

balanced life  
happy life  
A BETTER WAY





#HUMANSBEINGMORE

# Modern life is creating stress

The quality of our lives is proportionate to the quality of our emotions

## Top reasons for creating stress are:

- Financial worries,
- health concerns,
- lack of time,
- unhealthy lifestyle,
- too many demands,
- failure to take time out to relax,
- family responsibilities,
- work-place conflict,
- inability to accept things as they really are to name just a few.





# Is your life in balance?

What are your 2 TOP priorities to improve balance?



# WHY

**5 PILLARS OF WELLNESS**

Your driving motivation for action

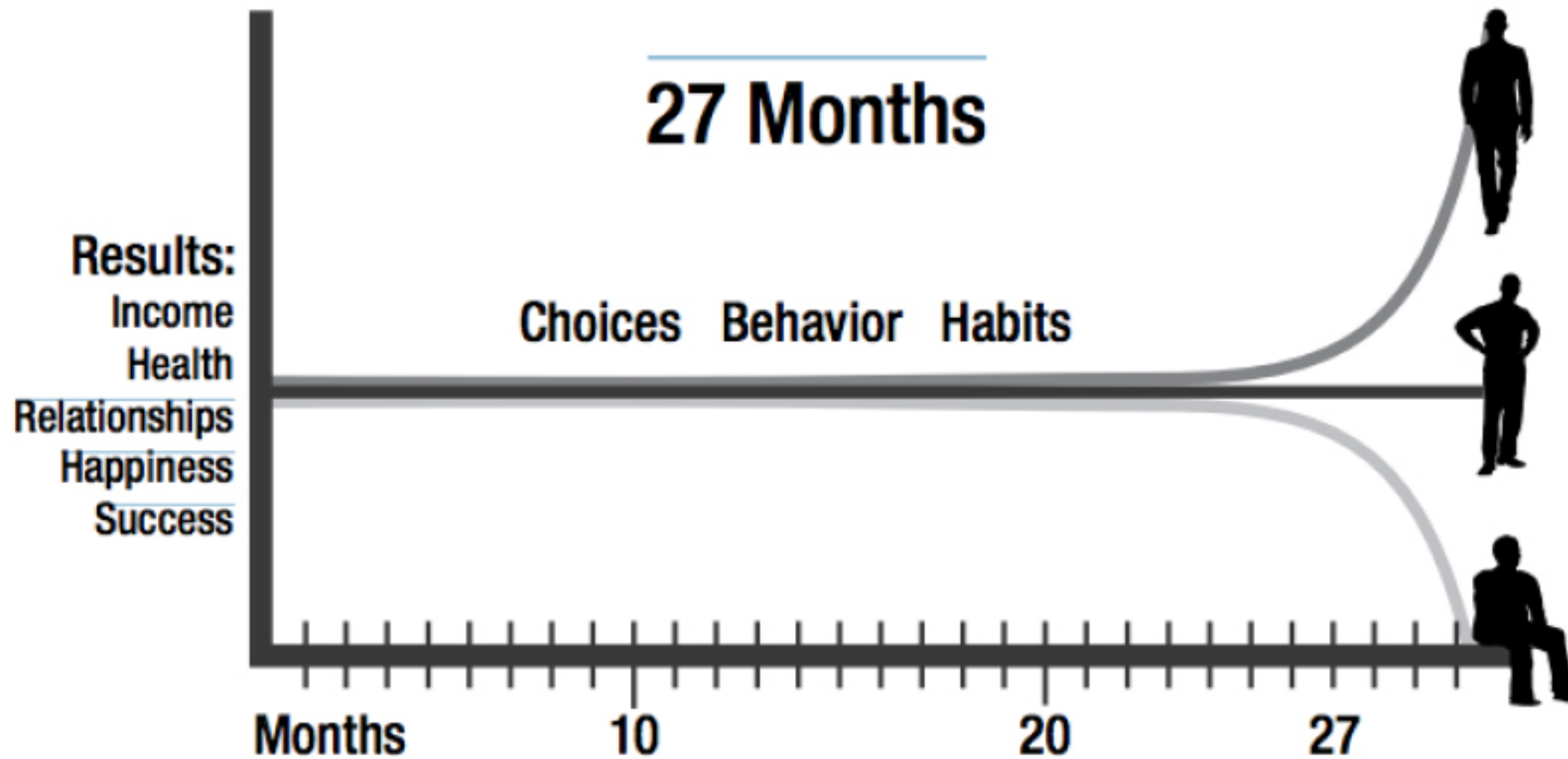


# The Compound Effect

Daily choices and habits determine quality of life

Fig. 1

SMALL CHOICES + CONSISTENCY + TIME = RADICAL DIFFERENCE



# A Sobering Comparison

How North America approaches health compared to Japan



**Health index rating:**  
Canada: No. 34 and  
USA: No. 68 in the world

**Longevity:**  
USA: No. 40 in the world  
Average life expectancy is 76.5 years

**Cost of healthcare per capita:**  
\$12,914

**Prevalence of obesity:**  
USA (BMI > or = 30):  
Men: 34.1%  
Women: 27.5  
(US Dept. of Health and Human Services)

**SICK CARE**

**Health index rating:**  
Japan: No.1 in the world

**Longevity:**  
Japan: No. 1 in the world  
Average life expectancy is 84.3 years

**Cost of healthcare per capita:**  
\$4,360

**Prevalence of obesity:**  
Japan (BMI > or = 30):  
Men: 3.8%  
Women: 3.2%  
(National Health and Nutrition Survey)

**SELF CARE**





# Health Risk Factors

The body burden



## Poor Sleep

One poor night's sleep drops your immune system by 60% immediately.



## Stress

Impacts: Heart disease, diabetes, fatigue, allergies, sleep and weight.



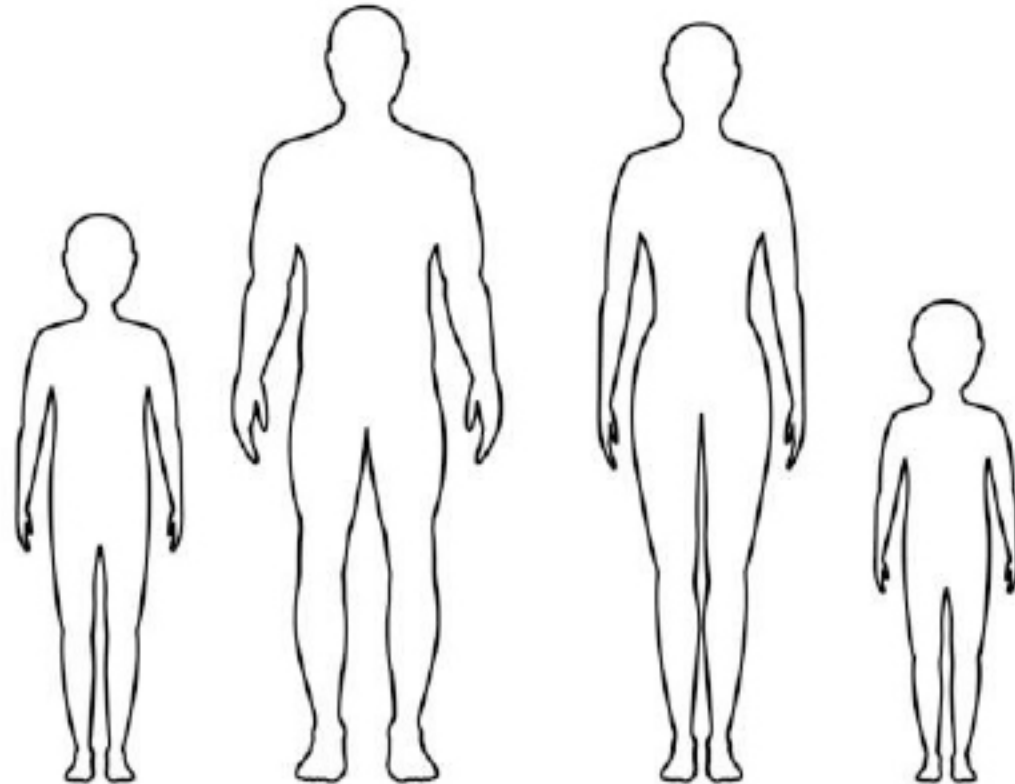
## Malnutrition

Obesity rates at highest: 78 million adults and 12 million children.



## Air Quality

7 million premature deaths annually linked to air pollution according to the World Health Organization.



## Water Quality

Bottled water found to contain over 24,000 chemicals, including endocrine disruptors.



## Electrosmog

Symptoms: fatigue, tiredness, concentration difficulties, dizziness, nausea, heart palpitation, pain, digestive issues...



## What is the answer?

Take personal responsibility through Self Care



**“Be healthy by  
choice - not by  
chance.”**

**CHOOSE ACTIVE  
WELLNESS.**

An active process through which people become aware of and make choices toward, a more successful existence.





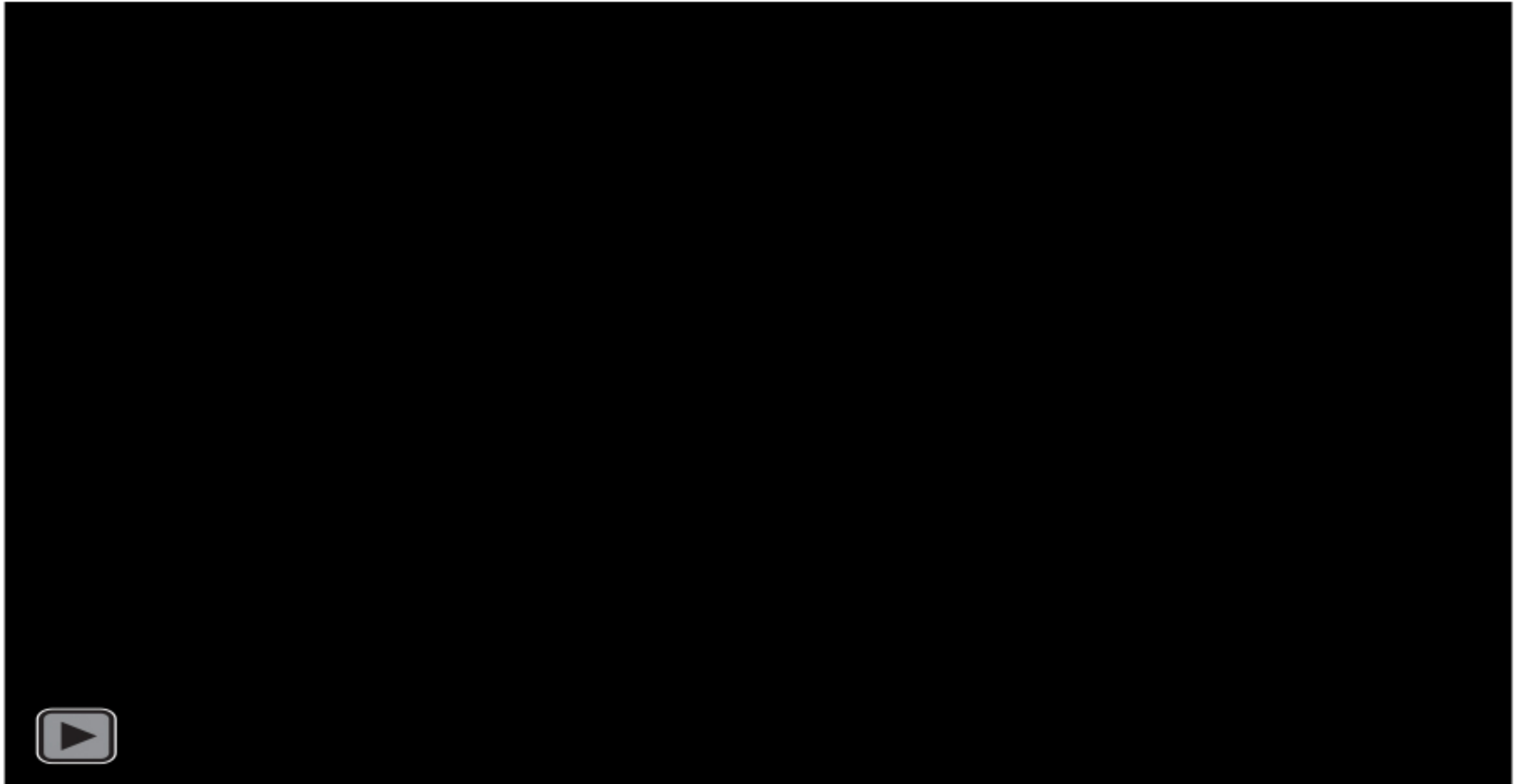
# Japan 1975: Nikken and a new definition for Success

The pursuit of balance in The Five Pillars of Wellness



# Japan 1975: Nikken and a new definition for Success

The pursuit of balance in The Five Pillars of Wellness





# Active Wellness

And the Nikken Wellness Home



#HUMANS **BEING** MORE



# NIKKEN WELLNESS HOME



## BIOMIMICRY

is a technological-oriented approach focused on putting nature's lessons into practice.





# Discover The Nikken Wellness Home

Imagine a **GREENHOUSE** for Humans

Air Water Sleep Nutrition Energy



## Our pathway to Active Wellness

The Wellness Home creates an environment of well-being, inspiring us to make healthier choices everyday!

Protecting and nourishing our body outside in and inside out.



# 5 VITAL ELEMENTS



AIR



WATER



SLEEP



NUTRITION



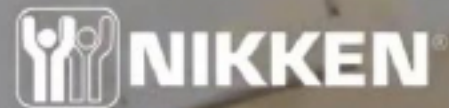
NATURAL  
ENERGIES

Science that replicates nature



Facts tell. Our stories sell.

**ACTIVE WELLNESS**



# Live Active Wellness

Every Wellness Home has a beginning.

Yes! My  
**Wellness Home**®



Free  
Shipping  
Offer

SAVE  
10%

Nikken Wellness Home Packs are the perfect way to enroll new Nikken Consultants and Customers into a life of Active Wellness.



Water Pack

Energy Pack

Sleep Pack

An investment in your health is an investment in your future for: Good; Better; Best.



# Live Active Wellness

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Start! My  
Wellness Home®



Free  
Shipping  
Offer

The Nikken PiMag® Waterfall System is a great way to enroll new Nikken Customers into a life of Active Wellness.



PiMag® Waterfall

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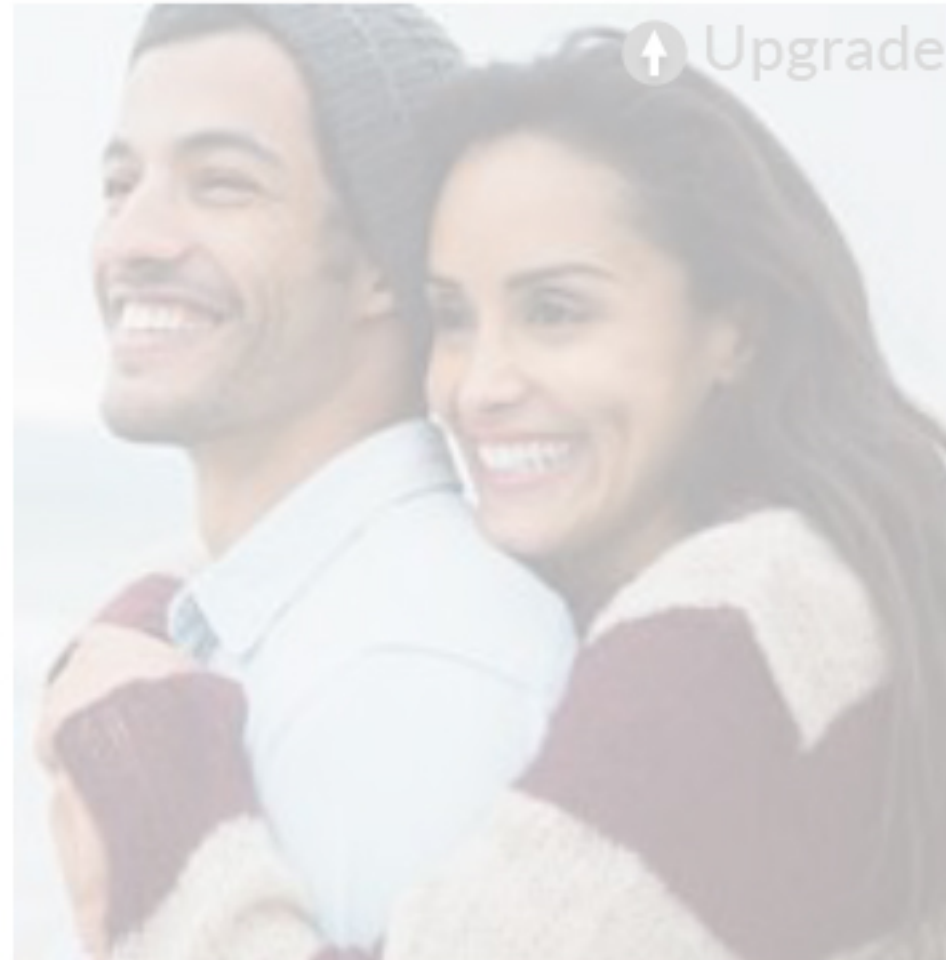
# Discover it. Live it. Share it.

Every home a Wellness Home. Which option is best for you?



Yes! My  
**Wellness Home®**

Customer



Upgrade

Consultant



Build! My  
**Wellness Business**

Partner





# GLOBAL WELLNESS COMMUNITY



# #HUMANSBEING4MORE

## A Better Way

Active Wellness &  
Collaborative Entrepreneurship





# Why Finances is the #1 Source of Stress

4 ways to produce income: Linear income versus Leveraged and Residual Income (The Cash-flow Quadrant by Robert Kyosaki)

## Employee

You have a job.  
No leverage.  
The amount of active work determines income.  
**Time equals Money**

**Trade  
TIME**

## Self Employed

You own a job.  
No leverage.  
The amount of active work determines income.  
**Time equals Money**



5% Wealth  
95% Population



95% Wealth  
5% Population



## Business Owner

You own a system.  
Leverage.  
Income does not depend on active work.  
**People work with you**

**Add  
VALUE**

## Investor

You own investments.  
Leverage.  
Income does not depend on active work.  
**Your money works for you**

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95% Population



**NIKKEN**

95% Wealth  
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**Create  
M\$Is**



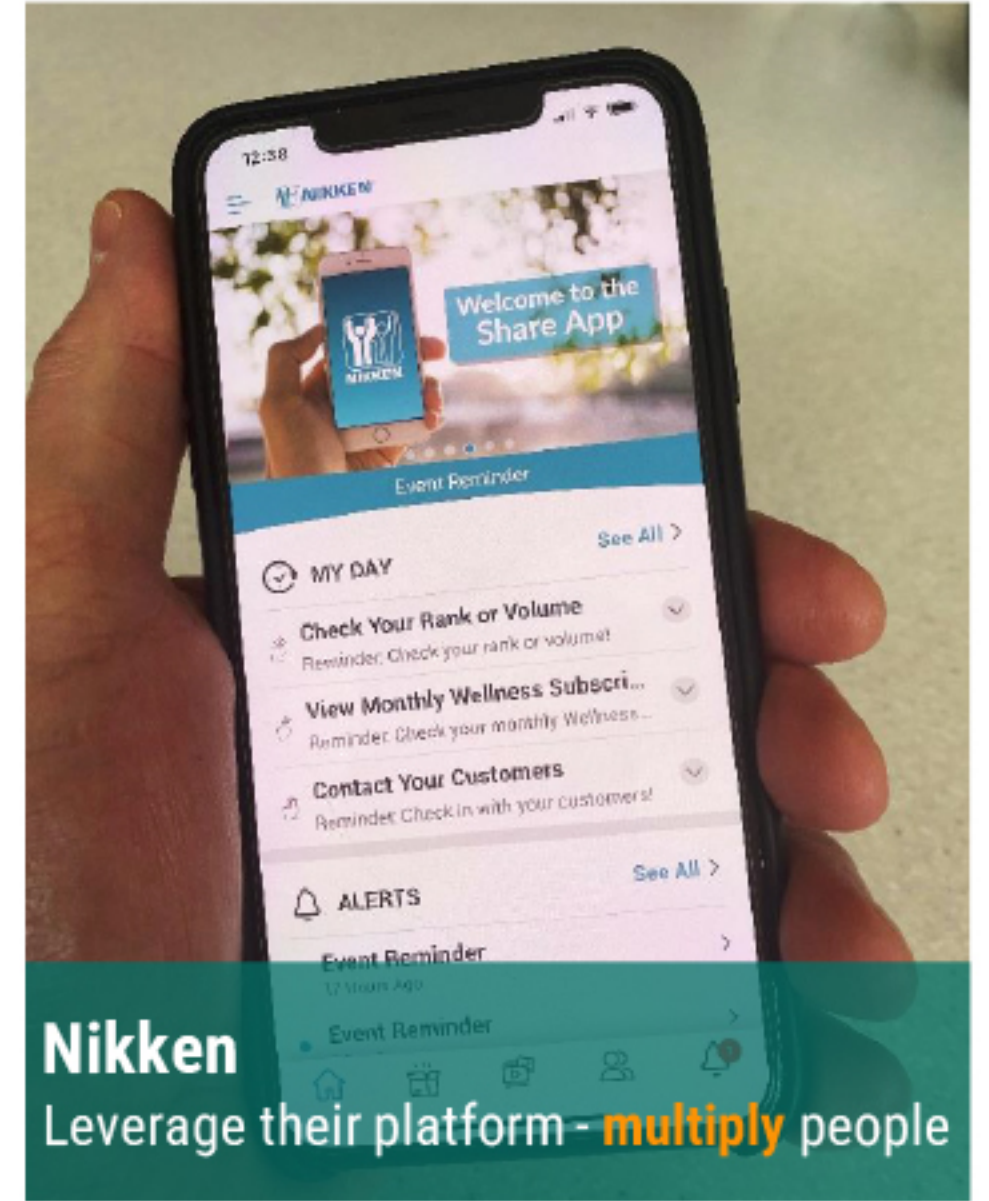
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# Leverage and Scalability

Utilizing a system to build MSIs part-time





# Share Active Wellness to prosper

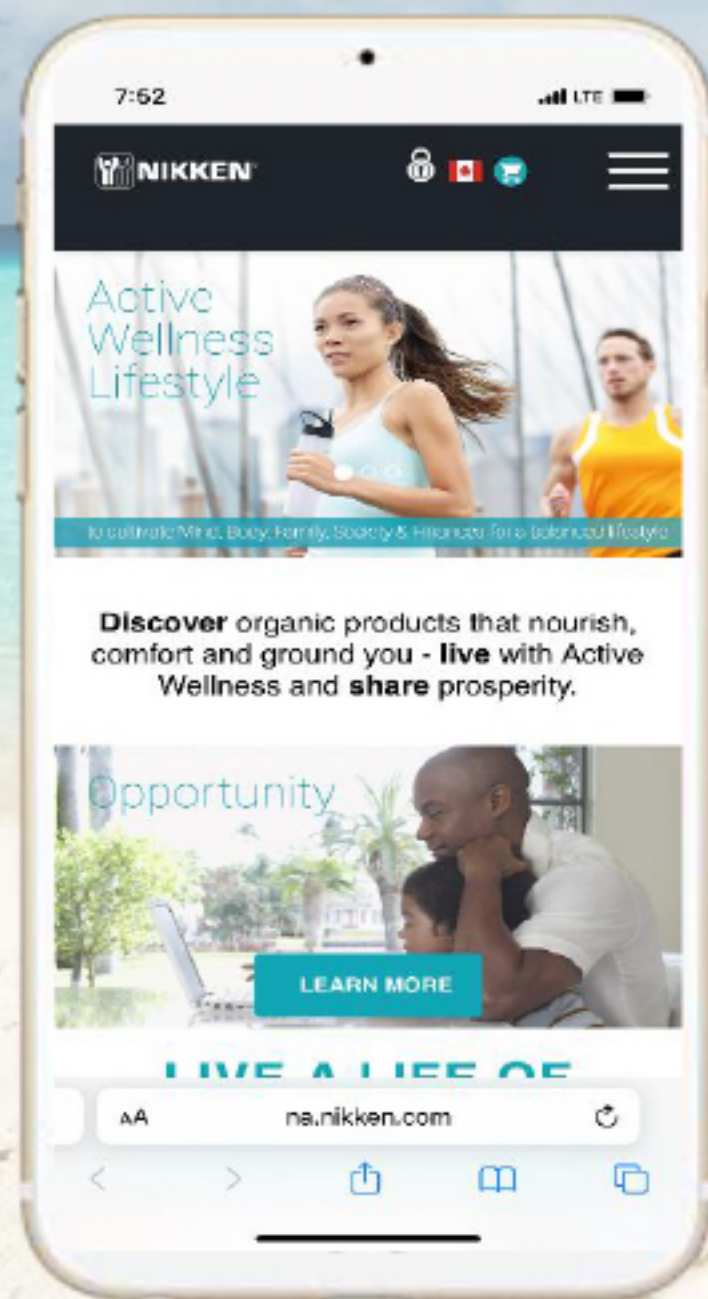
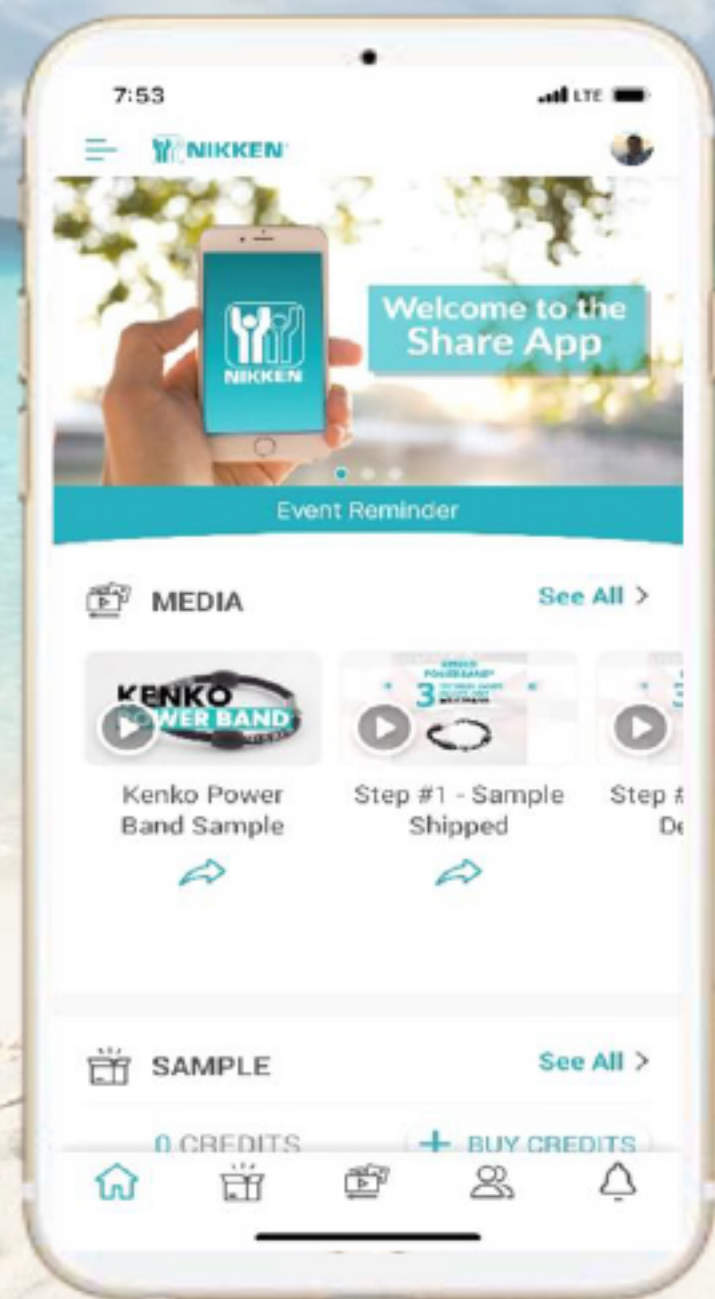
Follow a proven process for creating change





# Share from **virtually** anywhere!

A complete e-commerce suite included with \$30 Consultant account





# Collaborative Entrepreneurship – The Nikken Way

A pathway for personal growth and economic stability



## Low cost of entry

This significantly reduces the risk you take

## Leadership development plan

Develop both your business and yourself!

## Easily integrates into your life

No need to quit your job

## Turn-key Entrepreneurship system

Follow a proven model for success

## The perfect 'gig'

Not just trading time for money. A gig built on purpose!





# Growing our Global Wellness Community

Leverage: Easy as ABC. Compound: Simple as Teach 3 to Reach 3

## COLLABORATION

Develop yourself and your team through the  
Nikken Global Support System

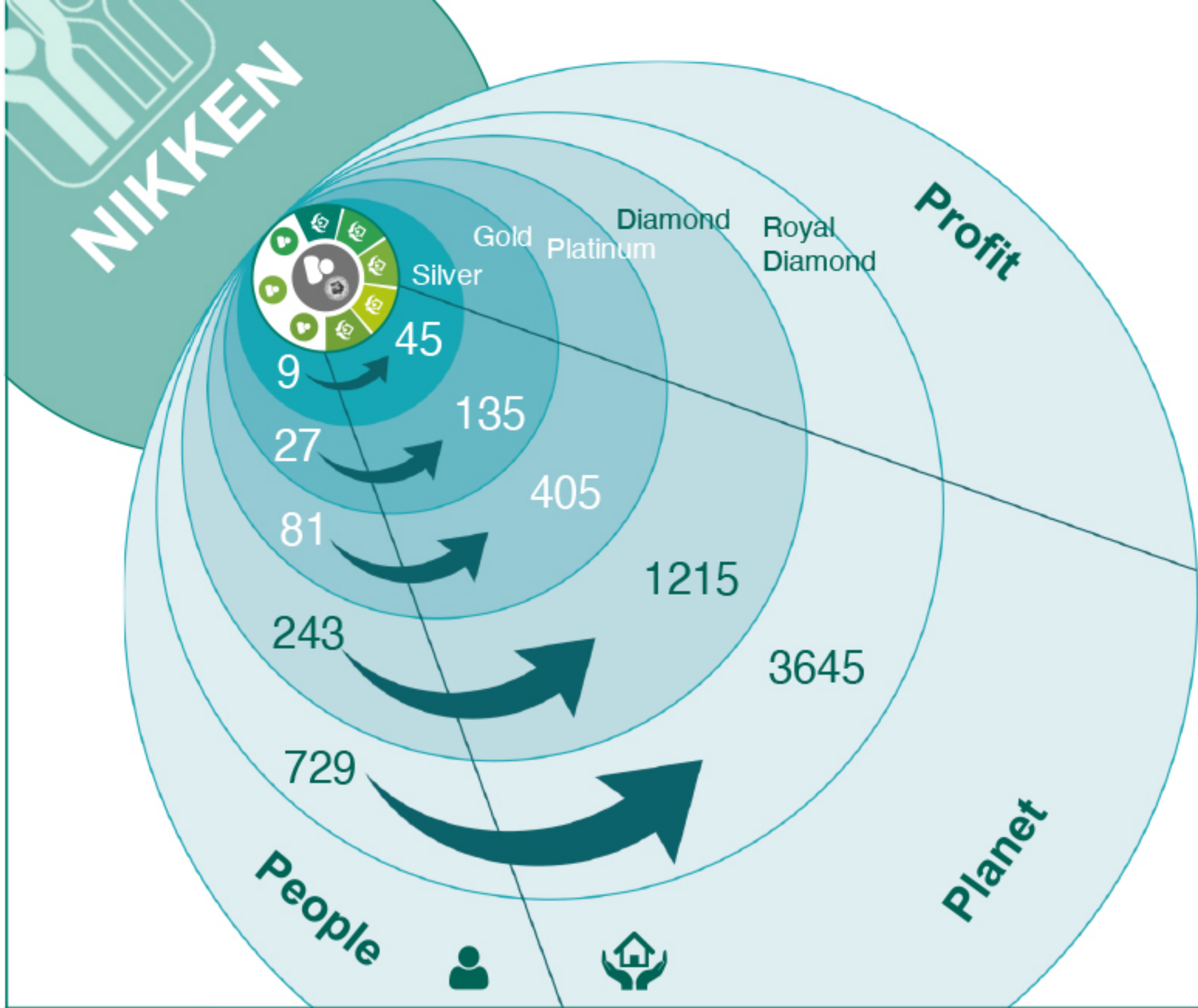
Mentors and coaches. Meetings and events. Tools and trainings.  
Websites and webinars



**HBM**

*Humans Being More*  
Silver Training





**Global Impact:**  
Every home a Wellness Home



\* Based upon 100 CV/mo. per Wellness Home



# Be part of history in the making

Earn your share of the rewards



**VISION**  
**2025**  
NIKKEN®



Society  
Welfare



Economic  
Viability



In harmony  
with nature

10 million people practicing  
**Active Wellness**

**MOVEMENT**

Every Home a  
Wellness Home



# Discover it. Live it. Share it.

Every Wellness Business has a beginning.

## Build! My Wellness Business



Nikken Wellness Business Packs are the perfect way to sponsor new Nikken Consultants into a life of living and sharing Active Wellness.



Legacy Pack



Relief Pack



On the Go Sport Pack



Office Desk Pack

An investment in your health is an investment in your future for: Good; Better; Best.



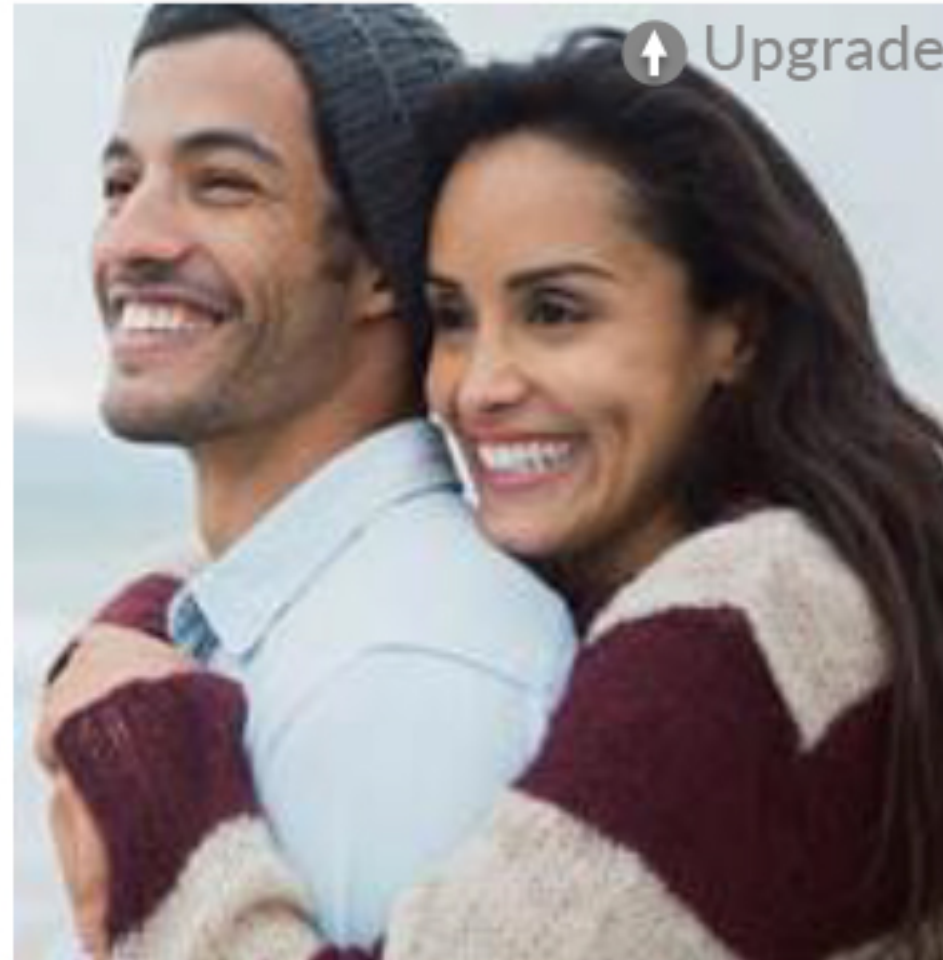
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