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What price  
can you  
place on your  
own health?

# Self Care

## Awakening

Be **Healthy**  
by **Choice**,  
not by **Chance**

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Independent Nikken Consultant





**What price  
can you  
place on your  
own health?**

Some 20 years ago, I came to an awakening regarding my own health and well-being. This journey has led to the information we discuss in Self Care Awakening, it is about **Being Healthy by Choice, not by Chance**. The reality is, if we leave our health to chance, chances are we are not going to be healthy. The major impetus for Self Care Awakening is to bring this and other aspects of good health to light. To do so we first need to become aware of the problem or the reasons that so many of us are plagued with different chronic issues. This is a relatively new problem and maybe it is one that we have created ourselves.

I think many people believe that chronic disease or issues that impact our quality of life are normal. Let me unequivocally state, chronic disease is not a normal part of life. How many times have we heard someone say, "That's just part of getting older", as if the headaches, joint/back problems, weight gain, blood sugar problems, memory problems (and the list can go on and on) are just a "normal part" of life.



**POLLUTION  
IN PEOPLE**  
ENVIRONMENTAL  
TOXICITY/  
BODY BURDEN



**WATER  
MATTERS**  
DEHYDRATION



**SLEEP  
MATTERS**  
SLEEP DEFICIENCY



**WEIGHT  
MATTERS**  
EXCESS SUGAR

Here is a paraphrase of a recent advertisement from what used to be our corner drug store and is now called your local wellness center. The advertisement says, "there are 26 million Americans with diabetes, and 74 million are at risk, *don't worry*, we can treat and manage your diabetes, so you can lead a normal productive life". I almost fell out of my chair when I first heard this commercial. This is brainwashing, inferring that diabetes (chronic disease) is a normal part of life. It is not! The World Health Organization (WHO) and the Centers for Disease Control (CDC) estimate that as high as 80% of our world's biggest killers can be prevented. I concur and am of the belief that just a few simple self care principles can lead to a vibrant healthy life.

In a span of little over a 100 years chronic disease has become the number one killer worldwide accounting for nearly

70% of all deaths. Chronic diseases and conditions—such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems.

We think being healthy is difficult when it's pretty simple if we make the right choices. Our health, good or bad, is about our personal choices. Knowing this I think it's safe to say that we would all prefer to be healthy. Our tag line, **Be Healthy by Choice, not by Chance**, is a simple but very empowering statement. Within Self Care Awakening we look at four vital areas that lead to a healthier life.

**1. Environmental toxicity and our body burden** "the pollution in people" and what we can do personally to limit our toxic exposures and reduce our body burden of toxic chemicals.

**2. Water Matters** discusses the importance of hydration and what happens if we don't drink enough water. We also consider different choices for healthy water we consume and bathe in.

**3. Sleep Matters** addresses the fact that many of us walk around every day sleep deficient. Sleep is considered by many of us to be an unproductive endeavor, actually it is our most productive physiological activity.

**4. Weight Matters** concerns itself with excess sugar consumption and what we can do to limit our intake by simple easy choices and achieve and maintain a healthy weight.

These four concepts are easy to understand but are vital for our health. Self Care is a practical and simple way of Being Healthy by Choice and not leaving our Health to Chance.



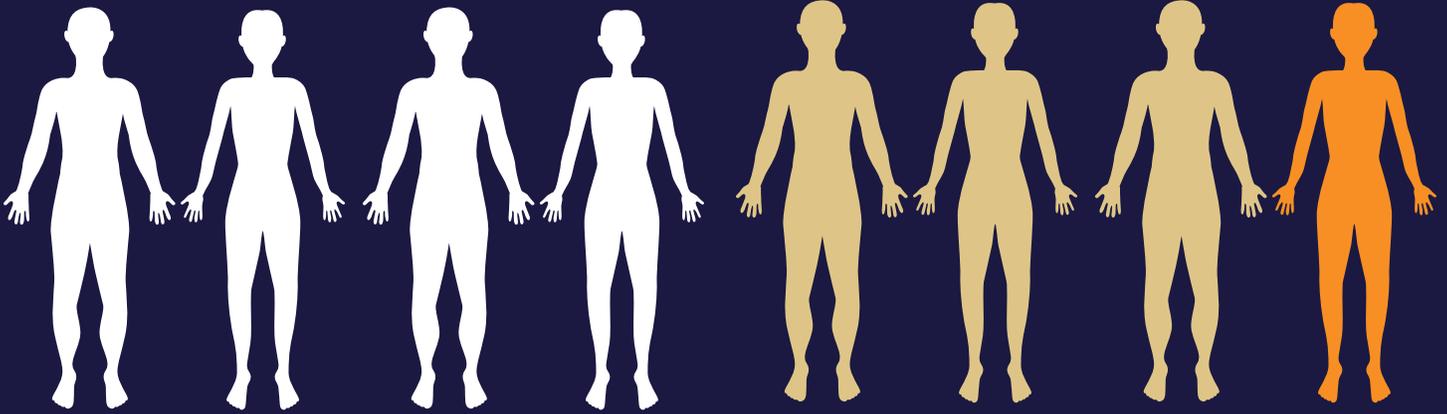
### About Gary

Dr. Gary Lindner is President and founder of Self Care Awakening. Dr. Lindner received his Doctorate in Physiology from Clemson University. He has held faculty positions at major universities and published numerous research papers in his field. Dr. Lindner has over 30 years of business experience and success from start up ventures to multi-national, multi-million dollar Bio-Technology companies.

Since 1998, Dr. Lindner has provided education and solutions for companies, families and individuals for healthy living.

He is frequently invited to speak at many symposia and health related events and has authored numerous health related articles. He is featured in numerous videos, audios, major events and publications. Dr. Gary is dedicated to helping people become aware of and make choices for a Healthier Life. Gary recommends the products and technologies from Nikken to accomplish this goal. His passion is to restore sanity to an insane world that has accepted chronic disease as a **normal** part of life. Self Care is the conceptual and realized path to this end result.

If we leave our **HEALTH TO CHANCE**, chances are we are not going to be very healthy.



**1/2** of all adults have 1 chronic condition

**1 of 4** have 2 or more

Chronic diseases are responsible for  
**7 of 10**  
deaths globally each year

By Age **65**  
**80%**  
of us have 1 or more chronic diseases

Treating chronic diseases accounts for  
**86%**  
of the nation's health care costs

Data compiled by CDC

Much of this is represented by pharmaceutical treatment and management.

Let's face it, we are taught our entire lives to be consumers of modern medicine, especially pharmaceutical medicine. When we were young and had a headache, our moms gave us baby aspirin. They didn't ask when we last drank some water. This behavior continued as we grew. If we think that there's a pill for everything that ails us (and many do), we have missed the whole point of prevention and self care. We are taught to treat rather than prevent, to react rather than be proactive about our health.

The United States represents 4.4% of the world's population yet consumes 75% of prescription medications.

According to the Mayo Clinic, seven out of 10 Americans take at least one prescription drug, and more than half take two.

Prescription drugs are the fastest growing fraction of our nation's health care expense.



**Pharmacy bills are a significant portion of monthly expenses for most families, even those with medical insurance.**

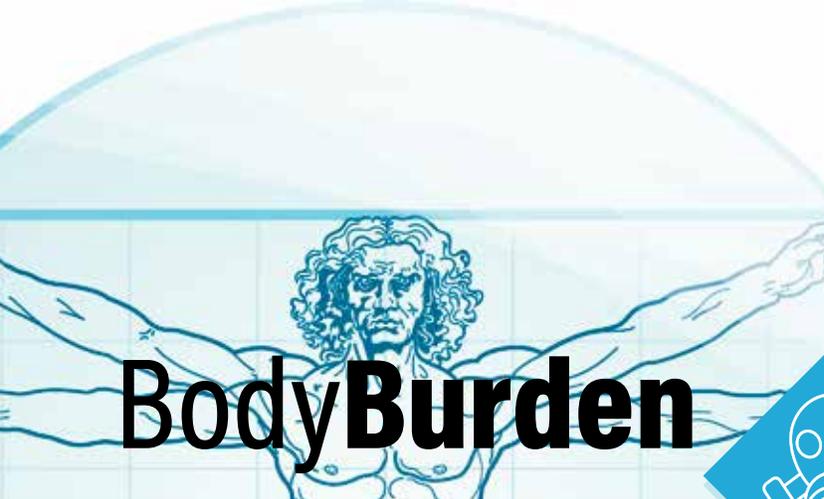
### Prescription Filled per Individual



### Why?

In the early 1900's the major cause of death was communicable diseases (infectious diseases). The top three were pneumonia and flu, tuberculosis, and gastrointestinal infections. In 2012 the New England Journal of Medicine published a retrospective look at causes of death from 1900 to 2010. Deaths from infectious diseases have gone way down compared to 1900, while the proportion of people dying from cancer has more than tripled. If we look at current trends, cancer rates are going up, heart disease and stroke are increasing, diabetes is nearly epidemic as are a host of other chronic issues that contribute to poor quality of life and our mortality.

As a physiologist, the first question I had to ask is why? What has changed in the last 100 years? Have we changed much biologically, or have we altered everything else around us? I think the latter is the more logical answer. The world we live in today is much different than that of the 1900's.



# BodyBurden



## The World is a Toxic Place

There is no such thing as a pristine environment. Toxins are in the air we breathe, the water we drink and the food we eat. They are in the homes we live in and the offices where we work. They are present in our children's schools. They are prevalent in our personal care and cleaning products.

There are over 85,000 Chemicals used in the U.S. but the EPA has required toxicity testing on fewer than 500 of these!

Every day 42 billion pounds of chemicals are produced or imported and we don't know the health risks of most of these chemicals. There are 4.5 billion lbs. released into the environment yearly, including 72 million lbs. of recognized carcinogens. There are 10,000 new chemicals introduced every 5 years.

Decades of research and countless studies have contributed to our understanding that we carry a burden of toxic chemicals in our bodies, our Body Burden.

## Pollution in People

Each of us have more than 200 contaminants in our bodies, 93% have BPAs.

"A growing number of studies are finding **hundreds of toxic chemicals** in mothers' and subsequently their babies' bodies when they are born..."

Dr. Sanjay Gupta

Self Care and Nikken Active Wellness products and technologies can help you and reduce your body burden of toxic chemicals.

The Environmental Working Group Found  
**287** different chemicals in the umbilical cord of newborns

of these:

**180** cause cancer in humans or animals

**217** are toxic to the brain & nervous system

**208** cause birth defects or abnormal development in animal tests

# 75% of Americans Suffer from Chronic Dehydration

## WATER MATTERS



### Many of us drink everything but water???

Many times our choice of beverage is actually dehydrating us, and those choices do not and cannot replace our water requirements.

**Water is not just a beverage choice, It is an essential nutrient.**

We can live for months even decades without many other nutrients, but only a few days without water!

**Drink half your body weight in ounces of clean water per day.**

The most effective way of providing yourself and your family with clean water is filtration of tap water. The design concept of the Nikken Waterfall and Sport Bottle is to convert tap water into fresh spring-like water the way Nature intended. Using a certified multistage filtration process, Nikken water products produce clean, filtered and enhanced water at a fraction of the cost of bottled water or other filtration systems.



Failure to drink enough water leads to

Fatigue

Joint Pain

Weight Gain

Headaches

Ulcers

High Blood Pressure

Kidney Disease

# Sleep Deficiency

**Sleep Matters.** Research from the National Institutes of Health indicates that sleeping less than 7-8 hours a night or poor-quality sleep is associated with many health risks.

Including:

- Obesity in adults and children
- Diabetes and impaired glucose tolerance
- Cardiovascular disease and hypertension
- Anxiety symptoms
- Depressed mood
- Poor immune function
- Excessive alcohol use

The average adult sleeps less than 7 hours a night, which is a recipe for chronic sleep deprivation. Sleep is an essential physiological process. The body NEEDS sleep, but in our fast

paced, highly productive lives we often sacrifice sleep for other activities. This is due in part to our perception of sleep as a non-productive endeavor, when from a physiological and health standpoint it is the most productive time of our day.

Dr. William C. Dement, M.D., Ph.D., the world's leading authority on sleep and the dangers of sleep deprivation states...

**"Healthy sleep has been empirically proven to be the single most important determinant in predicting **LONGEVITY**.**

**More important than diet, exercise or heredity."**



Nikken Kenko Sleep products are designed around the physiology of sleep. Through this unique design of the sleep environment, a Nikken Sleep System incorporates natural products and energies to provide the most restful, rejuvenating sleep imaginable.

# 80%

of food items  
in U.S. grocery  
stores are  
spiked with  
added sugar



## Excess Sugar

**I think that we can all agree that Weight Matters.**

An effective weight management plan is more than just what we eat and how much we exercise. It requires attention to many self care processes that can affect our weight. Nutrition, sleep, hydration and stress management are all important for achieving and maintaining a healthy weight. One of the major problems contributing to weight issues is excess sugar consumption. To put this into context, the average daily consumption of sugar by Americans in 1822 was 9 grams a day. It is currently 152 grams a day. The average person in the U.S. consumes 130 pounds of sugar

per year. This is nearly a 17-fold increase in less than 200 years. We change very slowly biologically, yet we have drastically altered what we are eating and the amount of sugar we are consuming.

To monitor sugar consumption, it is helpful to understand that 4 grams of sugar is equivalent to one teaspoon. It is recommended that a healthy daily consumption of sugar should not exceed 24 grams or six teaspoons for women and 36 grams or nine teaspoons for men. Sugar is highly addictive. Sugar activates the reward center in our brain the same way as many drugs, provoking similar cravings and withdrawal symptoms.

To break the sugar addiction, read food labels to keep your daily consumption at a healthy level and let protein help. Eating protein is an easy way to curb sugar cravings. High-protein foods digest slowly, keeping you feeling full longer. Protein doesn't make your blood sugar spike the way refined carbs and sugars do. Protein shakes are ideal for this.

Nikken's Kenzen Vital Balance is an excellent organic based pea protein shake made with naturally sweet monk fruit. The Kenzen Vital Balance formula is food for action and food for thought perfect for all ages.

# Nikken Active Wellness Products & Technologies for Self Care

**PiMag Water Set**



**PiMag MicroJet Shower System**



**Kenzen Vital Balance**



**Jade GreenZymes**



**Lactoferrin 2.0**



**Cleanse & Detox**

## Kenko Naturest Mattress Topper



## Kenko Dream Comforter



## Kenko Naturest Custom Pillow



# Choices

**A**s Self Care Ambassadors we advocate for Nikken. Nikken products feature innovations that set them apart from anything else on the market. They combine traditional wisdom with modern technology and advanced engineering. The result is a product line that represents practical, natural solutions for dealing with life's everyday challenges.

### **Water Matters: Dehydration**

We can improve our hydration with the PiMag Waterfall and Sport Bottle.

### **Sleep Matters: Sleep Deficiency**

Get a quality night's sleep using our Kenko Sleep Products

### **Weight Matters:**

Break the sugar addiction with Kenzen Vital Balance

and achieve and maintain a healthy weight with Nikken's Everyday Organic Weight Management System and nutritional supplements.

### **Environmental Toxins/ Body Burden:**

Nikken Active Wellness products and technologies provide an integrated approach to decrease the ingestion and absorption of toxic chemicals and help our bodies eliminate them to reduce our body burden.

**Self Care and Nikken Active Wellness products and technologies provide an Integrated approach to Being Healthy by Choice.**

# Let's consider this.



many different chronic diseases and conditions. However, they are also symptoms of Environmental Toxicity, Dehydration, Sleep Deficiency and Excess Sugar Consumption

We invite you to take advantage of Self Care and Nikken Active Wellness Products

1. Become a Registered Customer and open your own Self Care Portal. It is FREE with NO OBLIGATION
  - Access to great Self Care information
  - Direct ability to order Nikken products
  - First access to new products and special offers
2. Purchase from an existing Nikken Consultant. Enjoy the benefits of Nikken Products at terrific prices and create your own Self Care plan.

We are looking for positive, enthusiastic people to join us as Self Care Advocates who want to earn income from home, helping others achieve better health and balance in their lives.

3. Ask to see the Nikken Advantage