrating electrolytes, including calcium and magnesium**. (Note: Gatorade label only lists sodium and potassium) Shaklee's proprietary OPTI-LYTE™ electrolyte blend plus our unique mix of carbohydrates **delivers both instant and sustained energy** and supports optimal hydration. Performance contains 3 types of carbohydrates: glucose polymer, fructose, and glucose-that release at 3 different times to provide **sustained** energy. This is a much better way to obtain energy than other drinks that are made with just glucose or sucrose (table sugar-cheap and nutrient-depleting). The glucose polymers make the difference. They're compound chains of 5 sugar molecules, all joined together, and are less sweet and more effective than sucrose. The polymers are small enough and dilute enough to pass through the stomach rapidly, providing the body with much-needed immediate fluid and energy. In addition, fructose is nearly four times as efficient at restoring liver glycogen than other sugars.



Clinically Proven

We call it Performance for good reason. Clinical tests with high-level athletes show that **Shaklee Performance** minimizes fluid loss for enhanced hydration, maintains blood-

glucose levels to sustain intense energy output and to increase stamina, and increases endurance for better athletic performance.

It does NOT contain artificial sweeteners (including sucralose and aspartame), artificial flavors, or synthetic colorants or stabilizers (including yellow #5, yellow #6, blue #1, red #40, brominated vegetable oil, or glycerol ester of wood rosin - READ YOUR LABELS!) **Formulated by request to be the only fuel for the athlete who used it to break the record for human-powered flight in the Daedelus Project.** Those involved in the project tried all the other available sport drinks and found that they did not produce the results they needed, so they came to Shaklee and asked them to make one for them. Fueled by Shaklee Performance, the "pilot" kept the ultralight aircraft in the air, by "cycling," for 72 miles-**the energy equivalent of running 3 marathons back to back to back without stopping!** Perhaps one of the reasons they came to Shaklee was that NASA had asked them to formulate an ultra-hydrating drink for the astronauts. Before Shaklee formulated Astro-Ade for them, they used to pass out from dehydration during re-entry to the earth's atmosphere and would feel lousy for days. NASA knew who to come to for the solution!

Recently, Griffin tested for his Black Belt in karate. The test was non stop with only 3 minute breaks, and lasted for over 5.5 hours. Griffin stayed hydrated with Performance, and kept his energy up with the Energy Chews. He did hit the wall as expected at about hour 4, but bounced back really well to finish off strong.

Congratulations Griffin, and thanks Shaklee!!!



Protect Your Children from Too Much Sun

Blistering sunburns suffered during childhood and adolescence are now believed to be the trigger for melanoma, which then takes 20-30 years to develop. **The risk of melanoma is particularly related to the duration and intensity of sun exposure received during childhood and adolescence.** If you had 3 or more blistering sunburns before the age of about 20, the risk of developing melanoma is 4-5 times that of someone who had no blistering sunburns.

Additional major risk factors are getting a tan only with difficulty and being taken to warm, sunny places for extended vacations. Studies conducted at New York University show that people who worked outdoors for 3 or more years as teenagers have triple the average risk for melanoma. Every exposure to ultraviolet rays is stored in our skin. Unlike tans, which fade in the winter, the damage done by ultraviolet exposure is cumulative. Parents should regularly apply sunscreen to their toddlers and educate them about the hazards of overexposure. *(from Harvard Medical School Health Letter)*

Enfuselle Healthy SPF 30 Sunblock



[Shaklee's unique SPF 30](#) formula utilizes a patented SPF delivery system to provide the highest level of protection against UVA and UVB rays without irritation. Deeply moisturizing, yet sheer and comfortable enough to use every day (even under makeup), this product is an oil-free, quickly absorbed, water- and sweat-proof lotion that locks in moisture without leaving a sticky finish. Its non-irritating formula was specifically created for sensitive skin. Shaklee's sunblock is clinically proven to filter out the sun's harsh rays to help prevent skin damage, and it adds extra protection against prematurely older-looking skin by neutralizing harmful free radicals. (By the way, someone asked if it contains avobenzone-also called parasol 1789. No, it does not. Avobenzone doesn't meet Shaklee's rigorous standards.) What you put on your skin goes into your bloodstream. Don't let your sunblock cause other health challenges

"I had my first opportunity to use the Shaklee sunscreen during a visit to Florida from my home in Wisconsin. Having been a Floridian for 15 years, I knew the Florida sun was very intense. The Wisconsin winters are not only long and cold, they're also pretty devoid of the sun, let alone bathing suit weather! Needless to say, my already white Scandinavian skin was "fish belly white". In the past, other sunscreens would protect, but I inevitably would get burned somewhere on my body. During my visit to Florida, I kayaked on open water, walked ten miles on the beach, and did a 20-mile rollerblade trip in the sun. During all this activity, I applied the [Shaklee 30 SPF](#) sunscreen only once each time, and NEVER GOT BURNED!!!! I only burned the tops of my feet while walking in the sand at the beach because I was walking in the water the entire time and it eventually washed off (after ten miles). Not only did it protect, it didn't cause the usual blemishes on my face and icky feeling that other sun screens do. Thanks Shaklee, and bring it on sun!!!!"

*--Thanks! to **Anke Johnson**, Madison, WI*

Side Effect Linked to Heartburn Drugs

Canadian researchers have found that older people taking acid suppressing drugs such as esomeprazole, lansoprazole and omeprazole are at higher risk for kidney failure. The scientists used medication and hospitalization records of nearly 600,000 senior citizens in Ontario between 2002 and 2011. Approximately half of these people were taking proton pump inhibitors like Nexium or Prilosec, while the other half were not.

Although hospitalization for kidney injury was uncommon, occurring in less than 1 percent of those in the study, it was still more than twice as likely among people on the heartburn medicines. This is not the only potentially serious side effect these drugs have been linked to. Other complications include osteoporosis and bone fracture as well as pneumonia and *C diff* intestinal infections.

-from The People's Pharmacy April 23, 2015

Put in the Best, Bring Out the Best

Clinically proven [Shaklee Sports Nutrition](#) products are used at the highest levels of competition so you can trust them every time you take them-before, during, and after your workouts. Train longer. Recover faster. Perform better. Shaklee Sports Nutrition products have helped Americans rule the Olympic podium-winning more than 100 gold, silver, and bronze medals! That's more than most countries! They have gone to the ends of the earth to prove Shaklee Sports Nutrition is the best-from the North Pole to the South Pole and all points in between. Nutrition is the best-from the North Pole to the South Pole and all points in between. Proven on the track, the ice, and the field; in the lab, the mountains, the pool, the gym, and even in mid-air, Shaklee has powered athletes to be the best they can be for decades



In fact, seven of Time-Life's *Greatest Adventures of All Time* were fueled by Shaklee. What about the rest of those adventures? Well, the vast majority of the others happened before Shaklee existed-or we're sure they would have used Shaklee products, too! And don't worry, these are natural products with no artificial flavors, sweeteners, or preservatives or other things that are bad for you. Everything you need. Nothing you don't. That's PURE performance. Don't trust your body to empty promises, marketing hype, questionable science, or artificial ingredients. For more information on the clinical studies supporting these products, visit clinicalshaklee.com. Shaklee Sports Nutrition products can help you perform, and we have the tests to prove it! We've been clinically testing our products for decades to give you the best that science has to offer. Thousands of athletes around the world trust Shaklee Sports Nutrition. They've got you covered no matter what you play, where you play, or how hard you play. Shaklee powers athletes to push limits and achieve more. Be YOUR best-every time!

"To be the best you have to give it everything you've got. You have to want it. Want to hurt. Want to be the strongest. I use Shaklee products exclusively as part of my daily routine."

-Billy Demong Two-time world champion and the only American ever to win gold in a Nordic skiing event.

Run Better, Hurt Less

A couple of years ago I doing a long weekend run and just plain ran out of gas. I walked the final 2 miles home and began to rethink my nutritional support. I thought I had a good diet--enough to support my active lifestyle, but I was missing a few key ingredients. I was only hydrating with water for runs under 12 miles and was not using a recovery drink other than doing my daily soy protein shake. I decided to try the Shaklee Performance prior to my runs and Physique after my runs to see if I saw a difference. The contrast could not have been more stark. My energy level during long runs was noticeable on the first try and I was no longer forced to take as much time between runs to recover. The most amazing thing was that post-run soreness has become a thing of the past. I can not say enough about how good these 2 products are. My husband is a mountain biker and he can't believe how, after getting beat up on a tough trail, soreness is non-existent in the days to follow.

*--Thanks! to **Karen Morrison**, Spokane, WA*

Performance and Physique for Having a Baby

Delivering a baby is certainly a workout. We've had many moms who were really helped with hydration and endurance by using Performance sports drink. And using Physique as soon as possible after delivery can really help with soreness and recovery. Plus, we've been told, a lot of times the hospital just can't/doesn't bring food fast enough. Physique is healthier and more useful anyway. We've had moms report that, as they drank the Physique, it felt like their bodies were saying, "Aaaahhh... THANK YOU!"

Why It's Good to Keep Performance Around Even if You're Not an Olympian

You don't have to be a serious athlete to use these products. Weekend warriors and normal people doing normal workouts can also benefit. Plus, Performance drink is great for gardening or yard work on a hot day or even as a refreshing drink instead of sugar laden or artificially sweetened and/or colored drinks. If you are sweating, Performance is a great option.

A second, and also very valuable use, for Performance is when you are sick and water just does not feel right. Performance drink does, and can, help calm nausea and help rehydrate you better than water. This helps you avoid becoming dehydrated, which is easy to do when you have been vomiting or have diarrhea, both can throw off your electrolytes.

Performance Keeps an Old Guy Going

I love volleyball-especially outdoor volleyball. The sweating, the diving in the dirt and rolling in the grass-it's one of life's great pleasures. A few years ago, I was spending a day with friends, and volleyball figured into a large portion of the day. After several hours of play, I was working on getting another game going, and one of the fit young 20-somethings in the group said, "I'm really ashamed-I have less energy than the old guy." While I wasn't big on the "old guy" part of the comment, it made very clear the advantage of drinking Performance (which he wasn't doing-hah!).

-Dan

New Statin Study Confirms Link to Diabetes

Do statins raise blood sugar and increase the risk of diabetes? A new study says the risk of diabetes is substantially greater than previously reported. Statin-type cholesterol-lowering drugs like atorvastatin, lovastatin and simvastatin are supposed to prevent heart attacks and strokes. New research from Finland suggests that such drugs may increase the risk of developing type 2 diabetes by 46 percent, a condition that is strongly linked to heart attacks and strokes. What gives?



For over a decade, there have been indications that statins could trigger diabetes in people with normal blood sugar and make control of diabetes more challenging in people who already had the disease. In 2008 a study called JUPITER (New England Journal of Medicine, Nov. 8, 2008) revealed a link between rosuvastatin (Crestor) and type 2 diabetes. Nowhere in the abstract or the conclusions was there mention of this connection. That is what busy doctors often look at rather than read the entire article. If, however, you took the time to actually review the full results you discovered that although the authors downplayed the risk of elevated blood sugar they admitted that, "Nevertheless, physician-reported diabetes was more frequent in the rosuvastatin group (270 reports of

diabetes, vs. 216 in the placebo group..." And in the discussion the authors admitted that:

"We did detect a small but significant increase in the rate of physician-reported diabetes with rosuvastatin, as well as a small, though significant, increase in the median value of glycated hemoglobin [HbA1c]. Increases in glucose and glycated hemoglobin levels, the incidence of newly diagnosed diabetes, and worsening glycemc [blood sugar] control have been reported in previous trials of pravastatin, simvastatin, and atorvastatin. However, systematic protocol-specified measurements showed no significant difference between our two study groups in fasting blood glucose levels or glycosuria during the follow-up period. Therefore, although the increase in the rate of physician-reported diabetes in the rosuvastatin group could reflect the play of chance, further study is needed before any causative effect can be established or refuted."

Granted, this is doctorspeak and somewhat hard to decipher. Their analysis seems to be attempting to downplay the risk. The seeds of doubt are planted with the phrase "could reflect the play of chance." And indeed some cardiologists choose to either ignore or minimize the connection between rosuvastatin (and other statins) and diabetes.



The American College of Cardiology (ACC), the American Heart Association (AHA) and the American Diabetes Association have all come out strongly in favor of statin therapy. In fact the ACC and the AHA published a "Risk Calculator" that pretty much requires all physicians to prescribe a statin to anyone with diabetes. When asked whether statins might trigger diabetes or make it worse, cardiologists typically respond that it is nothing to worry about and that the benefits of statins far outweigh any risks.

The most recent study tracked 8,749 Finnish men between the ages of 45 and 73. None had diabetes at the start of the trial. They were followed for nearly six years. After all the technical analysis, here is what was found at the bottom line: "In our study statin therapy was associated with a higher risk of diabetes (46%) than previously reported." Wow.

There is no longer any doubt that statin-type cholesterol-lowering drugs like atorvastatin (Lipitor), lovastatin (Mevacor), rosuvastatin (Crestor) and simvastatin (Zocor) can trigger diabetes. And based on the Finnish trial, these drugs also make it harder to control blood sugar. Perhaps most convincing, the higher the dose, the worse the problem. In other words, a dose-related problem usually signals that the adverse effect is caused by the drugs and is not merely "chance."

--Drugs can certainly have some very positive effects, and they can play a key role in people's lives as they struggle with health issues. And no one should ever stop any medication without consulting with the prescribing physician. That is certainly the case in this situation. But we so easily forget that, no matter how "safe" a drug is declared to be, it alters our normal physiology and comes with side effects (more people die every year from taking aspirin than heroin, for example). Granted, it seems easier to take a pill than to adjust our lifestyle to deal with issues such as blood sugar, cholesterol levels, or excess stomach acid,

but these latest studies are another reminder that choosing to do so comes with its own price. Before getting committed to a drug regimen, find out if there are healthier alternatives. Or if you're on meds, work with your physician to see if there's anything you can do to get off.

Shaklee offers several heart health options, click [here](#) to see what your options are!

Closing Thoughts

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

~Dr. Forrest C. Shaklee Sr. , Thoughtsmanship

Contact Info

Anke Johnson
608-467-0008
coachanke@gmail.com
www.anke.myshaklee.com Shaklee Main Page
www.naturalsolutionsbyanke.com Health and Life Coaching
www.de-spookyou.com Online Equestrian Confidence Coaching
www.WhyIRideHorses.com Blog

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