

HOW DO YOU CONNECT TO NATURE?



**The Wellness
Home Edition**

Biomimicry?

**Be Healthy by
Choice, Not by
Chance**

A Self Care Awakening Publication

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About the Author

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. Dr. Lindner has over 40 years of business experience and success from start-up ventures to multi-national, multi-million dollar BioTechnology 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 videos, audio, 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 technolo-

gies 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 result.





The Impetus

Over 25 years ago, I came to an awakening regarding my 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 will not be healthy. The major impetus for Self Care Awakening is bringing this and other good health aspects to light.

Despite the last few years dealing with a Global Pandemic, our biggest global health challenge remains chronic diseases. I am sure everyone reading this can, unfortunately, relate to chronic diseases that have affected their lives personally or with family members or friends.

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 prestigious 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.

What has changed in the last 100 years? Have we changed much biologically or have we altered everything else around us? I

believe the latter is the more logical answer. The world we live in today is much different than that of the early 1900s.

If we look at current trends, cancer rates are going up, heart disease and stroke are increasing, diabetes is nearly epidemic, and a host of other chronic issues contribute to poor quality of life and mortality.

Centers for Disease Control (CDC) statistics show that 60% of Americans age 18 and above have at least one chronic disease and 42% have two or more.

By the time we are 65 years of age, **80%** of us have one or multiple chronic diseases.

In a span of a little over 100 years,

chronic disease has become the number one killer worldwide accounting for nearly **70%** of all deaths.

Early Onset of Chronic Disease.

A report published by the CDC in 2022 stated that 53.8% of adults aged 18 to 34 had at least one chronic condition, and nearly 25%

"The Greatest Wealth is Health."

-Virgil

The Impetus

had more than one condition.

Since the mid-20th century, many **unhealthy changes have affected diet, lifestyle, obesity, the environment, and our microbiomes.** Those changes may now be occurring earlier in life and may make humans more susceptible to cancer at a younger age. **Studies also suggest the increase in early-onset cancers may be part of the growing trend in chronic diseases affecting younger adults.**

The World Health Organization (WHO) and CDC estimate that as high as **80%** of our world's biggest killers can be prevented. Chronic diseases share common risk factors. According to the WHO chronic diseases are primarily environmental in origin, not due to heredity or age. The good news is that these risk factors are modifiable, in other words, we can change

WHO & the CDC estimate that as high as 80% of our world's biggest killers CAN be PREVENTED

them. Among the cited modifiable factors for chronic diseases are globalization, urbanization, and environmental pollution which contribute to our body's burden of environmental toxins. Lifestyle choices such as tobacco use, unhealthy diet, poor

sleep, dehydration, and physical inactivity are all modifiable risk factors for chronic disease.

I concur and believe that just a few simple self-care principles can help prevent illness and lead to a vibrant healthy life. What if we could change this and prevent the chronic diseases that plague us? What if only 10% of us were affected with chronic issues? What if chronic disease represented 10% of deaths and we spent 10% of our health care dollars on treatment and 90% was spent on prevention? Wouldn't the world be a happier and healthier place?

The key is prevention to reduce the stress caused by our modern-day lifestyles.

OUR AMAZING BODIES

Our bodies are amazing. They can repair and replace most of our tissues. Believe it or not, your lungs are six weeks old and your taste buds are

just ten days old! Most of the body's tissues are under constant renewal. Regardless of chronological age, the average age of all the cells in an adult's body may be as young as 7 to 10 years.

We think of our bodies as permanent, while most of it is constantly changing as old cells are discarded and new ones take their place. Each type of tissue has its own turnover time.

There are over 37 trillion cells in the human body and we need to replace 330 billion, about 1%, every

day to stay healthy. Your body is constantly replacing old cells with new ones at the rate of millions per second. By the time you finish reading this sentence, 50 million of your cells will have been replaced by others. Even as a physiologist, I find this astounding, while also reassuring that if we give our body the right tools it can heal and protect itself.

To accomplish this bodies have 5 vital requirements. **We all need 5 vital elements; air, water, sleep, food, and the natural energies from the earth, sun, and motion.**

If we look at the present-day condition of each of these elements, I believe we would all agree, that they have been drastically altered from the way Mother Nature intended them

Look deep into nature, and then you will understand everything better."

-Albert Einstein

to be. Contaminated, polluted air, water, inadequate or poor-quality sleep, over-processed, under-nourishing food, and we have blocked or altered the natural energies we receive from our environment.

HOW DO YOU CONNECT TO NATURE?

The solutions for healthy choices to the **5 Vital Elements for Life** are all addressed with the **Nikken Wellness Home**. Nikken was founded in 1975 in Fukuoka, Japan and since its inception, it has utilized the principles of **biomimicry to replicate nature** to create the healthiest environment for you and your family, the Nikken Wellness Home.

Biomimicry is a process where we derive inspiration from nature and then imitate nature for designs or processes to solve human problems. This has been the underlying process that **Nikken has utilized for nearly 50 years**.

The term biomimicry appeared as early as 1982. But was popularized by scientist and author Janine Benyus in her 1997 book *"Biomimicry: Innovation Inspired by Nature."*

Biomimicry is defined in the book as a "new science that studies nature's models and then imitates or takes inspiration from these designs and processes to solve human problems". Benyus suggests looking to Nature as a "Model, Measure, and Mentor" and emphasizes sustainability as an objective of biomimicry.

Biomimicry is a technological-oriented approach focused on putting nature's lessons into practice. According to Janine Benyus, biomimicry sees nature as:

- A model.** It studies nature's models and imitates them or uses them as inspiration for designs or processes to solve human problems.

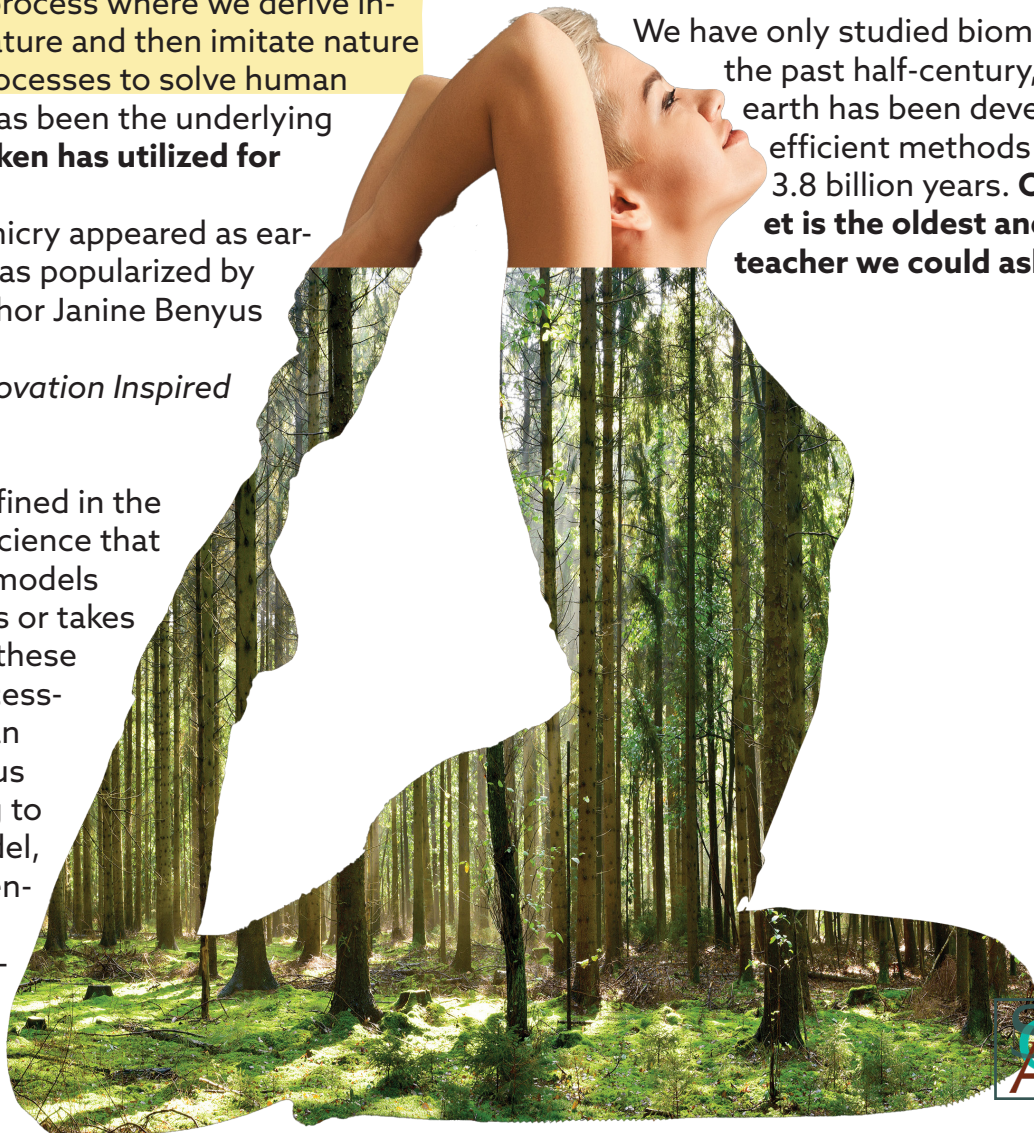
- A measure.** It uses ecological standards to judge the rightness of human innovations.

- A mentor.** It is a new way of observing, assessing, and valuing nature.

When we observe nature, we realize there is no such thing as waste, it is an input for another use.

For all the challenges we face, nature has a solution.

We have only studied biomimicry for the past half-century, yet the earth has been developing efficient methods of life for 3.8 billion years. **Our planet is the oldest and wisest teacher we could ask for.**



The Nikken Wellness Home

A Nikken Wellness Home transforms your living spaces into a haven. A place that supports better health and energy while promoting balance and well-being from within. Often referred to as a **"Greenhouse for Humans,"** the Nikken Wellness Home addresses all 5 vital elements of life and provides them the way Nature intended.

indoor pollutants can be **5 times higher inside than outdoors**. When people are asked about air pollution they tend to think of living near big factories or busy urban areas with high concentrations of car emissions. A recent report states that 80 percent of Americans are unaware indoor air can be five times more polluted than outdoor air. Those most susceptible to

INHALE

AIR MATTERS

To breathe is to live

The first and most obvious vital element for life is air. Breathing is something that we all do without usually realizing it. We breathe in and out about 22,000 times a day. We can only survive about 3 minutes without air.

Air pollution is the 4th highest risk factor for death globally and the leading environmental risk factor for disease. I think we are all aware of environmental toxins in our air, especially in large cities, but what about the air quality in our homes? The Environmental Protection Agency (EPA) consistently ranks indoor air pollution among the top five environmental health risks to the public. It is estimated that we spend 90% of our time indoors and that

the adverse effects of pollution (e.g., the very young, older adults, and people with cardiovascular or respiratory disease) tend to spend even more time indoors.

The air inside our homes is the same as outside, but we add to the pollution with cleaning products, chemicals from our carpets, furnishings, paints, glues from furniture (i.e. particleboard), and the other by-products of our modern lives. Dusts, molds, pollens, pet dander, and other particles in our air can directly impact us through hay fever or other allergies. Indoor air pollution can aggravate, irritate, and in some cases cause serious harm. The effects of indoor air pollutants range from short-term effects such as eye and throat irritation, to long-term such as respiratory diseases and cancer.

The EPA recommends simple, common-sense steps to reduce indoor air pollution.

- Don't store chemicals, solvents, glue, or pesticides in your house.

•Minimize the risk of deadly carbon monoxide gas by properly maintaining and venting heating equipment, wood stoves, fireplaces, chimneys, and vents and installing carbon-monoxide alarms on all levels of your home.

•Remove sources of air contaminants. Buy organic furniture not treated with chemicals

individuals to address outside air pollution, we can filter our air in our living and working environments to provide clean air the way Nature intended.

The Nikken Wellness Home product to address this concern is the KenkoAir Purifier®.

The KenkoAir Purifier does more than

EXHALE

and avoid harsh chemical air fresheners and cleaning products.

•Don't idle your car, run fuel-burning power equipment, or light a barbecue grill in your garage, basement, or confined spaces near your home.

•Clean the air in your home using air filters.

The EPA goes on to state that portable air filtration units are best. and recommend:

- High efficiency filtration (HEPA) filters.
 - Avoid air filters that deliberately produce ozone, sometimes called "ozone generators, ionizers"
 - Cost Effective, quiet
 - Ease of operation and maintenance
- Although there are limited options for us as

Portable Air Filtration Units are best
EPA

efficiently filter indoor air of particles, odors, mold, and pollutants. It adds negative ions that create clean, forest-fresh indoor air for your body and mind - refreshing and invigorating, as nature intended.

Enjoy clean, pollutant-free air all year round. The Kenko Air Purifier improves your indoor air quality to a higher level with an ultra-clean three-level filtration system and negative ion technology. The three-level filtration system captures up to 99.95% of 0.3-micron particles in the air. A pre-filter acts as a physical barrier or trap to remove large particles, an activated



carbon absorption filter removes airborne gas and solution molecules and the HEPA filter removes ultra-fine particles such as airborne allergens. Negative Ion Technology replicates the air found in nature's setting such as by a lake or a forest bringing clean, refreshing air. In Japan, this is known as Shinrin-yoku or forest bathing.

The Nikken KenkoAir Purifier:

- **Provides clean, pollutant-free air all year round.**
- **Negative Ions to replicate air found in natural settings.**
- **Energy Star qualified and Ozone-free operation (non-toxic).**
- **Captures up to 99.95% of 0.3-micron particles in the air.**

The KenkoAir Purifier is an efficient and cost-effective solution for clean, pollutant-free air all year round.

WATER MATTERS

Life cannot exist without water! We are water-based beings, comprising about **70% of our body. It is the most important nutrient we consume every day of our lives.** Humans can live up to 40 days without food but can die in three days without water.

It is estimated that 70% of people are chronically dehydrated. Dehydration has been called the mother of all epidemics and the 1st step we need to take in addressing chronic diseases. Fail-

ure to drink sufficient water can **lead to fatigue, joint issues, weight gain, headaches, ulcers, high blood pressure, and kidney disease to just name a few.**

Water is not just a beverage choice; it is an essential nutrient. Proper hydration is essential to a healthy life. **Drink half your body weight in ounces daily to stay well hydrated.** We want the healthiest water possible, the way Nature intended.

The Nikken Wellness Home product to provide clean pollutant-free water for you and your family is the **PiMag Waterfall®**.

Filtering our tap water is convenient, cost-effective, and the best way to provide ourselves and our families with healthy water.

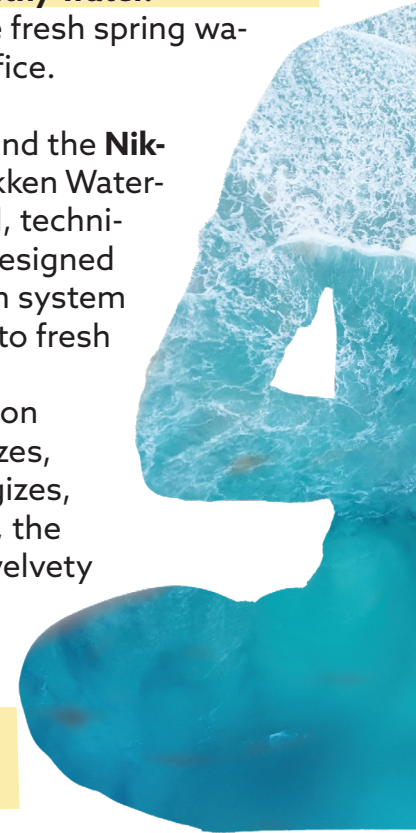
Imagine if we could create fresh spring water in our own home or office.

This is the strategy behind the **Nikken Waterfall**. The Nikken Waterfall System is an advanced, technically sophisticated, well-designed countertop home filtration system that converts tap water into fresh spring-like water.

Using a multi-stage filtration process that cleans, alkalizes, mineralizes, ionizes, energizes, and oxygenates the water, the Waterfall produces light, velvety fresh-tasting water that is highly absorbable and healthy.

Put simply, the Waterfall produces water the way nature intended water to be. Free of

contaminants but maintaining an alkaline pH with minerals that are added back after the filtration process. The water is run



through a magnetic field that structures the water as it occurs in nature for improved absorbability.

The Waterfall has a modern, compact profile and fits conveniently into most kitchens.



All Nikken water products are designed to the highest standards and are free of BPA and other

estrogenic chemicals. The Waterfall meets rigorous standards for performance, capacity, and integrity, removing a variety of drinking water contaminants.

The water tank components are bio-degradable plastics that will not

leach potentially harmful chemicals

into the contents of the tank. Nor will they release these chemicals into the soil. The Wa-

Water is life, and clean water means health.

-Audrey Hepburn

terfall is environmentally responsible in several ways. It reduces the number of discarded plastic water bottles that become trash in landfills. This also decreases the consumption of fossil fuels used in manufacturing those bottles. The waterfall is made with recyclable and biodegradable materials, including a polymer that does not leach chemicals into water as some plastics will.

Features and Benefits that we like most about our Waterfall:

- **Multiple-stage filtering process, advanced water-contaminant reducing technology, pH adjustment to create alkaline water.**
- **Natural, gravity-fed filtration - no need for electricity**
- **Mineral stones for added trace minerals.**
- **Fits perfectly onto kitchen**

counter-top

- **Non-leaching and BPA-free materials**
- **Made of bio-degradable plastics for no environmental impact**
- **Ease of operation and maintenance**
- **Cost-effective solution for healthy water**
- **Does not require a power source which makes it perfect for power outages or travel**

The Waterfall is good for your family, your pocketbook, and our planet! Drink half your weight in ounces daily for healthy hydration. Nikken water products provide you and your family with smart hydration.



SLEEP MATTERS

The CDC calls insufficient sleep or poor-quality sleep a public health epidemic, while the World Health Organization calls it a Global Epidemic of Sleeplessness. The average American adult sleeps less than 6.5 hours a day. This is a full hour less than 50 years ago. Sleep is an essential physiological process.

linked to a higher risk of conditions like:

- Cardiovascular disease and hypertension
- Stroke
- Diabetes and impaired glucose tolerance
- Mood disorders and anxiety
- Kidney disease
- Alzheimer's and other neurological disorders
- Obesity in adults and children
- Poor immune function
- Cancer

Make sleep the priority that your body needs.



The body NEEDS sleep, but in our fast-paced, highly productive lives we often sacrifice sleep for other activities. This is maybe due 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."*

It might not seem like a big deal to miss a few hours of shut-eye, however recent research from the National Institutes of Health indicates that sleeping less than 7 hours per night is

Here are 7 steps for a good night's sleep from the National Sleep Foundation.

1. Stick to a sleep schedule.
2. Pay attention to what you eat and drink.
3. Create a bedtime ritual.
4. Limit daytime naps.
5. Include physical activity in your daily routine.
6. Manage stress. Get comfortable, with lighting, and temperature.
7. Invest in a quality sleep system.

"Sleep's the only medicine that gives ease."
-Sophocles

The Nikken Wellness Home product for a great, rejuvenating night's sleep is the **Nikken Kenko Sleep System**. We need sleep to be healthy, happy, and productive. Without it, we suffer consequences both physically and mentally. Sleep is the most important determinant of being healthy by choice, so, choose to get enough quality sleep. *Sleep Matters*.

Sleep is not only about how many hours we sleep but more importantly about the quality of sleep. A significant component of sleep quality is dependent on our sleep environment. For that reason, the foundation of the Nikken Wellness Home is the Nikken Kenko Sleep System[®]. It uses natural materials and simple principles to create **Adaptive Sleep Technology**.

What wakes us up at night or interrupts us from getting a good night's sleep? To better understand this, we need to look at the Sleep Cycle. The sleep cycle as it progresses involves five different stages from consciousness to deep sleep and rapid eye movement (REM) sleep. These stages progress sequentially and if interrupted revert to earlier stages. Each cycle requires about 90 to 110 minutes to complete and it is recommended that we get 5 complete cycles per night which equates to a minimum of 7.5 hours of sleep. This is the reasoning behind the National Sleep Foundation recommendation for 8 hours of sleep per night. Many factors can wake us up or interrupt the sleep cycle.

Among them are an inability to wind down and relax, discomfort, temperature fluctuations, feeling too heavy in one spot, and breathing issues.

Adaptive sleep technology in the Nikken Sleep System provides solutions for these issues. This includes technologies that promote **temperature control, advanced magnetic technology, and passive massage** to

|| Sleep is the single most effective thing we can do to reset our brain and body health each day.

-Matthew Walker, Ph.D.



provide a natural, relaxing sleep environment for a deep restful, rejuvenating sleep.

Benefits of the Nikken Sleep System technologies include promoting quality sleep by creating an environment replicating Earth's natural energies. Enabling deep relaxation to help combat stress and fatigue. Helping to regulate body temperatures to keep us

Sleep Matters/Food Matters

at a comfortable temperature. Calming effects provide a sense of well-being during sleep and provide a relaxing massaging effect for more comfort and less tossing and turning. The system allows air to circulate for good ventilation.

The Sleep System is available in twin, full, queen, and king sizes and is light and portable. We often take the Kenko Sleep System with us on business trips and vacations. After trying the Kenko Sleep System, you will never want to sleep without it. **Sleep Matters and is a vital component of every Wellness Home.** Designed around the physiology of sleep, the Kenko Sleep System alleviates many of the common issues that interrupt our sleep. Get at least 7.5 to 9 hours of quality sleep per night with the Nikken Kenko Sleep System and *Be Healthy by Choice, not by Chance.*

FOOD MATTERS

Good food and bad food and as it's been said many times, we are what we eat. Making healthy food choices is a challenge for many of us.

Think about it, one of the most important decisions we make every day is what we eat and drink. It is everyone's Choice to eat Healthy or not.

All too often, food choices are a matter of convenience and not proper nutrition.

Over-processed, undernourished food, chemical additives, environmental toxins,

excess sugar consumption, and fast food are of concern to many.

If we look at our food requirements in simple terms, we require three main macronutrient categories, proteins, vegetables, and fruits.

Your body contains more than 10,000 different proteins. Proteins exist in every body part, from your hair to your bones. They help make and repair cells, which are critical for growth and development.



Proteins are made up of a combination of molecules called amino acids. Your body needs 20 different amino acids to function correctly. It can produce 11 of them, but **it must get the final nine called essential amino acids from the protein you eat. And**

because the body cannot store amino acids, you need to replenish them regularly.

“ We are what we eat. ”
-Ludwig Feurbach

According to the CDC, only 1 in 10 adults get enough fruits and vegetables in their daily diet while 60% of children don't eat enough fruits, and 93% don't eat enough vegetables to meet daily requirements.

To counteract these deficiencies many people opt for dietary supplementation. The most beneficial supplements are whole food supplements.

Whole food supplements are better at providing essential nutrients than isolate or synthetic vitamins. The reason behind this is whole food supplements contain the entire spectrum of natural nutrients needed for optimal health and come from real food. In addition, whole foods are better digested, ab-

sorbed, and assimilated than synthetic vitamins. Whole food supplements are not intended to replace whole foods but are used to supplement and provide complex nutrients to your health and lifestyle.

“Let food be thy medicine, and let medicine be thy food.”
-Hippocrates

The Nikken Wellness Home solution to healthy whole food supplementation is Kenzen Nutrition.

Whole food nutrition is the basis of our Nikken Active Wellness product line and much of our nutritional support in our Wellness Home is provided by Nikken.

Nikken Wellness Organic-Based Nutrition is designed to bring the daily diet closer to nature. Each ingredient is carefully selected and where possible the organic content is maximized.

The Nikken concept of Whole-Body Renewal includes a Core System to help meet daily needs and modules that offer support for specific biological activities: **gastrointestinal, cardiovascular, neurological, immune, and skeletal support.**

We suggest you start with our Core Nutrition Pack a healthy roundup of daily protein, veggies, and fruits. A few of our daily favorites are Kenzen Vital Balance®, Jade GreenZymes®, and Kenzen Super Ciaga®.

Kenzen Vital Balance (Daily Protein)

We kick-start every day with a Kenzen Vital Balance (KVB) shake. KVB's formula contains organic moringa and naturally sweet monk fruit in addition to organic pea protein and organic vegetables. It is designed to support weight management and metabolism function as well as supporting cognitive health.

* Pre-and probiotics help support digestive and immune system activity. Naturally-sourced protein from **organic peas, organic rice, and organic chlorella** supports the formation of lean muscle mass without the high levels of saturated fat and calories associated with animal protein.

KVB contains **Medium-chain triglycerides (MCTs)**, sourced exclusively from palm kernel oil, serves as "brain food" to support cognitive health, weight management, and metabolism function. *

**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.*



Kenzen Jade GreenZymes

(Our Veggies)

Called *"nature's perfect food,"* **barley grass is said to have more nutrition than an equal serving of any other vegetable.** The barley grass in organic **Jade GreenZymes® (JGZ)** is naturally alkaline and supports the immune system, and healthy blood glucose levels that are already in the normal range. *

JGZ is made with **organic barley grass** and our **proprietary blend of organic acacia and organic pearl barley seed extract powder.** It is Kosher and vegan certified, USDA Organic, certified by QAI and Gluten-free. Jade Greenzymes contains no preservatives, additives, or fillers.

We have two servings of Jade Greenzymes daily. This product also comes in capsule form, but I love the fresh green taste in a glass of Nikken PiMag Water. For a refreshing lemon flavor try Jade Greenzymes Citrus. Adding delicious lemon flavor makes it a refreshing drink any time of the day or night. **Even children enjoy it!**



Kenzen Super Ciaga

(Our Fruits)

Super Ciaga is an organic mixed superfruit juice concentrate made exclusively with organic fruit content. This advanced formula is made with a select group of superfruits chosen for their nutrient and antioxidant characteristics. Highly concentrated, it has an **exceptional ORAC (Oxygen Radical Absorbance Capacity) value of 5,000.**

Incorporated into a daily regimen, Super Ciaga helps support **healthy cellular functions, a healthy immune system, healthy heart and blood vessels, natural energy levels, and overall well-being.** *

Super Ciaga supports individuals who want to feel more energized as well as those who need assistance with poor eating habits. A great replacement for sodas is to mix an ounce of Super Ciaga with a glass of PiMag® water or seltzer for a naturally sweet and healthy beverage! One of our favorite beverages.

Super Ciaga is certified Kosher by Earth Kosher and USDA-certified organic contains no preservatives and has a 12-month shelf life.



**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.*

NATURAL ENERGIES MATTER

It is well known that **life is dependent on the natural energies of the sun, earth, and the wind.** In our current environment, there are many disruptors to these natural energies. *Are these disruptive energies detrimental to our health and well-being?* Many sources have documented the detrimental effects of these man-made energies.

Let's face it, we live in a world of electronic smog. We're wi-fied, 5G'ed, and surrounded by electronic interference from power poles, wiring, appliances, laptops, TVs, and cell phones **interfering with the natural energies we require.** Living organisms are complex electrochemical systems that evolved over billions of years in a world with a relatively simple weak magnetic field and with few electromagnetic energy emitters. As is characteristic of living organisms, they interacted with and adapted to this environment of electric and magnetic fields.

In recent years there has been a massive introduction of equipment that emits electromagnetic fields in an

enormous range of new frequencies, modulations, and intensities. Living organisms have only recently found themselves (ourselves included) immersed in this new and virtually ubiquitous environment, they have not had the opportunity to adapt to it.

The Nikken Wellness Home solutions utilize biomimicry to provide the natural energies that we require. These technologies and products are prevalent throughout the Nikken Wellness Home.

Nikken's first product (introduced in 1975) was the **Nikken Magsteps.** These shoe insoles use magnetic energy (replicating the earth's magnetic field) and massage nodules that stimulate reflexology points on the soles of the feet to provide more energy and balance.

Nikken's founder, Isamu Masuda observed that the prevalent use of magnetic products as self-care products in Japan was greatly beneficial and the massaging effect of nodules on the insoles could replicate the sensation of moving your



The Nikken Wellness Home

feet over small pebbles often found in streams and in Japanese baths. Magsteps were a tremendous success and Nikken held many Japanese sales records as a start-up company with just this one product.

This set the stage and direction for many other active wellness products and the creation of the **Nikken Wellness Home**. The Wellness Home has been described as a greenhouse for humans. It addresses areas of **healthy air, healthy water, healthy sleep, whole food nutrition, and the vital energies of nature** that we all require.

Examples of biomimicry in the Wellness Home include the aforementioned KenkoAir Purifier for clean, pollutant-free air all year round. The Nikken PiMag Waterfall for clean, alkaline, mineral-rich, and easily absorbable water, and the

Nikken Kenko Naturest Sleep System for the perfect sleep environment for a deep, restful, rejuvenating sleep.

There are many other examples of biomimicry in the Nikken Wellness Home and I am sure there will be more active wellness products to complement the Wellness Home Program in the future. The Nikken Wellness Home is a dynamic solution to many of our health choices. Nikken is continually updating products and adding new products and technologies to provide resolutions to issues that are of concern. For all the challenges we face, nature has a solution and **biomimicry is and will play an important role in providing solutions**. Never have we been so divorced from nature. According to a study sponsored by the Environmental Protection Agency, the average American spends approximately 90% of his or her time indoors.



To put the information in this article in perspective. If you enjoy the convenience of modern living, such as electricity, indoor plumbing, heating and air conditioning, internet, wifi, cell phones, and laptops then we need technology to counteract the side effects of these technologies.

family. A Nikken Wellness Home transforms our living spaces into a haven. A place that not only supports better health and energy but promotes balance and well-being.

The Nikken Wellness Home is a solution to providing a healthy environment for you and your

WELCOME TO THE COMMUNITY

As members of the world's most influential Global Wellness Community, it is our mission to help you Be Healthy by Choice and not leave your health to chance. Please join us in our endeavor to make Every Home a Wellness Home. Get back to the person that shared this information with you to discuss the best option for you and your family.



Let's Connect



**Welcome to the World's
Most Influential Global
Wellness Community**