

WHAT IS A "WELLNESS HOME?"

John Jackson, M.D., FACP

A Wellness Home is a unique concept created by Nikken, the world's only total wellness company. This R&D giant has operations in nearly 40 countries around the globe, marketing scientifically proven technologies, integrated for natural healing and prevention. Nikken resembles Microsoft with a "point and click" operating system for wellness, easy to grasp and simple to use.

Microsoft was founded in 1975 at Albuquerque, New Mexico. Nikken was founded in 1975 at Fukuoka, Japan. Microsoft opened its first international office in Japan. Nikken opened its international headquarters in Irvine, California. Microsoft's mission was "a computer on every office desk and in every home." Nikken's mission is "every home a Wellness Home."

What is a Wellness Home? Most simply, it is a restored and pristine habitat for humanity, a greenhouse for the human body. The body itself is home to 100 trillion cells. One neglected pre-cancerous cell could eventually endanger the whole organism. In order for us to be well, the optimal function of all our cells needs attention.

What each cell requires for health:

- Mountain stream quality water in adequate amount to support circulation, deliver oxygen and nutrients, to eliminate wastes (opportunity for disease arises when the immune system lacks supply or is encumbered by toxins)
- Energized air, like in a forest, to enable cellular power generation
- Proper sleep, in quantity and quality, for body repair/regeneration of cells
- Whole food supplements to fill gaps in our diet and fully nourish cells
- Full spectrum of nature's energy (magnetic, ionic and infra-red), 24/7

Nikken, the world's only total wellness company, provides all of the above in highest quality through the Wellness Home. This offers the perfect means for urgently needed Self-Care. The fabric of modern society is threatened by potential breakdown of a healthcare system overburdened with management of diseases mostly traced to poor lifestyle and a contaminated environment. Thoughtful individuals welcome the option of natural healing and prevention, leaving doctors and nurses to care for those more critically ill.

Are you ready to use the best blueprint and build a future of better health and well being for the whole family?

THE IMPORTANCE OF A WELLNESS HOME

Dr. John and Annette Jackson

Do you fully realize the incomparable potential and power of Nikken's Wellness Home? Do you really know how amazing each Nikken product is? Do you believe that Wellness Home technologies likely can solve most health problems, if you don't have too much physical, mental and environmental stress? Do you believe Nikken can make practical Self-Care possible?

We can confidently say that after almost 10 years in Nikken, among our 7 family members (challenged with a wide variety of diagnoses) there has not been a single problem we couldn't overcome with Nikken Wellness Home technologies when used properly and long enough.

Here's what we've come to understand - it is not necessary to know what exact disease you have. Just provide the body with all the right elements (guided by muscle testing), be very diligent in using the technologies and avoid excessively toxic environments outside the home, as well as over stressing the body and mind. This allows nature to function optimally in accordance with God's design and established principles.

1. **Jade Greenzymes** - Do you know that this is the only food grown on earth that in and of itself has all nutrients and enzymes required for you to live healthy? Do you know where it is grown? Do you know that only Nikken's Jade is like eating young barley grass fresh out of the field because of patented cold processing with Pi water? A UC San Diego professor, Dr. Yasuko Hotta, found that grass protein can help repair damaged DNA. Do you know all the things something so simple as barley can do for your health?
2. **Ciaga-V** - Do you know that the ORAC (antioxidant) value is 1,500+ units per ounce...to support natural defenses against premature aging? Certified USDA organic, 100% natural Maqui-Acai super fruit blend for synergy in formulation. Kosher certified in a BPA-free bottle. The name is an acronym for what it does: **C**-Cardiovascular Support; **I**-Immune System Support; **A**-Antioxidant Support; **G**-Gastrointestinal Support; **A**-Anti-aging Support. The **V** means it's Vital to our health!
3. **Immunity** - Do you know that a textbook, "Medicinal Mushrooms," calls it the "Rolls Royce of all medicinal mushrooms"? Do you know that studies show each of the 14 different mushrooms of help in the body's efforts against cancer cells? Do you know that 6 of those 14 are proprietary and unique to Nikken's Immunity product?
4. **Osteodenx** - Besides building bones, do you know what else it can do? Instead of the side-effects encountered with pharmaceuticals, we have seen side-benefits for people with many other conditions. The ingredients of OsteoDenx can also help lower markers of inflammation, as reported in a scientific journal. Do you know the ramifications of this finding?
5. **Lactoferrin Gold 1.8** - Do you know that there is nothing better for gut health than this product? Do you know that Dr. Naidu spent 20+ years discovering how to make it ultra pure and bio-available? Do you know what all it can do? Do you know that the active ingredient of Lactoferrin Gold was accepted by the FDA, rather than an antibiotic, to control bacteria in meat processing? Do you know that a young woman who was infertile for 3 years got pregnant in less a month on this product? We have countless stories of intestinal health being helped. My allergies also improved.

6. **PowerMag, Body Energizer** - Do you know that this is much more powerful than any acupuncture treatment because the energy reaches every cell from every possible angle? Do you know that Dr. Weintraub used this bi-axial product in a published report, showing biopsy proven REGENERATION OF NERVES? Do you know how much hope this offers people suffering with nerve damage and injury?
7. **Sleep System** - Do you know that Nikken's is the only complete system to insure deep sleep, as exclusively endorsed by the World Federation of Chiropractic? Do you know that the sleep system will put you in longer periods of REM sleep for healing? So simply, my many years of agony with chronic fatigue resolved in 3 nights. The stories are countless of how many people and all the ways this sleep system has helped.
8. **PiMag water** - Do you really know how amazing our water is? Do you know that cancer cells are restrained by an immune system supported with alkalinity and increased oxygen concentration? Nikken's PiMag Optimized water provides all of the above and more! Do you know that these properties made a profound impact on a woman whose abnormal growth had progressed beyond control by conventional means? She made a totally unexpected turn around, drinking our water alone, in just 2 months according to Nikken WC David Cocker. You can use it for all kinds of healing. Optimized water soaked dressings triggered healing of a cancerous external wound on an elderly relative's leg. How about internal wounds in a younger person? More than once, appointments for kidney dialysis were cancelled after starting this water! How much and how regularly do you drink PiMag Optimized water?
9. **Air Power5 Pro** - Do you know that our system is the only one that produces truly healthy air? Did you see the picture of a dog whose tumor healed so fast with our air? Do you know what negative ions do and how important they are? My post-nasal drip of 9 years essentially halted 3 weeks after installing Nikken's air treatment system in our bedroom. Do you know any asthma and allergy sufferers who deserve to hear about this unit?

How many stories have you heard of doctors giving up and Wellness Home technologies giving new life? Our own mentor, Pat Terry, is one such case. Ron D'Amico is another. Margaret Fisher is still another. Gloria Arrasmith is yet another. All this was the new SELF CARE, reducing the overburden of doctor's office and ER visits.

Can you name any other company with such marvelously capable tools to support taking charge of our own health needs? Consultants, we surely must know Nikken's testimonies of natural healing and prevention, running from A to Z, proves our company is THE one stop shop for wellness!

WELLNESS HOME LIFESTYLE

John Jackson, M.D.

The human body is made up of 100 trillion cells. One neglected pre-cancerous cell could eventually endanger the whole organism. In order for us to be well, the optimal function of all our cells needs attention.

What each cell requires to be healthy:

- Good quality water in adequate amount to support circulation, deliver oxygen and nutrients, to eliminate wastes (opportunity for disease arises when the immune system lacks needed supplies or is encumbered by toxins)
- Energized air, like that of a beach or forest, to enable cellular power generation
- Proper sleep, in quantity and quality, for body to repair and regenerate cells
- Whole food supplements to fill gaps in modern diets and completely nourish cells
- Full spectrum of nature's energy (magnetic, ionic and infra-red), day and night

Nikken, the world's only total wellness company, provides all of the above in highest quality through the Wellness Home. This provides the perfect means for urgently needed Self-Care. The fabric of modern society is threatened by potential breakdown of a healthcare system overburdened with management of diseases mostly traced to poor lifestyle and a contaminated environment. Thoughtful individuals welcome the option of natural healing and prevention, leaving doctors and nurses to care for those more critically ill. Notwithstanding, is a wellness home all we need?

There is another major prerequisite to staying well. A healthy living space at home doesn't relieve the need to act sensibly with the daily choices we all face. Here are areas for which the individual must take personal responsibility:

- Mental attitude – how do you handle stress, how do you de-stress, how much do you worry, what thoughts occupy your mind most of the day?
- Meals and snacks – how healthy are yours?
- Weight – how close is yours to ideal body weight?
- Exercise - how much and often do you exercise?
- Air – what kind do you breathe when away from the Wellness Home?
- Sleep – what's your habit, time of retiring and rising?
- Lighting – how about spectrum and flicker, in the home and at work?
- Water - how often do you drink the right kind and how much?
- Pre-existing conditions – which ones and what are you doing about them?
- Toxins – what has your body accumulated through the years?
- EMF - what kind of exposure currently and any precautions taken?
- Trapped emotions – have you “checked your baggage” from past experiences?
- Energy flow – is yours correct or reversed?
- Purpose – have you consciously picked a meaningful goal?
- Dream – do you still dream, small or big?
- Meditation/prayer daily – know how?
- Circle of friends – do you have some “healthy” ones?
- Hobbies – what do you do for regular enjoyment?

Nikken's Wellness Home and a Wellness Home Lifestyle are equally important. Together they work hand in hand to keep us in balanced health and wellness.