

NIKKENWELLNESS

Everyday

Organic-Based Weight Management
designed for *Active Wellness*

Cleanse

Balance

Energize

 **NIKKEN**®

It's not a temporary weight loss program.
Taking steps in the right direction

Everyday

will help make all the difference!

Everyday

Organic-Based Weight Management

THE EVERYDAY
DIFFERENCE

How NikkenWellness Everyday Organic-Based Weight Management differs from others

The U.S. Department of Agriculture (USDA) states that organically produced foods must be produced without:

- antibiotics
- artificial growth hormones
- high fructose corn syrup
- artificial dyes
- artificial sweeteners from chemicals
- synthetically engineered proteins and ingredients
- sewage sludge
- irradiation

Virtually every weight management program focuses on weight loss and diet food. These foods are too often full of chemicals, preservatives, added sugars or artificial sweeteners. You might lose weight but you are ingesting things that are harmful to the body.

At Nikken, we saw a need and developed the solution. Everyday Organic-Based Weight Management is not a temporary weight loss program. It's a way to eat well and live well everyday. It will help make all the difference!

NIKKENWELLNESS

Everyday

Organic-Based Weight Management

WAYS TO SUCCESS

Cleanse



Detox

Flush out toxins

Balance



Stabilize
your appetite

Burn fat

Energize



Increase
metabolism

Exercise and
Sleep

Everyday

Organic-Based Weight Management

3 SIMPLE STEPS



Cleanse

- Drink plenty of water
- Eliminate toxic foods
- Consume more green, leafy vegetables and other high fiber foods



Balance

- Reduce carbs to about 50–90 grams daily
- Eat protein in the form of seafood, legumes and lean meats
- Avoid saturated fats



Energize

- Keep healthy organic whole food snacks and drinks on hand
- Get enough sleep
- Exercise daily for at least 30 minutes

Developing a healthy approach to eating requires a commitment to Active Wellness and creating a positive lifestyle. Weight management is crucial to health—the reduction of risk factors such as heart disease, stroke, diabetes, osteoarthritis and even some forms of cancer—and longevity. Before embarking on any type of weight loss program, we recommend checking with your physician.

Cleanse

Detox and flush out toxins

Digestion and metabolism work in tandem. If the body cannot properly process food—absorb nutrients and discard waste—it cannot metabolize efficiently.

Focus on helping the body flush out toxins by eliminating certain foods, drinking more water, and introduce a liver support and digestive supplement to your diet



Balance

Stabilize your appetite and burn fat



What you eat affects your individual rate of metabolism. Protein boosts your metabolism and carbs slow it down. Protein takes longer to digest and therefore reduces your appetite. You feel full for longer periods of time and will naturally eat less.

Focus on boosting your metabolism and balancing your diet with the right proteins and healthy fats

Energize

Increase your activity level and
rev up your metabolism

Carrying around extra weight is tiring. As a result, many people who begin a diet often lack energy. Daily exercise helps rev up your metabolism and burn calories. A whole food snack can counteract low energy levels. And don't forget sleep! Studies show that when the body doesn't get enough sleep, the stomach increases its production of an appetite stimulant called ghrelin. Good sleep is therefore believed to be important in managing weight.

*Keep whole food snacks
on hand, exercise daily
and get enough sleep*



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Protein

Choose a fist size portion of lean protein

Vegetables

Add a portion of vegetables to at least two meals each day

Carbohydrates

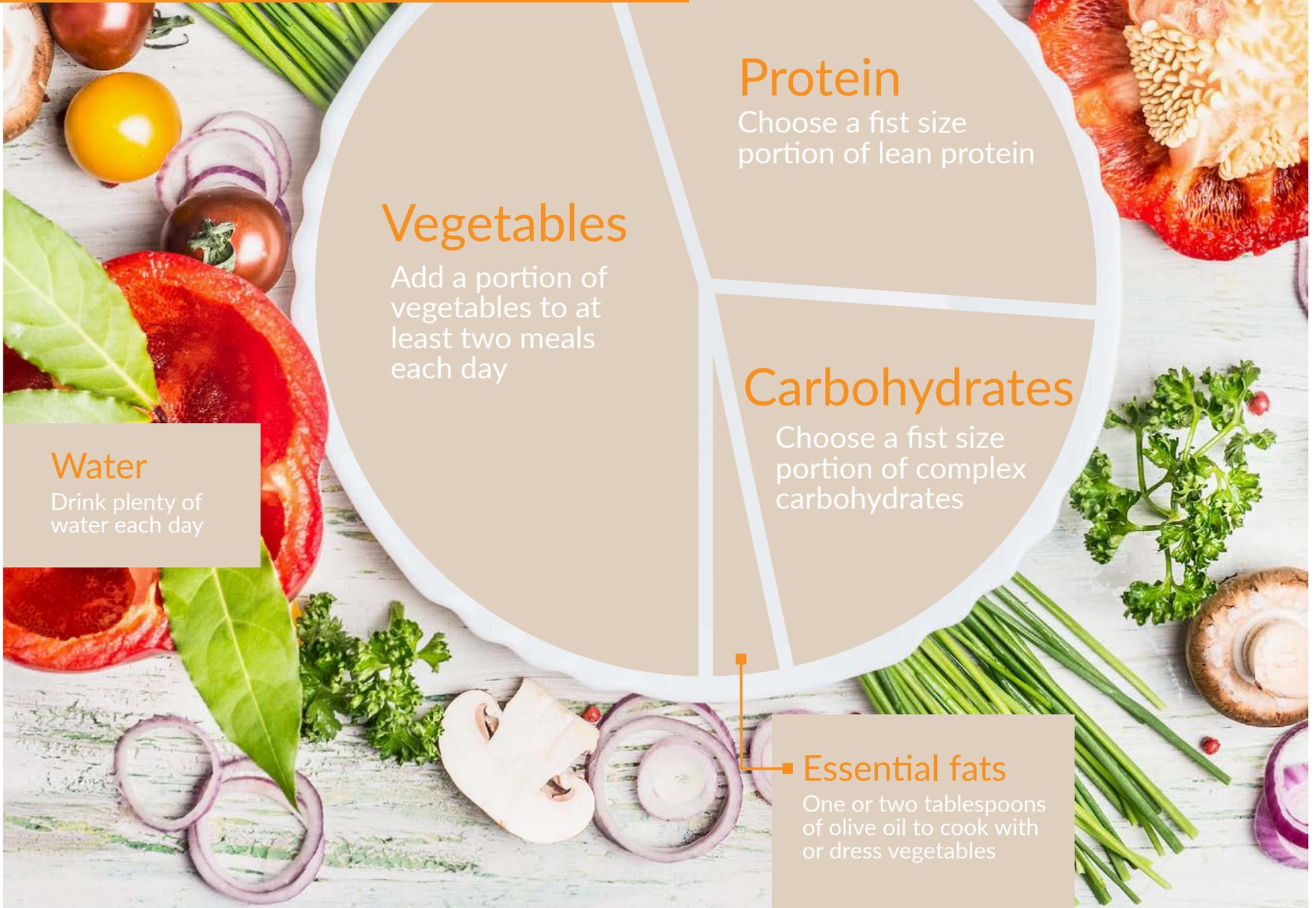
Choose a fist size portion of complex carbohydrates

Water

Drink plenty of water each day

Essential fats

One or two tablespoons of olive oil to cook with or dress vegetables

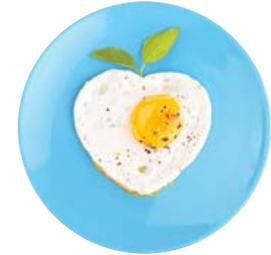


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Suggested MEAL PLAN

Breakfast



Mid Morning Snack



or



or



Jumpstart Diet (First 30 days):



Lunch

Maintenance Diet:



or

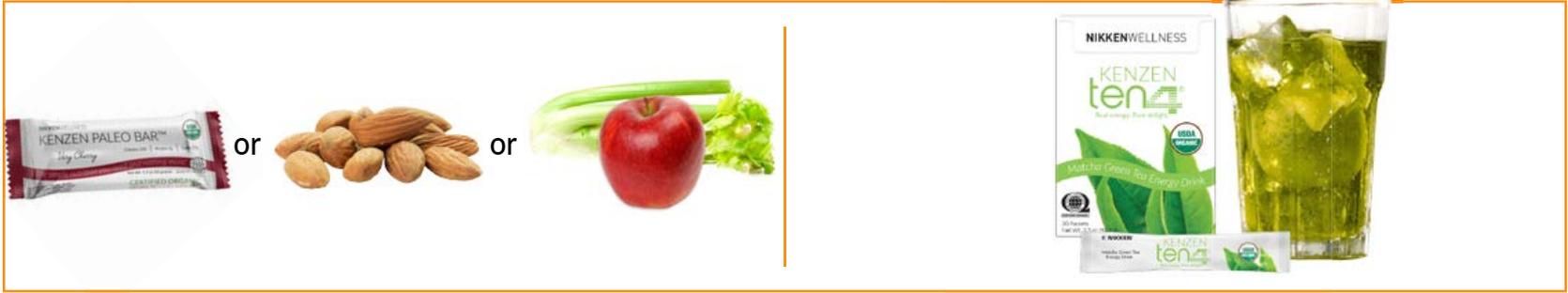


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Suggested MEAL PLAN

Mid Afternoon Snack



Dinner



Fat has three times as many calories as protein or complex carbs, so when putting together your meals, make sure you have lots of vegetables, lean protein and only small amounts of fat.

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Eat

- fresh fruits that have complex carbs like watermelon, strawberries, cantaloupe, grapefruit, blackberries, oranges
- generous amounts of fresh green, leafy vegetables and legumes
- lean protein: chicken breast, turkey breast, lean ground turkey, salmon, tuna, crab, swordfish, lean beef, eggs, cottage cheese or nuts
- substitute an organic vegan high protein shake or meal replacement for breakfast or lunch
- natural sources of vegan omega fatty acids are flax seeds, walnuts, chia seeds and algae

Avoid

- alcoholic beverages
- prepackaged food
- protein bars that are not a wholefood snack
- grains high in gluten such as wheat, spelt, barley and rye (replace with brown rice, quinoa and oats in limited quantities)
- food with added sugar
- food with GMO
- canned and boxed food that are not organic and sugar free
- anything white, including rice, pasta, bread, cereal

Eliminate

- processed foods
- sodas, juices, and any other artificially sweetened or sugar-added drinks
- natural and artificial trans fats
- fast food
- saturated fat
- fried foods
- food with antibiotics
- food with artificial growth hormones

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HEALTHY FOOD COMBINATIONS

Some foods work better to help weight maintenance when eaten in combination rather than alone. Here are some delicious duos:

Avocado and dark leafy greens:

Avocado adds nutritional fat to spinach, kale, arugula or lettuce. The healthy fat makes the greens more filling to stave off hunger. Avocado also helps the body absorb antioxidants from the greens.

Chicken and cayenne: A chicken breast contains about 27 grams of protein and fewer than 150 calories. Protein takes longer to digest than carbs, so you feel full longer. By adding cayenne pepper, you may help boost your metabolism.

Oatmeal and walnuts: Oatmeal contains about 4 grams of fiber per cup and is therefore considered “roughage”. Because fiber can’t be broken down by the body, it slows down digestion and keeps you feeling full. Walnuts add protein, crunch and more fiber.

Eggs with black beans: Eggs are a favorite source of protein. Add black beans as a side or scrambled together with the eggs and you compound the protein and add a healthy dose of fiber. (Add more vegetables, such as bell pepper, onions or spinach to double your fiber.)

Legumes of all types add vegetarian protein and fiber to the diet. When making soup, add black beans or chickpeas, peas or pinto beans, white beans or whatever your favorites are. Eating soup and beans are shown to help boost weight loss.

Green tea and lemon: Japanese scientists found that people who drank green tea daily shed more fat after 2 weeks than those who didn’t. Green tea is high in catechins, which may help burn fat. (Note: Matcha green tea contains more catechins than other types of green tea.)

Salmon and sweet potato: Salmon is a top source of healthy omega -3 fatty acids that may help lose body fat. A 3-ounce serving contains about 17 grams of protein. Served with a small baked sweet potato, you add 4 grams of fiber and only 112 additional calories.

Yogurt and raspberries: Research suggests that people who obtain calcium and vitamin D as part of their weight loss regimen lose more fat than those who don’t. A healthy serving of vitamin D-fortified plain, unsweetened yogurt contains about 35% of the daily recommended intake for calcium. Adding half a cup of raspberries gives you some natural sweetness and 4 grams of fiber.

Mushrooms and beef: When you swap out half of the beef (lean or even ground) for mushrooms, you are adding flavor and cutting calories. There are only 16 calories to a cup of mushrooms, and they help to keep blood sugar levels steady.

Cauliflower and olive oil: Cauliflower is only 27 calories a cup, low on the glycemic index and full of fiber. Studies note that low glycemic foods help boost weight loss. When you drizzle olive oil on the cauliflower before roasting or sautéing, the fats help curb your appetite by making you feel full.

Apple and pistachios: This combination offers protein, healthy fats and fiber—ideal for a snack. Pistachios are one of the lowest-calorie nuts with about 160 calories for 50 pieces! Apple adds natural sweetness and crunch along with 4 grams of fiber per serving.

Fish tacos: Use white fish for lean protein and a whole-wheat tortilla for fiber. (Top with fresh chopped salsa for flavor and a vegetable boost.)

Dark chocolate and almonds: Even though avoiding sugar is a must to jumpstart a diet, dark chocolate* in moderation is a sweet exception. With about 7 grams of sugar per ounce, it contains natural serotonin boosters to keep you happy while dieting. Eat a small square with a handful of high-protein almonds for a satisfying snack.

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ACTIVITIES
that will help increase your metabolism

EXERCISE

Exercise enhances circulation. When blood flow that carries oxygen and nutrients to muscle tissue improves, the body's ability to produce energy increases. Switch it up: for example, do yoga as well as walking or swimming.

Becoming more active through exercise actually boosts energy rather than depleting it. Depending on your current rate of activity, increase your level gradually until you are exercising enough to be slightly out of breath.*

Exercise helps rev up your metabolism and burn calories. If you overindulge at a meal, simply go for a walk afterwards to help burn some of it off.



SLEEP



The Center for Disease Control has declared insufficient sleep to be a public health epidemic. More than 60 percent of adults report having sleep issues, affecting productivity, errors on the job and even incurring injuries. The National Sleep Foundation recommends seven to nine hours of sleep for adults 18 years and older.

Studies show that when the body doesn't get enough rest, the stomach increases its production of an appetite stimulant called ghrelin. Good sleep is therefore believed to be important in managing weight.

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LOG YOUR PROGRESS

Month 1	Week 1	
	Week 2	
	Week 3	
	Week 4	

Tip of the Month

Drink plenty of water to stay hydrated and to curb hunger

Post a photo of 30 Day Progress on Facebook

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LOG YOUR PROGRESS

Month 2	Week 1	
	Week 2	
	Week 3	
	Week 4	

Tip of the Month

Chop veggies
in advance to
save time

Post a photo of 60 Day Progress on Facebook

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LOG YOUR PROGRESS

Month 3	Week 1	
	Week 2	
	Week 3	
	Week 4	

Tip of the Month

Avoid sugary drinks

Post your Before and After 90 Day photo and testimonial on Facebook

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WEIGHT MANAGEMENT PACKS



Kenzen® Cleanse & Detox

- Designed to help enhance the three major functions of the liver
- Helps cleanse, which is the process of destroying toxins that come from wastes produced by the body*
- Helps metabolize carbohydrates, lipids and proteins as well as producing coagulation factors and bile secretion*
- Helps store fat-soluble vitamins A, D, K and E in addition to glycogen to make energy available in the form of sugar when the body needs it*

Kenzen® Digestion Complex 4-20

- Composed of 4 blends that support the digestion of all food groups: carbs, fats, proteins and fiber*
- Contains 20 natural ingredients including amino acids, proteins, vegetable fiber-based and cellulose-based enzymes (no animal products)
- Aids in the natural elimination of waste* without stimulants or laxatives



Kenzen Paleo Bar™

- Whole food snack bars in 3 delicious flavors, each with only 3 or 4 organic ingredients, depending on flavor
- No fillers, chemicals, artificial additives or sweeteners: commonly found in other brands
- Provides quick energy from organic whole fruit and protein with healthy fat from almonds or walnuts
- 16-20 grams of complex carbs to help you feel full

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Kenzen Ten4® Energy Drink Mix

- “Nature’s own energy drink” made with organic matcha green tea and New Zealand kiwi fruit at only 8 calories per serving
- 80 mg of natural caffeine from organic matcha green tea helps boost metabolism* and energy without jitteriness
- No added sugar, artificial flavors, colors or sweeteners, all commonly found in other brands
- Contains more than 80% organic ingredients



WEIGHT MANAGEMENT PACKS



Kenzen Vital Balance® Meal Replacement Mix

- Helps promote lean muscle formation* with only 125 calories per serving of all vegetable protein from organic pea, organic rice and organic chlorella
- Medium-chain triglycerides (MCTs) serve as “brain food” to support cognitive sharpness and to help burn fat, boost metabolism and regulate the appetite*
- Made with zero-calorie monk fruit, a natural sweetener, and no added salt, sugar, artificial flavors, colors or preservatives

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PACK OPTIONS

Item Code 15000 - EVERYDAY Weight Management 30 Day Pack US

Item Code 13000 - EVERYDAY Weight Management 30 Day Pack CN



One 30-day supply Weight Management Pack consists of:

- 1 Kenzen Vital Balance® Meal Replacement Mix-Vanilla
- 1 Kenzen Vital Balance® Meal Replacement Mix-Chocolate
- 1 Carton Kenzen Paleo Bar™-Tropical Delight
- 1 Carton Kenzen Paleo Bar™-Chocolate Nut

- 1 Carton Kenzen Paleo Bar™-Very Cherry
- 1 Bottle Kenzen® Cleanse & Detox
- 1 Bottle Kenzen® Digestion Complex 4-20
- 1 Box Kenzen Ten4® Energy Drink Mix

