

HEALTH-STYLE UPDATE

Most People have chosen to connect with Nikken because they **Choose to make Healthy Choices**—they have a Goal of Good Health.

We, who make these choices, are continually seeking after more and better information to both keep ourselves & help others have a Healthier Life.

We, a Group of Nikken Leaders, unified in our Mission to Reverse &/or Avoid the Epidemic of Chronic Diseases, invite you to listen & share on our Daily Call Mon –Fri at 7 AM PST. Great way to start the day!

MONDAYS: REVIEW our Mission, Our Course of Study & Support

Present: Health Enhancing/Warning Book Review—Evaluating & Learning to listen our body's Communication to know what is Right for us individually. Discuss how **Nikken Products apply** or Feature Product most related to topic.

TUESDAYS: How to have a "Terrific & Transparent Tuesday" & other Days

Present: Health Enhancing/Warning Book Review—Evaluating & Learning to listen our body's Communication to know what is Right for us individually. Discuss how **Nikken Products apply** or Feature Product most related to topic.

WEDNESDAYS: Listening to our Feelings & our Body's Communication.

Present: Health Enhancing/Warning Book Review—Evaluating & Learning to listen our body's Communication to know what is Right for us individually. Discuss how **Nikken Products apply** or Feature Product most related to topic.

THURSDAYS: Presenting/Winning the Inflammation—Body War

Present: Health Enhancing/Warning Book Review—Evaluating & Learning to listen our body's Communication to know what is Right for us individually. Discuss how **Nikken Products apply** or Feature Product most related to topic.

FRIDAYS: Review & give thoughts/discuss overview of the week—how applied.

Present: Health Enhancing/Warning Book Review—Evaluating & Learning to listen our body's Communication to know what is Right for us individually. Discuss how **Nikken Products apply** or Feature Product most related to topic.

7 AM PST CALL: 1-218-895-3196 pin 2015#

Webex: Go to: www.ybhurtn.biz choose last item—join 7 AM call—Password is 4Success

Health-Style Calls recorded & are on: www.allswell.org by Steve Crowfoot