

Tips About Nikken's Nutritionals

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Why Should You Learn More About Nikken's Nutritionals?

1st: Because nutrition is very important. (See the car analogy below).

2nd: Did you know that a single serving of spinach in 1950 contained 158 mg of iron? A present day portion the same size contains only 2.2 mg of iron. It would take a huge wheel barrel full of spinach to give us the same amount of iron.

3rd: There are 4 main reasons that set Nikken Nutrition apart from the rest.

Think About This

Everyone deep down knows the importance of prevention, but many people don't think about it. Perhaps its because health care in our country is about treatment and disease instead of prevention and wellness.

Well consider this. Do you own a vehicle? What if I told you right NOW that the car you drive would be the last car you will ever own! You can no longer get a new one, and it MUST LAST you for the rest of your life? If you **absolutely** knew it would **be the last vehicle** you would ever own, do you think when you leave here today you would take better care of it? Do you think you might do some things for your vehicle you might not be doing now? Would you learn do some things better?

Why do people change their oil filters? Cars with clean oil filters run better & last longer. Why do we do frequent PREVENTATIVE maintenance? Isn't it because we know that it's much less costly to take care of the oil, filter, etc., than it is to replace an engine or transmission, or worse, replace the entire vehicle?

Well, guess what? You ARE IN THE LAST VEHICLE YOU WILL EVER HAVE IN YOUR LIFETIME; it's your BODY. As far as I know, you only get one in this lifetime. Don't you agree heart surgery, liver problems, severe illnesses are more expensive to repair then if you incorporated into your life a natural routine of prevention? And did you realize for every dollar you spend in prevention, it costs \$15 to fix the problem down the road?

- **Liver is the oil filter of your body.** A car with a clogged oil filter gets very sick. Like a car, we need to keep our liver clean so it can continue to remove toxins from our body. As we age, our liver needs more help.
- **Minerals are the fuel and octane of your body/vehicle.**
- **FOS keeps our intestines clean.** (It is like a radiation flush to a car. To keep a more efficient internal function of the car). Our intestines were meant to be our sewer line, but instead they've become our septic tank. 60% or more of diseases come from our intestines. Per American Cancer Society statistics. If we could insure we have one bowel movement per day with ease, we would drop our susceptibility to colon cancer by 4 times.
- **Digestion** – Natural enzymes aren't adequate anymore. We need to provide the enzymes that our body needs. This allows us better use of our food for energy.
- **Antioxidants prevent internal corrosion** from occurring to your vehicle. Free radicals, which break off, are "corrosive" & are known to cause illness & cancer. Antioxidants eliminate free radicals. It gets very expensive to replace the internal "parts/organs" of your vehicle. Prevention is the smarter way to go.
- **Skin care is the surface of your body/car and surface defense for your body/vehicle.**

FOUR points that set Nikken Nutrition Apart:

1. **Pharmaceutical grade** – Did you know nutrition companies do not have to correctly list what is in their bottles? Pharmaceutical grade means 98% or greater of what is listed on the label is confirmed to be in the bottle. Pharmaceutical grade requires an independent company must test the batches to insure the product is pharmaceutical grade. Pharmaceutical grade means, you ACTUALLY receive in the bottle what the label says. There are only a handful of companies in the entire nation, which produce pharmaceutical grade nutrition. Remember: you get what you pay for.
2. **Minerals from the Deep-Sea** – We farm our minerals from the deep sea. We collect our minerals from 3,000 feet beneath the ocean off the coast of Hawaii. (completely non-polluted!). They contain 129 trace minerals no longer accessible in our surface soil due to over farming.
3. **Bio-Directed Nutrition – targeted for specific areas of the body & easily assimilated.** Do you realize that over 60% of all nutritions consumed do NOT break down in the body, but are later flushed down the toilet? We refer to these as potty pellets because they are found in the sewer tanks still undissolved. When nutrition is “packed” & pressed & bound synthetically, it takes the body too much time & energy to break them down before they are passed from the body. Nikken’s nutrition has an herbal base for ease of breakdown – it begins in seconds to break down. Nikken’s nutrition is “food” & should be taken like food (several times per day). Nikken nutrition is targeted for specific areas of the body. You can test nutrition breakdown as follows: take 2 small plates & fill with white vinegar (just enough to cover the nutrition). Place Nikken nutrition on one plate, and another brand on the other. Watch how long it takes to dissolve. It should begin immediately & complete within 30 minutes. If you do find a nutrition that dissolves rapidly, remember, unless it is ALSO pharmaceutical, the only thing you can be assured of is that it dissolves. You still may only be getting 17% of what is in the label. Again, you get what you pay for.
4. Nikken Nutrition is the only nutrition in the World designed to **work in synergy with magnetic/far-infrared technology.** Nikken has designed a nutrition program to work synergistically with the above technologies to achieve a higher level of health. Synergy means $1 + 1 + 1 =$ can add up to 16. No other nutrition company in the World does this.

Additional Things to Think About

Liver: Do you realize your liver is the oil filter for your body? Do you know how plugged up our livers are getting? Our livers weren't meant to work so hard, trying to filter out all the man-made synthetic, pollution & pesticides we are absorbing into our bodies. The liver has to remove toxins & chemicals. What if it can't? Did you know that if your liver is working poorly, the rest of your body works poorly? You might say, my liver's fine, I'm healthy. Did you realize if your liver is not healthily, there is not pain experienced so you might not know you have a problem? Let me ask you: do you pump your own gas? Do you eat foods grown with pesticides? Do you ever use hair spray? Do you ever experience water or air pollution? Just these normal daily routines place our liver at stress. We need to feed our liver, let it cleanse & remain at its optimal level to take care of us. Just like our car filters. Our liver product provides a cleansing to our liver and allows our liver to take care of us like the body designed it to do. Some people have noticed “cravings” disappear on this nutrition as the body works more effectively. Some have seen skin clear up since excess toxicity in the liver can produce skin breakouts and eczema as the toxins try to exit the body through the skin.

For Women: These vitamins work in conjunction with the bio-directed multi-vitamins. It is a mineral/herb formula for women over 35. It is designed to provide balance in hormones, cleanse the urinary tract, relieve

menstrual cramps & muscle spasms. And the Soy Isoflavones are said to aid in breast cancer prevention. Men and women are different. Nikken developed programs specific to each sex.

For Men: These vitamins work in conjunction with the bio-directed multi-vitamins. They are designed to ease problems related to the prostate gland (which affects about 50-60% of men) as the Saw Palmetto Berry ingredient reduces swelling of the prostate. The vitamins are geared towards helping men diminish their risk of heart disease as well. It contains powerful antioxidants, which are oxygen atoms with an extra electron. They stop the free radicals (atoms missing an electron) from stealing electrons from other atoms. Other beneficial ingredients are targeted at lowering blood pressure, cholesterol and helping liver & blood disorders.

Joint: This nutrition product acts like “W-D-40” for your joints. It contains CM (Cetyl Myristoleate). This is a proprietary product & has the highest available CM @ 30% on the market. It is a great anti-inflammatory. Other nutrition companies only provide 3-13% CM, which is not enough to produce the significant benefits to the body. Additionally, Joint contains Glucosamine hydrochloride, which has many benefits, but perhaps the greatest, centers in its support of building cartilage. What is so exciting about this nutrition product is many people can feel it work quickly. When CM is combined with Glucosamine, it works synergistically (i.e.: 1 + 1 equals greater than 5). The CM alone performs 4 functions: Anti-inflammatory – for any inflamed area including joints, soft tissue, organs, muscles, etc. Joint Lubricant: to help with stiffness, especially in the morning. Immune system Modulator: it balances the immune system. In certain conditions and health challenges, the body can’t distinguish between good/normal cells and bad cells so it attacks all of them. By balancing the immune system, the body repairs better. Analgesic: to relieve discomfort. When you combine this fabulous CM with Glucosamine (with the ability to rebuild cartilage in joints), many people see both fairly immediate results from the CM & long term with the Glucosamine combination.

Skin Care: We have a local dermatologist who sends us his difficult skin care cases. He shared with us that our skin care is the only skin care product on the market, which focuses on setting the pH of the skin “back in balance”. When the skin returns to its natural slightly acidic balance, skin conditions tend to correct. Oily skin becomes less oily & acne recedes; dry & scaly skin improves & softens. We have had marvelous success with extremely difficult skin, not responding to other measures. Additionally, our skin care does not have perfume or lanolin in it, which are two items that cause skin stress.