



## Your Nutrition, Your Health

Goodies for your health!

January 2013

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### Ever Wonder about the History of Dr. Shaklee?



It's actually a fascinating story! from tuberculosis to radiation induced cancer and the healing of both using plants and nature, Dr Forrest C Shaklee was an amazing man and visionary!

Two things propelled Dr. Shaklee to achieve: His belief in Nature's ability to heal, and his belief in Thoughtsmanship.



### It's not too late! You can still take advantage of Shaklee 180 and No-Fee Coaching

Do you have habits you'd rather not feed? Are you willing to dig deeper and move forward faster? Are you looking to achieve a healthy weight once and for all?

The **Shaklee 180 science** and coaching from **Natural Solutions by Anke** may be your combined ticket to enjoying all the benefits of what a healthy weight has to offer. Your benefits are personal to you; so it may be greater confidence, more joy, absence of illness, ability to physically do more, greater endurance and productivity. Whatever benefits your healthy weight await for you, get started on reaping them now and for a happily ever after.

Shaklee 180 is available any time to you, but you do have to act by January 31st, 2013 in order to get the abridged **No Fee** "Once and For All" coaching that will help you launch your success to a higher level. You **save over \$800 on coaching** with this offer.

It's not about skinny jeans, it's about you getting healthy and living your best life. But hey, we'll take the skinny jeans too!:)

For more information and to get signed up now, contact the Shaklee Distributor who sent you this email. You've waited long enough, it's time to take action for a healthier you!

[read more](#)

Fully Guaranteed, nothing to lose but what you choose!

## Seven Keys To High Energy Living ~ By Brian Tracy

Energy is a key luck factor. For you to be at the top of your form, to be action oriented, fast moving, and extremely productive, you have to have high levels of physical and mental energy.

For you to be able to take advantage of all the possibilities around you, and to have the continuous enthusiasm that keeps you and others motivated and moving ahead, you have to organize your life so that you feel terrific about yourself most of the time.

### 1. Eat the Right Foods

The first key to high energy is a proper diet. To perform at your best, you must eat the right foods, in the right balance, and in the right combination. Your diet has an inordinate impact on the amount of energy you have, how well you sleep, your levels of health and fitness, and your performance throughout the day and into the evening.

### 2. Watch your Weight

The second key to high energy is proper weight. Proper weight is essential for health, happiness, and long life. Being slightly under your ideal weight is best. As they say, you can never be too rich or too thin. If you are not happy with your current level of physical health, you need to set specific goals for yourself for the weeks and months ahead. [Read More...](#)



## Lower Your Stress--Without Paying Time or Money

Not that anyone has stress this time of year... So here it is--very simple: you just take LOTS of deep breaths. You can do this as you drive, maybe using traffic lights or stop signs as reminders. Every time you go to the bathroom, during each meal as you chew (NOT as you swallow!), or while you're watching TV(maybe let commercials be a cue). Just breathe in deeply, as much as you can, wait a second or two, slowly breathe out, then wait until you feel ready to breathe again. Repeat. Not only is it calming, but most of us are severely oxygen-deprived. This can really support your overall health! Maybe by the end of the holidays, you'll have developed a new healthy habit, and you'll be encouraged to work on more!



## Shaklee Dish Wash Powder Works!

*From Kris K, Middleton WI...*

Also, I love the dishwasher powder! I have tried every green product out there and most of them didn't work and all of them left a film to varying degrees. Green dishwashing detergent meant you had to compromise. Ecover was the best one that I found until now. The Shaklee stuff is great! Everything is clean. I don't have to rinse anything unless it's baked on and there's no film. And I love the laundry soap, too.

## Upcoming Events

1. **Shaklee 180 product Tasting**, January 31st 6:30PM. Please call 608-467-0008 for location and to RSVP, or email [info@naturalsolutionsbyanke.com](mailto:info@naturalsolutionsbyanke.com)
2. **Health and Wealth with Anke Johnson and Carrie Waters-Schmit!** Come to Speed in Fitchburg to give you all a great start to 2013 for the two most sought after resolutions: greater wealth and healthy weight! Anke will share information and a tasting sensation of select Shaklee 180 and sports products. Carrie will share some simple but very effective ways to change your financial outlook for 2013 and beyond! Questions? Contact Anke at [info@naturalsolutionsbyanke.com](mailto:info@naturalsolutionsbyanke.com) or call 608-467-0008.

## Closing Thoughts

**"Some people dance in the rain, other people just get wet...."**

*~Author Unknown*

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**Save over  
\$800**

With Healthy Weight coaching combined with Shaklee 180! See our cover story for more details, and contact the distributor responsible for sending you this newsletter!

**Offer Expires: Midnight January 31, 2013**