

A high-angle, close-up photograph of a family of four laughing joyfully together. The father is on the right, smiling broadly with his mouth open. The mother is on the left, also laughing with her mouth open. Two children are in the center, one looking up at the father and the other looking towards the mother. They are all wearing white t-shirts. The background is bright and out of focus.

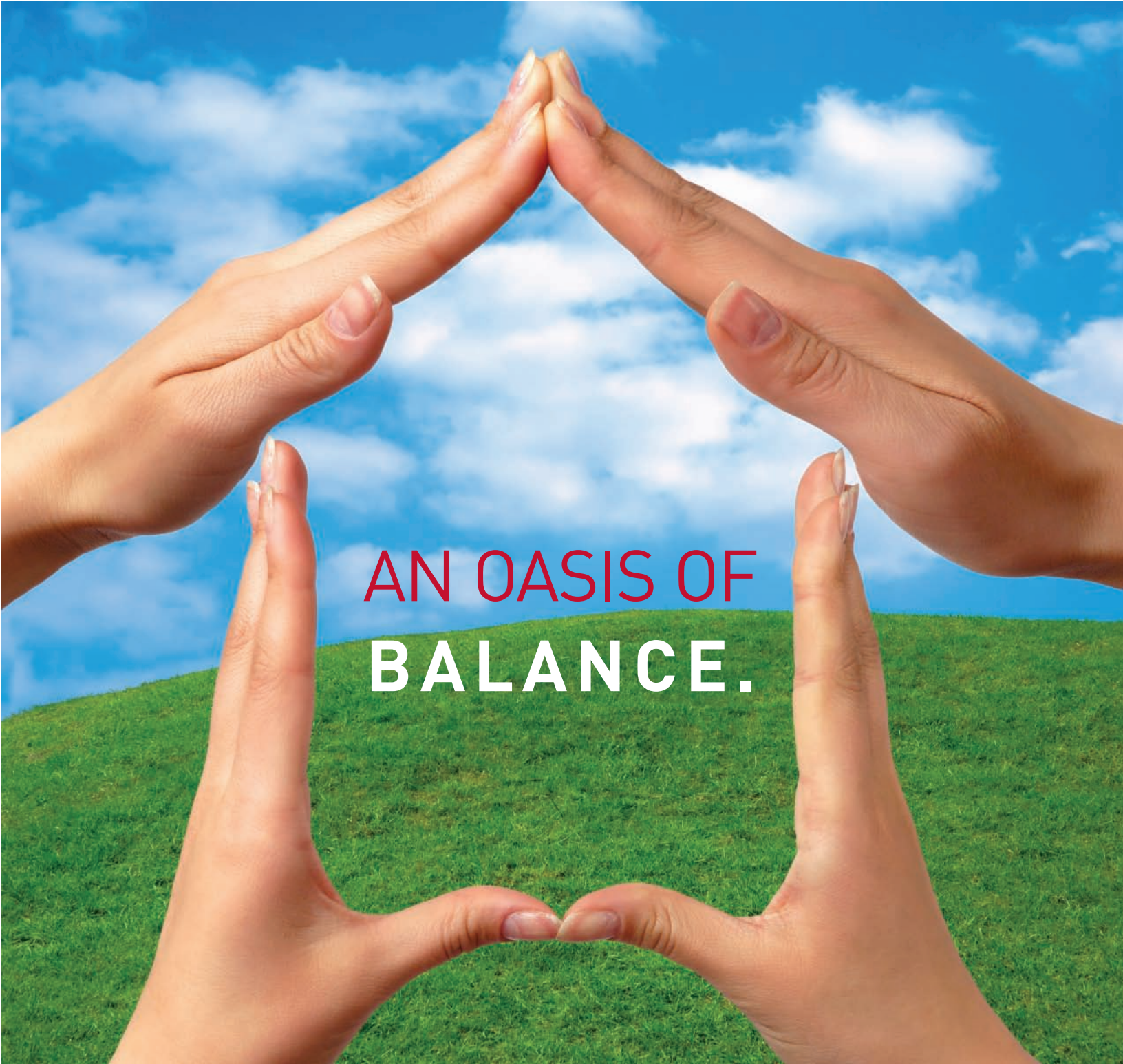
# Living Well

NIKKEN FAMILY MAGAZINE  
VOLUME 19, ISSUE 2

## **Nikken Salutes Autism Awareness Month**

Spreading the word  
one Wellness Home at a time





AN OASIS OF  
BALANCE.





## Now more than ever, people are striving to live healthier, more fulfilling lives.

Yet everywhere we turn, new challenges threaten to sabotage our efforts. Sleep deprivation, pollution and the onslaught of harmful free radicals are equal-opportunity worries. Addictive fast foods – and their empty calories – beckon the masses who struggle to keep up with the breakneck pace of life in the 21st century. And the consequences are taking an alarming toll on our health.

### Enter Nikken.

For more than 30 years, Nikken has brought life-enhancing products to an increasingly wellness-challenged world. But more than products, Nikken is a philosophy of total wellness. Based on the concept developed by Nikken founder Isamu Masuda, total wellness encompasses five key aspects of our lives: body, mind, family, society and finances. To achieve total wellness, one must have balance in all five of these areas – the 5 Pillars of Health™.

Where does it begin? In the home – a Nikken Wellness Home. While pollution is rampant outside our homes, few of us realize that the pollution inside our homes can be just as harmful. The air we breathe, the food and water we consume and the many cosmetic products we apply to our bodies could be putting our health at risk.

Establishing a Nikken Certified Wellness Home is the best way to protect our families. No remodeling is required. Instead, your Wellness Home is created when equal attention is given to each of four specific areas: Rest & Relaxation, Nutrition, Fitness and Environment.

The four dimensions of wellness are individually significant – and mutually dependent. Proper nutrition supports fitness, a healthy environment enables quality rest, and so on. When these four areas are in balance, the result can be a dramatic improvement in your quality of life.

The Nikken Wellness Home offers an oasis of balance in a hectic, stressed out and nutritionally challenged world. Join the revolution today, and discover a whole new way to live.

Learn more about the Wellness Home at [www.Nikken.com](http://www.Nikken.com).

**In this issue, Nikken answers the need for a fashionable, functional wellness solution with the TriPhase™ Sport Bracelet.**



## Are you out of balance?

Natural, whole foods are the ideal source of the nutrients your body was designed to consume. So Nikken developed Kenzen Wellness, to fill the nutritional gaps in even the most hectic lifestyle.

**Kenzen™ Wellness.**  
**Balanced nutrition, for life.**



**NIKKEN®**



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# The Nikken TriPhase™ Sport Bracelet.

A fashionable, functional wellness solution for everyone in the family.

- Durable, pliable silicone
- Lightweight
- Neat magnetic clasp
- Exclusive TriPhase Technology:
  - Magnetic
  - Negative Ion
  - Far Infrared



Item code 19095

A portion of proceeds from the sale of TriPhase Sport Bracelets is donated to Autism Speaks, a nonprofit organization dedicated to autism research and treatment.

**AUTISM SPEAKS**<sup>™</sup>







# Nikken Salutes Autism Awareness Month

## Spreading the word one Wellness Home at a time

The Autism Society of America estimates that 600,000 adults are living with autism in the United States today. According to current figures, this complex neurobiological disorder is more widespread than pediatric cancer, diabetes and AIDS combined. And with one in 150 children diagnosed with autism, that number is expected to grow.

Despite these staggering statistics, there remains no known cause or cure for autism. Until that day comes, Nikken remains committed to providing a healthier home environment for families everywhere through the Nikken Wellness Home. And since research suggests that environmental injury may be a factor in this disorder, there's no better way to help raise the quality of life for families affected by autism.

Many have attested to the benefits of a Nikken Wellness Home. Here are a few of their stories:

Our son Cade was diagnosed with autism in 2006 at three years old. To have a parent's hopes for their child crushed by a diagnosis like autism is devastating. So we did some research and learned that Nikken products have improved lives.

Medical doctors cannot explain the positive results of these technologies other than to chalk it up to "coincidence." But is it coincidence that when you treat your body properly in order for it to be healthy, and supply it with the proper nutrition, water, air, exercise and energy to function at its full potential, that it actually does function better?

Cade's progress had been very slow until we introduced Nikken into his life. After he began sleeping on the Kenko™ Sleep System (pad, pillow and comforter), we began to see

**“CADE’S FOCUS AND CONCENTRATION IMPROVED DURING THE DAY AND HIS OUTBURSTS BECAME LESS SEVERE. NIKKEN PRODUCTS HAVE PROVEN EFFECTIVE, AND THEY ARE RISK-FREE WITH ZERO SIDE EFFECTS.”**

drastic changes. He slept soundly without thrashing about, woke up easily and wasn't irritable. His focus and concentration improved during the day and his outbursts became less severe. Nikken products have proven effective for Cade, and they are risk-free with zero side effects.

Now, Cade is doing remarkably well and continues to make strides every day. There are many other companies who market sleep systems, air systems, water systems and nutritional supplements, but Nikken is the only company with everything wrapped up in one easy package — the Nikken Wellness Home.

—Ken & Betty Liukkonen





My husband and I are the parents of a 25-year old male diagnosed at age two with autism. Doug had never slept well in his life. So he stayed up late playing the piano or writing on the computer, and would often fall asleep in school. He was an irritable, jumpy, anxious individual, constantly looking for approval and asking “Did I do something wrong?”

About two years ago, we were introduced to Nikken. After Doug began sleeping on the Kenko™ Sleep System, he started going to bed about 10 p.m. and sleeping through the night. Now he gets up early in the morning and is relatively happy and productive all day. He wears his “magic insoles,” his “power necklace” and bracelets, and keeps our “tornado water” filled constantly. He insists on keeping the Air Wellness™ Power5™ in his bedroom, and showering with the PiMag™ Shower System. Every day, Doug takes Kenzen™ Jade GreenZymes™, Ciaga™, Mental Clarity, Fruit & Berry/Vegetable, Lactoferrin Gold 1.8™, Crave Control, OsteoDenx™ and Calcium Plus, with no reminders necessary. He places his feet on the Body Energizer™. Doug knows what makes him feel good.

He seems to be awakening from a fog. We will be eternally grateful to Nikken for making such a difference in our son’s life — and ours.

—Dr. Karen Hammel  
Chiropractor, naturopath, clinical nutritionist

**“NOW DOUG GETS UP EARLY  
IN THE MORNING AND IS  
RELATIVELY HAPPY AND  
PRODUCTIVE ALL DAY...HE  
SEEMS TO BE AWAKENING  
FROM A FOG.”**







My son James was diagnosed with autism before the age of three. We made some progress over the years, but James still had difficulty sleeping. I tried massage, reiki, herbal remedies and even painted his room blue for a calming effect.

Yet every night, he would get up and roam all over the house, turning on TVs at loud volumes, turning on lights and going into his brothers' rooms and waking them up. Needless to say, I struggled with lack of sleep myself. It disrupted the entire household.

Finally I tried putting a KenkoPad® on his bed. It still amazes me that for the first time in eight years, I had to wake him up the next morning! That was almost two years ago, and he continues to sleep well every night. His body is now doing what it should, and he's making better progress during the day because he's getting quality sleep.

**“THE BEST PART IS HOW NON-  
INVASIVE ALL OF THESE PRODUCTS  
ARE. THEY DIDN'T CURE JAMES,  
BUT HIS QUALITY OF LIFE IS SO  
MUCH BETTER.”**

James has had positive experiences with other Nikken products, and if I didn't see it myself, I would never have believed it. The best part is how non-invasive all of these products are. They didn't cure him, but his quality of life is so much better. And isn't that ultimately what we all desire?

—Carla Piccarreto  
Rochester, New York

# Nikken Recognized for Support of Autism Awareness and Research

Autism Speaks recognizes direct seller renowned for products combining science, nature and advanced technology



**AUTISM SPEAKS PRESIDENT MARK ROITHMAYR (CENTER) PRESENTS THE 2007 CORPORATE PARTNER AWARD CERTIFICATE TO NIKKEN VP OF SALES AND MARKETING DOUG BRAUN (RIGHT) AND DR. DAVID SILVERMAN, NIKKEN DIAMOND CONSULTANT.**

On March 8, 2008, the organization Autism Speaks presented Nikken with the prestigious 2007 Corporate Partner award.

For more than a year, Nikken has supported Autism Speaks through numerous charitable donations funded by a portion of proceeds from sales of the TriPhase™ Sport Bracelet. Thanks to our dedicated Nikken Consultants and customers across North America, over 40,000 units were sold in 2007 alone.

In November, the fourth annual Orange County Walk Now for Autism provided another opportunity for the Nikken family to show its support. A program of Autism Speaks, this 5K Walk and family festival drew a crowd of more than 5,000 participants including Team Nikken volunteers who gave financially, represented Nikken in the adjacent Autism Community Resource Fair, and strapped on their CardioStrides™ to hit the pavement.

Along with the contributions of long distance participants who gave remotely from all over the continent, Team Nikken raised an additional \$5,000 for this event.

And in March, Nikken launched the Nikken Benefit Bar. This essential web browser feature is free to download and provides convenient, one-click access to Nikken news and websites. What's more, it also includes a Yahoo! search tool that generates money from advertisers who pay to be included in search results. Nikken has pledged to donate the funds raised each month from these searches toward important causes like Autism Speaks.

At the Autism Speaks Annual Volunteer Leadership Conference in northern Virginia, Nikken VP of Global Sales and Marketing Doug Braun was on hand to accept the 2007 Corporate Partner award on behalf of the entire Nikken family. To read the full press release, please visit [myNikken.com](http://myNikken.com).



**Support Autism Speaks:**  
Download the free Nikken Benefit Bar today! Visit [myNikken.com](http://myNikken.com) for details.



# Health Trends

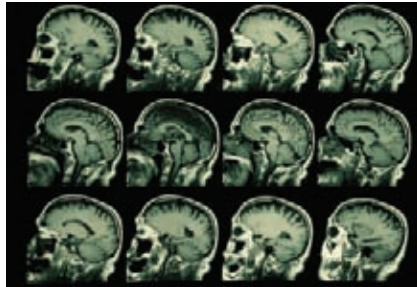
## Focus on autism and World Health Day

### AUTISM RISK IN PREMIES IDENTIFIED.

A small study of toddlers finds that about 25% of babies born very prematurely had signs of autism in an early screening test. These findings, published in the April issue of the journal *Pediatrics*, suggest that autism may be an unrecognized consequence of medical advances enabling the tiniest of premature babies to survive. Lead author Catherine Limperopoulos, a researcher at McGill University in Montreal and Children's Hospital in Boston, emphasized that the results don't mean extreme prematurity causes autism, but rather that it might be among contributing factors. (*Chicago Tribune*, April 2, 2008.)

### NEED FOR HEALTH CARE PERSONNEL IS ACUTE, WHO REPORTS.

An exploding population and the worldwide desire for a better standard of care are placing a strain on the supply of trained health workers. That is the crisis identified by the first Global Forum on Human Resources for Health, conducted in March 2008. The forum participants called for immediate action to resolve a shortage of care workers that is widespread and serious. The World Health Organization estimates that over four million more health professionals are needed, and 57 countries are suffering from an acute deficiency. These figures also suggest that prevention must be emphasized in order to minimize the stress placed on health services, even in developed nations. (World Health Organization online, March 6, 2008.)



### MAGNETIC IMAGING PROVIDES NEW INFORMATION ON AUTISM.

Researchers studying autism spectrum disorder are hopeful that newly investigated brain activity patterns may lead to improved diagnosis of the condition. Using functional magnetic resonance imaging, the study staff measured brain activity during a social-interaction experiment. They found that during part of the sessions, persons with autism displayed a different brain-activity signature than a control group. As announced in the journal *Neuron*, the ability to quantify brain activity in this way “may serve as a diagnostic tool, identify subtypes of autism,” and be applied in other clinical procedures. (*Medical News Today*, February 7, 2008.)

### HOSPITAL HAZARDS.

Debate continues as to whether screening tests for patients admitted to hospitals can be effective in preventing the spread of new, powerful infections. These antibiotic-resistant bacteria are appearing with increasing frequency in health care settings. A research group in Switzerland recently tested incoming patients for the dangerous MRSA bacterium, but according to an

article in the *Journal of the American Medical Association*, they determined that infection rates in wards where patients were pre-screened for the superbug were no different from infection rates in areas without screening. “It's just not very helpful,” said Dr. Stephan Harbarth, the epidemiologist who led the study at the University of Geneva Hospitals. The search for a solution continues. (*Baltimore Sun*, March 12, 2008.)

### DON'T RELY ON ONE SUPERFRUIT.

As food sources become more international in scope, manufacturers of health drinks often claim that a single ingredient — usually an exotic fruit such as pomegranate or mangosteen — is a nutritional and antioxidant powerhouse, providing an astonishing level of health-enhancing benefits. Most experts aren't convinced. Says Jeffrey Blumberg, director of the U.S. Department of Agriculture's Antioxidants Research Laboratory, “There's no evidence that [only] one type of fruit is better for you than any other variety.” The real answer, says health writer Emily Sohn, is a carefully chosen combination of nutrients, which will provide more benefits than “obsessing over whatever the superfruit of the moment happens to be.” (*Los Angeles Times*, March 10, 2008.)







# The Head of the Class

What graduates are saying about the new **Nikken U**



## MBA

The laying aside of personal agendas and the blending of hearts and minds among field leaders and between the field and corporate toward a common cause was great to see and feel! As the atmosphere of unity developed, there was a genuine movement to focus on our common good instead of what divides us, and it was a beautiful thing. We've been entrusted with a great and unique treasure in Nikken.

This is not like any other opportunity, and this is a unique time in Nikken. We have a great team of trustworthy leaders at the corporate office with the heart, vision and determination to make this company what it was meant to be at the outset. We have an incredible collection of leaders in the field. The combined wisdom, talent and human experience represented among all of us is truly amazing — in many ways unprecedented in any organization.

Together – between the field and corporate – we have the opportunity to literally make history.

—Ed Wiens, *Diamond*

## Humans Being More/Business Fundamentals training

### IRVINE

I love that the speakers are all customers, believers and high-income earners in Nikken. Being products of the products gives validity to this business!

—Carol White, *Silver*

### SEATTLE

Great training. I most appreciated the combination of HBM essentials and the business — all the important elements were included. Kudos to all involved in the creation of this!

—Jack Ensign, *Diamond*

Love the new HBM format! The Business Fundamentals segment provides better, more focused training toward launching Silvers than before.

—Rob Mason, *Platinum*

### ATLANTA

What areas would I like to see improved? None. It's a tremendously powerful program that's relevant to each and every person.

—Janet Kay Hendrix, *Silver*

So life-altering! It renewed my hope and vision for the future — and equipped me with the tools to attain it. I most appreciated the life and energy of the program presentations, along with tangible visuals and hands-on workshops.

—Kathy Scarlett, *Executive*

See page 18 for a schedule of upcoming Nikken U training courses, or visit [NikkenU.com](http://NikkenU.com) today!

# A Sigh of Relief

What Consultants are saying about the **Air Wellness™ Power5 Pro™**

*“I have a friend whose husband suffers from allergies, so I lent them the **Air Wellness™ Power5 Pro™**. Within four days, she and her husband both noticed a major improvement in the quality of their sleep. She called me and ordered the air system without ever asking the price! That’s how well it works.”*

—Michele Schultheis, Platinum Consultant

*“I thought the original Power5 was the best air system available – until now. I love the new **Air Wellness Power5 Pro!** The design and ease of portability are great. Even though it is smaller, it’s quieter and feels more powerful. I feel even my quality of sleep has improved.”*

—CJ McCarthy, Platinum Consultant

*“Even at the highest speed, the new **Air Wellness Power5 Pro** is so quiet. And it’s lightweight, portable and convenient – perfect for demonstrating at seminars or Wellness Previews. I’m proud to be aligned with a company that continually seeks to take things to the next level. As far as I’m concerned, this product is a home run!”*

—Mary Dingmann, Diamond Consultant

*“I like the improvements offered by the **Air Wellness Power5 Pro** very much. The smaller size and carrying handle make it much easier to transport around the home, and the improved display panel provides a wonderful visual cue for when to adjust the settings on your unit.”*

—Kathy Noel, Silver Consultant

Air Wellness Power5 Pro	Item #1438
Filter replacement pack	Item #1439
Air Wellness Brochure	
EN - 10 CT	Item #9367
FR - 10 CT	Item #7367





# Being Green

Convention destination a world-class, "green" resort

It's very Nikken: to select a site for the 2008 North America Convention that not only offers breathtaking, top-drawer accommodations, it also promotes a healthy community.

The Rosen Shingle Creek Resort in Orlando has been named a Florida Green Lodge by the state's Department of Environmental Protection. This designation recognizes a resort destination that manages to combine luxurious living with ecologically responsible use of natural resources.

It's an impressive accomplishment, considering the lavish lifestyle that Shingle Creek offers its guests.

Covering more than 1.7 million square feet in area, Shingle Creek includes an 18-hole golf course, four swimming pools, a fully-appointed spa, hiking, tennis and a fitness center.

Its several restaurants make possible almost every sort of



dining experience, ranging from an Italian bistro, casual café, upscale steakhouse, pool bar and grill, to an ice creamery and a coffeehouse. Guest rooms and suites contain flat-screen televisions, a mini-fridge, wonderful amenities and available high-speed Internet access.

With all this, resort visitors are unlikely to be aware of the Green Lodge design features that help to preserve the environment. The facility is extremely energy efficient, practices water and power conservation, recycles consumables, and even uses organically-derived cleaning materials.

"We take environmental responsibilities to heart," says Harris Rosen, president and chief operating officer of the corporation that operates Shingle Creek. "Guests may never notice the small changes we've made to help our planet. We do them because it's the right thing to do."

What better choice for the October 2008 Nikken North America Convention, than a locale that is committed to helping make the world a healthier place to live?

**The Nikken North America Convention is October 23-25, 2008. Mark your calendar and pre-register now at [myNikken.com](http://myNikken.com)!**





# Learn it. Live it.

## The Rhythm of Nikken: what's in it for you?

In February, thousands of Consultants convened in key cities across North America to synchronize their business with the Rhythm of Nikken. More than a one-day event, participation in the Rhythm of Nikken is yielding powerful results each quarter for Consultants all over the continent.

In Des Moines, Washington, attendees took part in all-day trainings that included a variety of opportunities to recharge their Nikken business.

"We took the 90-Day Planner and focused on retailing, recruiting and rank advancement," says Elaine Williams. "Those are the key areas that people need to be working on over the next three months."

In addition to the breakout sessions, the event featured panel discussions on lifestyle and the business. Topics included tips for increased earnings and utilizing a virtual office. Many guests of Consultants were so impressed by these presentations that they stayed on to participate in the workshops.

"Attending this event really helps people put the Rhythm of Nikken into action," Elaine says. The Platinum Consultant exclaims, "If everyone does what they've been challenged to do, we may have twice as many award recipients at our next Quarterly Event. I can't think of anything more exciting than that!"

### GETTING MOTIVATED

Inspiring and motivating attendees is a major priority of the Quarterly Event. In Springfield, Missouri, business builders learned how to get more strategically focused with their Nikken business. The exciting recognition segment provided a powerful incentive for Consultants to commit to their goals for the next 90 days.

"It was an opportunity to gain a fresh perspective on the business, and that's something you can only get by being at the event," says Platinum Consultant Kay Logan. "People have been challenged to place themselves on that recognition stage at the next Quarterly Event."

### TANGIBLE INSPIRATION

Meeting real-life Nikken success stories can go a long way toward bolstering the confidence of Consultants in the earlier stages of their Nikken business. In Connecticut, attendees gathered from all over the Northeast to gain a greater perspective on how they fit into the big picture of an international company.

"The Quarterly Event gives Consultants a sense that they are a part of something truly significant," notes Platinum Consultant Valerie Aloisio. "It was a full day of learning from corporate speakers with expert product knowledge, plus the opportunity to hear some compelling, first-hand testimonials," she continues, "Everyone left with a feeling of excitement."

Indeed, the energy sparked by Dr. Narain Naidu's riveting product presentation prompted many guests at the Austin, Texas Quarterly Event to sign up on the spot as Nikken Consultants. "Having Dr. Naidu at our event created so much excitement," remarks Platinum Consultant Liz Coker. "It helped give attendees a clear vision of the company."

### THE FRAMEWORK OF SUCCESS

In Virginia, the Quarterly Event included a mini expo that provided Consultants and their guests a closer look at Nikken products. With over 55 people in attendance, the gathering helped trigger a sense of urgency in Consultants to share these incredible technologies with others.

What's more, attendees were compelled to duplicate all they had learned, with their short-term sights set on returning to the next Quarterly Event. "The Rhythm of Nikken offers a lot of structure for your business," observes Platinum Consultant Tom Beasley. "Your Nikken business needs tracks to run smoothly on, and the Quarterly Events provide them."

The next  
Quarterly Event is  
May 17, 2008!  
(May 24 in Canada)  
Visit the Rhythm of  
Nikken microsite for  
details.



# Thinking Like a Winner

## 5 Pillars: Healthy Mind

At 26, Dakota Kent was already an accomplished young woman when she was first introduced to Nikken. After earning a full-ride academic and basketball scholarship to NYU, Dakota focused on specialized studies in entrepreneurship, commercial real estate and spirituality. Upon graduating, she moved to Austin, Texas where she got a job working in commercial real estate. Then fate intervened.

“Carol Thompson invited me to a Wellness Luncheon, and right away I could see that Nikken represented freedom,” says Dakota. “As I learned about the 5 Pillars of Health, I felt I’d finally found the vehicle that would take me where I wanted to go.”

Dakota signed up with Nikken and within two weeks had left her job in real estate to pursue her new endeavor. Almost immediately, she hopped on a plane to Irvine, California where she participated in Humans Being More training.

“I committed myself by purchasing a complete Wellness Home,” she recalls. “I knew it was an investment in my future and I’ve always believed the higher the risk, the greater the reward.”

Today, Dakota is a new Silver Consultant with a prospect list containing nearly 1,000 names — no small feat, considering the self-professed introvert knew few people when



she relocated to Austin just two years ago. The key, she says, has been maintaining a positive attitude, developing a can-do spirit and living life with joy and enthusiasm.

“Because of Nikken, I’m genuinely interested in people, and that seems to attract people to me. It never feels like work.”

Dakota is a great example of a young person who is pursuing her dream of financial freedom, and she encourages others who may be just starting on a career path to carefully consider what Nikken has to offer.

“If you want something in life, reach out and grab it — you don’t have to follow a traditional path to success. In Nikken, many people have profound product experiences. For me, the greatest experience is the product I’ve become — I’m happier and more excited than I’ve ever been in my life.”

### WHAT ARE THE 5 PILLARS OF HEALTH™?

Nikken is based on the philosophy that true wellness begins with prevention, and prevention begins with balanced living that promotes a healthy body, mind, family, society and finances — a philosophy known as the 5 Pillars of Health.

Sharing this concept of total, balanced wellness — together with the products and business opportunity necessary to make it all possible — is the Nikken mission.

Today, thanks to the dedication of Independent Nikken Consultants, the 5 Pillars of Health lifestyle has become a reality in hearts and homes around the world.



**“IN NIKKEN, MANY PEOPLE HAVE PROFOUND PRODUCT EXPERIENCES. FOR ME, THE GREATEST EXPERIENCE IS THE PRODUCT I’VE BECOME.”**



# The Future of Nikken University is Here

Since January, our new Humans Being More/Business Fundamentals training and Advanced Leadership & Communication courses have proven to be a phenomenal success. Don't miss the upcoming sessions scheduled for July in a location near you! Please visit [NikkenU.com](http://NikkenU.com) for detailed venue information.

- **HBM/Business Fundamentals** (All Consultants and guests)  
Discover how to leverage the power of the Nikken business vehicle to turn your dreams into reality.
- **Advanced Leadership & Communication** (Gold and Platinum Consultants)  
Focusing on the specific needs and challenges at the Gold and Platinum ranks to help you successfully break through to the next level.

## July 12-13, 2008

### ● Humans Being More/Business Fundamentals training

**Irvine, California**  
With trainer Jeff Koch

**Denver, Colorado**  
With trainer Jeff Isom

**Atlanta, Georgia**  
With trainer Jim Parry

**Toronto, Ontario**  
With trainer Ron Helquist

## July 19-20, 2008

### ● Humans Being More/Business Fundamentals training

**Washington, DC**  
With trainer Jim Parry

**Chicago, Illinois**  
With trainer Linda Mitchell

**Austin, Texas**  
With trainer Ron Helquist

**Seattle, Washington**  
With trainer Jeff Koch

## October 22-23, 2008

### ● Humans Being More/Business Fundamentals training

**Orlando, Florida**  
Speakers TBA

## October 22-23, 2008

### ● Advanced Leadership & Communication

**Orlando, Florida**  
Speakers TBA

*“Wonderful goal-setting exercises – especially setting a date to break Silver!”*

– Judy Kimes, Executive Consultant

Fee includes seminar instruction and course materials. Meals, parking and incidentals not included. For more information, please visit [NikkenU.com](http://NikkenU.com).

Register online at [NikkenU.com](http://NikkenU.com), or call Nikken University at 1-800-669-8859 (CN 1-800-669-8890), option 5. Training fees are non-transferable and non-refundable. Schedule subject to change without notice. Verify exact dates, locations and times online at [NikkenU.com](http://NikkenU.com).



# Communication



Because knowledge is power, Nikken wants you to have access to the most current information available at all times.

## TO UPDATE YOUR CONTACT INFORMATION:

**E-mail** — Visit [myNikken.com](http://myNikken.com) and access your personal information under “My Account” to verify or update your e-mail address.

**Address** — Have you moved? Submit your new address and telephone number to our Ordering Department via fax (888-564-5536) or mail (52 Discovery, Irvine, CA 92618). Update requests must be signed by all Consultants listed under the distributorship.

## HOW NIKKEN COMMUNICATES WITH YOU:

- **myNikken.com** — The latest in wellness news, product information, current promotions, helpful business-building tips and more are just a click away.
- **Living Well Weekly** — Special offers, product news, training information and special event notifications are delivered via e-mail directly to your inbox.
- **Flyers** — Your orders and bonus checks may include informative flyers with product announcements, promotions and other important news.
- **Business Calls** — Get inside tips from top Nikken leaders the first three Wednesdays of each month at 6 p.m. (PT). Refer to your Living Well Weekly e-newsletter for new dial-in numbers each week.

## HOW TO CONTACT NIKKEN

All hours of operation are PT.

**English Orders:** Monday-Friday, 7 a.m.-5 p.m.

**Spanish Orders:** Monday-Friday, 7 a.m.-4 p.m.

**French Orders:** Monday-Friday, 7 a.m.-4 p.m.

**Mandarin Orders:** Monday-Friday, 7 a.m.-4 p.m.

**Cantonese Orders:** Monday-Friday, 7 a.m.-4 p.m.

**Japanese Orders:** Monday-Friday, 8 a.m.-5 p.m.

**Korean Orders:** Monday-Friday, 7 a.m.-4 p.m.

**All Jamaica calls (within Jamaica only):**

**Jamaica fax line (within Jamaica only):**

**International Relations:** Monday-Friday, 8 a.m.-5 p.m.

**Internet Support:** Monday-Friday, 7 a.m.-4 p.m.

**Training Info/Registration:** Monday-Friday, 7 a.m.-4 p.m.

**Distributor Services (Billing, Shipping, Mail, Fax, AutoShip, Package Tracing):** Monday-Friday, 7 a.m.-4 p.m.  
**myNikken:**

**Fax number for all departments listed above:**

(US) 800-669-8859 x2

(CN) 800-669-8890 x2

800-669-8897

800-669-8898

800-669-8894

800-669-8895

800-669-8896

800-669-6537

800-439-6377

800-439-6389

800-669-8896

888-NIKKEN3

(US) 800-669-8859 x5

(CN) 800-669-8890 x5

(US) 800-669-8859 x4

(CN) 800-669-8890 x4

[myNikken.com](http://myNikken.com)

888-5NIKKEN

## WORLD HEADQUARTERS GUIDED TOURS

Guests are invited to tour the facility **Monday through Friday at 10 a.m. and 2 p.m.**

Tours run approximately one hour and begin promptly at scheduled times. Please call ahead to verify scheduling, as tours may be suspended during filming or special events. We ask that you arrive a few minutes early to check in with the front desk staff.



## Last chance to place all orders for the month:

Phone or fax — April 30 by 5:00 p.m.

myNikken — April 30 by midnight

# Living Well

NIKKEN FAMILY MAGAZINE  
VOLUME 19, ISSUE 2

SUCCESS



## Visualizing Freedom

ANN & GRANT MCNABB  
NEW DIAMONDS



# Success Contents

VOLUME 19, ISSUE 2

## Visualizing Freedom 4

New Diamonds Ann and Grant McNabb succeeded in making life imitate art.



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17 Nikken Around the World

## Auto/Home Program 14

Congratulations to this month's new Auto Bonus recipients — 10 strong, and counting!



## Nikken Around the World 17

Consultants are celebrating their involvement with the industry's top wellness company, on three continents.



## Have you relocated?

Don't miss an issue of *Living Well* magazine.

Please submit your new address and telephone number to our ordering department via fax (888-564-5536) or mail (52 Discovery, Irvine, CA 92618).

## YOUR AGREEMENT WITH US

"Independent Nikken Consultant understands that products are not considered and are never offered or intended as medicines or medical treatments for any disease or disorder, either physical or mental. Nikken Inc. and/or any Nikken Consultants are prohibited and enjoined as a condition of this agreement from participating in any diagnosis, prognosis, evaluation, treatment, description, management or remedy of any disease or physical or mental disorder."

Remember: Nikken products are not approved as medical devices in the United States or Canada, and no medical claims should be made by Nikken Consultants or any other person.

Warning: If you use an electronic medical device such as a pacemaker, do not use any Nikken products containing magnetic technology. Women in their first trimester of pregnancy or anyone who has a health problem or an implanted medical device should

first consult a physician and/or their electronic device manufacturer before using Nikken products containing magnetic technology. Do not place Nikken products containing magnetic technology in direct contact with magnetically sensitive items such as watches, audio/video tapes, credit cards, portable electronic equipment, etc.

**Disregard for Nikken policies and procedures is cause for immediate Consultant termination.**

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### Who Receives *Living Well* Magazine?

Any Consultant who has purchased 100 points worth of products within a calendar month will receive issues of the magazine and/or newsletter for three months.

## April 7 marks the 60th anniversary

of the World Health Organization. WHO is the global health authority within the United Nations system, and defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

It's no wonder that Nikken shares a special affinity with this worldwide organization. As a company committed to educating people about the benefits of total wellness through prevention, I believe we can adopt the WHO objective as a new way to express the Nikken mission — to empower all people to attain the highest possible levels of health.

Independent Nikken Consultants possess a truly unique opportunity to share the message of health and hope with the world — physically and financially. That opportunity is made possible by the Nikken Wellness Home. Through this extraordinary gift, Nikken Consultants are helping to restore a healthier home environment for families everywhere.

Every day, we hear from people whose lives have been transformed by the Nikken Wellness Home. While Nikken products are the very best in the industry, we know that the products themselves are not responsible for

these amazing testimonials. Rather, our exclusive technologies have been designed to recreate the most natural environment our bodies were meant to live and thrive in — without interfering in our day-to-day activities — and the Nikken Wellness Home does just that. In response, our bodies are enabled to function at their peak, and flourish.

Combine this incredible wellness solution with our unmatched business opportunity, and you have the ultimate formula for freedom.

During Autism Awareness Month this April, I want to challenge all Nikken Consultants across North America to do your part. Don't keep this amazing opportunity to yourself — share it with everyone around you, and let them know that it's never too late to experience the highest levels of health they can imagine. Today could be the day that their lives — and financial futures — are transformed.

You are all that stands between them and their destiny.



**ROBERT L. RICHARDS**  
President  
Nikken Inc.







**Ann & Grant McNabb**

CALGARY, ALBERTA

Sponsor(s)  
**TRISH MRAKAWA**

Incentives  
**AUTO/HOME PROGRAM, PRESIDENT'S CLUB, WATANABE LEADERSHIP TEAM, 21 CLUB, PARAGON AWARD, 60K CLUB**

	Trainings
	✓ HBM
	✓ Gold
	✓ Diamond
	✓ Int'l

**success tips**

- Set measurable goals.
- Dream big and stay connected to your coaches and mentors.
- Believe in yourself, feel joy and just keep going.

**“NIKKEN ALLOWED US TO ENVISION A TOTALLY DIFFERENT LIFESTYLE — WHICH WE HAVE NOW ACHIEVED.”**

# Visualizing Freedom

Not many people can credit a horse for convincing them to explore the Nikken business opportunity. But during a level-one jumping exam, Ann McNabb watched in amazement as her trainers Trish Mrakawa and Leanne McLean used a Nikken product on her horse — within half an hour, they noticed a definite difference in the equine.

“I remained skeptical,” Ann recalls, “But I like to joke now that it’s a good thing my horse was open minded!”

The busy oil industry executive and her engineer husband Grant had never attempted network marketing, and with the success they had already achieved in their chosen careers, the McNabbs were not looking for a new business opportunity. Still, the 5 Pillars™ philosophy — and the possibility of creating balance between work and family — piqued Ann’s interest.



**GRANT AND ANN WITH SON WILLIAM AND DAUGHTER KARI-ANN.**

“At the time, my children were competing in tetrathlon and pentathlon competitions in Europe, and I really wanted to have the freedom to travel with them,” she says. “That spurred me to consider a career change.”

As fate would have it, Ann’s employer offered her a severance package that would allow time off for consulting — and for taking a closer look at Nikken. Then in 1997, Grant underwent emergency triple bypass surgery. The

family shifted its focus to helping him recover his strength and his health. With little to lose, they invested in a Kenko™ Sleep System and other Nikken technologies. As Grant’s condition steadily improved, the couple’s interest in Nikken grew.

Ann committed herself to their Nikken business on her own until early 2003, when Grant officially retired from his engineering career. “She was having so much fun, I felt compelled to join her,” he says.

The road to Diamond has been extremely rewarding for the McNabbs.

“We have always been proponents of positive thinking, affirmation and visualization,” says Ann. “Several years ago we created our own Nikken Family Magazine cover, with our picture.”



The visual reminder of their goal provided daily inspiration to help the McNabbs stay focused and motivated. “It feels really good to have that dream come to fruition,” she smiles.

“In my previous career, employees rarely received pay increases and were frequently downsized,” adds Grant. “Nikken allowed us to envision a totally different lifestyle — which we have now achieved.”



**THE TEAM IN MEXICO (L-R): KRIS LEWANDOWSKI, CAROL HAIKA, JIM AND JOY BEWS, ANN, EVA LEWANDOWSKI AND GRANT.**



### Phil & Gloria Offerle

FARMINGTON, NEW MEXICO

Independent Nikken Consultants

Sponsor(s)  
BO BONDS

Incentives  
PARAGON AWARD,  
AUTO/HOME PROGRAM

	Trainings
	✓ HBM (5)
	✓ Gold (2)
	✓ Diamond
	✓ Int'l

### success tips

- Learn the business.
- Be consistent and available.
- Enjoy the journey — be thankful for it all.

Building our Nikken business over the last three years has shown us how we can help others, and in doing so our financial and time constraints have lessened. We want to help others discover wellness, and help each other feel confident in sharing that with even more people. We have developed personal relationships with people we never would have met outside of Nikken. On the way to Platinum, we've experienced personal and professional growth through active participation in Nikken University training, Wellness Previews and key corporate events. By setting an example of leadership, we teach others to do the same. Some of our business building techniques include scheduling two previews each week, two business building trainings each month and inviting as many people as possible to corporate events. We advise newcomers to have your sponsor present when meeting with prospects, attend a Wellness Preview every week, and read, listen and study about the products and the business.



### Rhonda Shuter

TORONTO, ONTARIO

RN

Sponsor(s)  
MIRIAM BAR-DAVID

Incentives  
AUTO/HOME PROGRAM

	Trainings
	✓ HBM (3)
	✓ Gold
	○ Diamond
	✓ Int'l

### success tips

- Unwavering belief.
- Unwavering commitment.
- Unwavering focus. Never take your eyes off the prize!

Wellness to me is the difference between living, and living well! As parents, it's the knowledge that we are doing everything in our power to ensure the future well-being of our children and their children. We live, breathe, eat and sleep Nikken. And we've gained a deeper respect and gratitude for the health we now enjoy. The whole family is better for this knowledge, and we feel a moral obligation to share what we know and how we live. I've adapted to my new role as an integrative healthcare practitioner, bridging the gap between western and eastern modalities of treatment and promoting complementary therapies — something that was completely foreign to me before Nikken. In building a successful Nikken business, my technique is talking to everyone with a pulse. My husband Michael has also been instrumental in organizing the marketing aspect of our business and supporting our existing team members, as I continue to sponsor new ones. We complement each other very well!

**“WE HAVE DEVELOPED PERSONAL RELATIONSHIPS WITH PEOPLE WE NEVER WOULD HAVE MET OUTSIDE OF NIKKEN.”**

**“IN BUILDING A SUCCESSFUL NIKKEN BUSINESS, MY TECHNIQUE IS TALKING TO EVERYONE WITH A PULSE.”**

### New Platinum Consultants



The following Consultants recently qualified for their new pin rank. Those who have submitted photos and recognition forms will be featured in the next issue of *Living Well* magazine.

#### January

Lane, Geoffry  
Miduryan, Ovsanna & Martiros  
Wilkinson, Donna & Lema, Maria

#### February

Dayton, Rachel  
Gandy, Missy & Bill





**Suzanne M. Bethel**

ORLANDO, FLORIDA

RN/Teacher

Sponsor(s)  
LYNETTE & TOM  
RICHARDSON

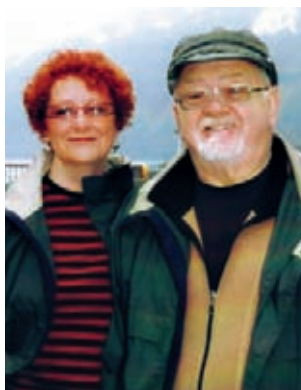


- Trainings
- HBM
  - Gold
  - Diamond
  - Int'l

**success tips**

- Dream, decide, plan.
- Duplication.
- Fortitude.

I own my own company doing cardiology consulting. Since joining Nikken, I look and feel younger and my family enjoys better health. Today, I live in a Wellness Home, drive a wellness car, work in a wellness office and travel with my Air Wellness™, Kenkoseat™, PiMag™ showerhead and Nikken nutritional products.



**Linda & Patrick Chapman**

LAKEWOOD, WASHINGTON

Retired

Sponsor(s)  
PENNY ROYSE



- Trainings
- HBM (4)
  - Gold (3)
  - Diamond
  - Int'l

**success tips**

- Find upline mentors whose passion and values mirror your own, and duplicate them.
- Be consistently persistent. Never stop and never give up.
- Understanding your long-term goals is critical.

We've been transformed by the 5 Pillars of Health philosophy and a life lived on purpose and in balance. Patrick's health is now under control. Through Nikken, we have found a rich, diverse group of outstanding individuals we would never have met otherwise. Their care and love keeps pushing us to achieve more and dream more.



**Ken & Neenah Dressler**

HUNTERTOWN, INDIANA

Engineer/Nurse

Sponsor(s)  
ANITA & STEVE YODER



- Trainings
- HBM (2)
  - Gold (2)
  - Diamond
  - Int'l

**success tips**

- Consistency.
- Focus.
- Duplication.

To us, wellness is about prevention. Prevention is the key to a happy, healthy, hearty life. We are both healthier than all of our friends and most of our family, and we're on a mission to help as many people as possible to become as healthy and happy as we are. It's so rewarding to help others.



**Alice L. Elson**

BRADFORD, OHIO

Office work/Car sales

Sponsor(s)  
LINDA HOWARD AND  
ROXANNE & RANDY  
SNODGRASS

Incentives  
21 CLUB, AUTO/HOME  
PROGRAM



- Trainings
- HBM
  - Gold
  - Diamond
  - Int'l

**success tips**

- Find your "why," set your goals and keep working towards them.
- Find a mentor to talk with and encourage you.
- Listen to motivational tapes and read motivational books daily.

Nikken provides more opportunities to help others than most occupations. I am proud to be part of a company with such great integrity. Nikken equals wellness to me. My husband passed away in 2004 but he saw great improvement in his quality of life. I feel stronger, have better digestion and even danced at the Leadership Summit in Mexico.



### Jon & Mary Pritchett

BEDFORD, INDIANA

Independent Nikken Consultants

Sponsor(s)  
MONICA & MARK MORIN

Incentives  
21 CLUB, PARAGON AWARD, AUTO/HOME PROGRAM



- Trainings
- HBM
  - Gold
  - Diamond
  - Int'l

To us, wellness means having the time and money to do what we want – and the health and longevity to enjoy it – by sharing the Wellness Home concept. The Nikken opportunity has enhanced our quality of life by opening our minds to the great Nikken technologies and restoring our bodies to a healthier state.

### success tips

- Treat this business like the billion-dollar business that it is.
- Have your one-minute goal prepared to let people know what you are doing.
- Follow up with people.



### Jerry Rubenstein

BETHESDA, MARYLAND

Travel Agency Owner

Sponsor(s)  
MILES SCHNEIDER



- Trainings
- HBM (5)
  - Gold
  - Diamond
  - Int'l

Nikken has enabled me to perpetuate wellness through their life-enhancing products. To me, wellness means looking and feeling good all the time — giving your body what it needs to maintain peak performance. Nikken products let you live healthier every day. And Humans Being More training helps you discover what's important to feel accomplished and fulfilled.

### success tips

- Make and prioritize your name list.
- Talk to as many people as possible, without delay.
- Always move forward towards your dreams and goals — never quit.



### Linda Schappell

WHITEHALL, PENNSYLVANIA

Businesswoman

Sponsor(s)  
ERIC & TONI DOUGAN

Incentives  
21 CLUB



- Trainings
- HBM
  - Gold
  - Diamond
  - Int'l

I discovered Nikken when my office landlord came to me to show me something "better than apple pie." Since then, Nikken products have blessed me with better health for 14 years, including the rare opportunity to enjoy the company of both my grandmother and my first grandchild at the same time, for four years.

### success tips

- Never give up.
- Hold on to your dreams.
- Mention Nikken wellness to everyone you know.

### New Gold Consultants



The following Consultants recently qualified for their new pin rank. Those who have submitted photos and recognition forms will be featured in the next issue of *Living Well* magazine.

#### January

- Asuncion, Liwanag
- Tan, Victoria
- Whyman, Rosalind

#### February

- Delacruz, Nieves
- Hilger, Benjamin & Nakai, Leigh Ann





**Azadeh Adili**

NEWPORT BEACH, CALIFORNIA

Holistic Medicine



**Adam & Adrinne Blackstock**

GRANDVIEW, MISSOURI

Pastors



**Donald J. & Hettie Sue Cosper**

LIVINGSTON, TEXAS

Hospital Administrator



**John & Lilibeth Delacruz**

PONOKA, ALBERTA

Psychiatric Aide



**Brian Foster**

TORONTO, ONTARIO

Industrial Designer



**Trudy & Jeff Gallagher**

LARCHWOOD, IOWA

Owners/Managers  
Lumber & Hardware Store



**Lou & Deb Gigliotti**

PITTSBURGH, PENNSYLVANIA

Independent Nikken  
Consultants



**Leoncia Guiao**

TORONTO, ONTARIO

Independent Nikken  
Consultant



**Crisanta & Apolonio "Paul" Ignacio**

MISSISSAUGA, ONTARIO

Catholic School Board/  
Custodian



**Jude Kantorowski**

ESSEX JUNCTION, VERMONT

Personal Assistant



**Dakota Kent**

AUSTIN, TEXAS

Independent Nikken  
Consultant



**Danielle & Roger Khan**

TORONTO, ONTARIO

Feng Shui Practitioner



**Janie & Dave Klank**

INDIANAPOLIS, INDIANA

Independent Nikken  
Consultants



**Ashley & Chase Kress**

BIG STONE GAP, VIRGINIA

Insurance Agent



**Ruth Levy**

CHANDLER, ARIZONA

Life Coach



**Cesar & Alma  
Lindo**

ASHBURN, VIRGINIA

Medical Technologist/  
Accountant



**Michael & Editha  
Manansala**

SANTA CLARA, CALIFORNIA

Business Owner



**Elliotte P.  
Mao**

REDWOOD CITY, CALIFORNIA

Graphic Designer



**Halyna  
Mashtalir**

TORONTO, ONTARIO

Librarian



**Georgia  
Morse**

LAKEWOOD, WASHINGTON

Retired Medical Clerk



**Linda  
Morse**

LAKEWOOD, WASHINGTON

Aerospace Administrator



**Cheryl  
Moses**

GREENVILLE, SOUTH CAROLINA

Estimating Assistant



**Melody  
Murphy**

CALGARY, ALBERTA

Travel Consultant



**Brian & Julie  
Murri**

REEDSBURG, WISCONSIN

College Student/Athlete



**Asia  
Patvakanyan**

TORONTO, ONTARIO

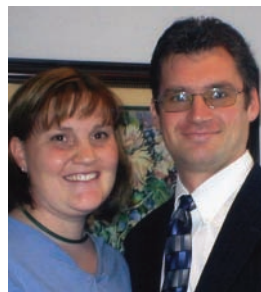
Real Estate Agent



**Olivia  
Popsor**

TORONTO, ONTARIO

Nursing Student/  
Independent Sales Rep



**Shirley & Craig  
Reynolds**

REXBURG, IDAHO

Marriage & Family  
Therapist/Student



**Maury & Maria  
Ruiz**

SAN ANTONIO, TEXAS

Realtor



**Narine  
Sargsyan**

SUNLAND, CALIFORNIA

Independent Nikken  
Consultant



**Karen & David  
Thompson**

NEW MARKET, ONTARIO

Franchise Owner/  
Technician



**Wally & Velda  
Tremelling**

BLISS, IDAHO

Exhaust Salesman/  
Rancher



**Susan  
Valentin-Cubing**

SAN MATEO, CALIFORNIA

Pediatric Nurse  
Practitioner



**Bev  
Vandegrift**

AUSTIN, TEXAS

Recruitment Business  
Owner



**Cheryl  
Wellock**

AKRON, OHIO

Medical Social Worker



**Rosita  
Wong**

NEW WESTMINSTER,  
BRITISH COLUMBIA

Stay-home Mom

## New Silver Consultants

The following Consultants recently qualified for their new pin rank. Those who have submitted photos and recognition forms will be featured in the next issue of Living Well magazine.

### January

Anishchenko, Pavel & Nina  
 Billedo, Princesita & Bienvenido  
 Bondarenko, Marina  
 Buzon, Rebekah  
 Castelo, Esperanza  
 De Guzman, Emilie  
 DiMuccio, Massimo & Tamam, Adi  
 Featherstone, Katherine  
 Galvin, Dolores  
 Jurado, Ofelia  
 Klein, Laura & Mitchell, Allan  
 Lemire, Diane  
 Mancini, Melpomeni  
 Mayerchak, Brenda & Michael  
 Moran, Christine  
 Peyton, Eric  
 Sweltz, Brenda  
 Voskanian, Rita  
 Wuattoux, Lenora

### February

Alikina, Elena  
 Aviles, Ana  
 Balocating, Rowena G  
 Bautista, Mirella Vanessa  
 Carrero, Consuelo & Enrique  
 Gonobobleva, Tatiana  
 Granelli, Martin  
 Hanson, Jodie  
 Icban, Lourdes & Orlando  
 Jordan, Keith  
 Kennedy, Sherry  
 Khuong, Jonathan  
 Koo, Elizabeth  
 Lansang, Michel  
 Oanes, Dina & Joselito  
 Pan, Sarah S  
 Robbins, Keri  
 Searle, Reva  
 Williamson, LeAnne & Bowring, Victoria  
 Taguibao, Eugene & Marilyn  
 Tan, Noel & Miriam  
 Torrez, Pete Sr. & Rose  
 Van Hook, Ana  
 Williams, Cori



## What is Paragon?

The Paragon Award is presented to any Nikken Consultant who, within a three consecutive PV month period or less, has six new and/or existing personally sponsored Consultants reach the Senior level or higher. The Paragon Award recognizes Consultants who have remained organized and dedicated over an extended period of time.

### What does the award include?

- Recognition in *Living Well* magazine and online at [www.myNikken.com](http://www.myNikken.com).
- A prestigious pin and certificate of achievement.
- A cash award.

The following Consultants recently qualified for the Paragon Award. Those who have submitted photos and recognition forms will be featured in the next issue of *Living Well* magazine.

### January

Casarez, Eric  
 Chang, Kitty  
 Charcos, Isabellita  
 Cobb, Kelly  
 Gette, Katherine & Richard  
 Grant, Carolyn S  
 Mario, Pastor & Fe  
 Offerle, Phillip & Gloria

### February

Hanson, Jodie  
 Moran, Christine  
 Nelson, Reid & Yvonne  
 Nisperos, Carmelita  
 Pritchett, Jon & Mary  
 Weber, Ann



**Jonathon & Randi  
 Casada**

HOUSTON, TEXAS

### The Result

Achieving the Paragon Award has helped us focus on our goals..

### Testimonial

We enjoyed organizing the business and offering technologies that help people naturally. Our technique included regular Tuesday night presentations and training meetings.

## success tip

Motivate and spread the Nikken word daily. Set new goals monthly.

## The 21 Club

Whether you are a brand new Nikken Consultant or a high-ranking veteran, participating in the 21 Club will jump start your business!

For membership in the 21 Club, Consultants must conduct 21 product demonstrations with 21 different prospects in seven consecutive days.

### SLEEP 21 CLUB

Walker, Vergene and Tremelling, Wally

The following Consultants recently qualified for the Sleep 21 Club.

### January

Langston, Wynter  
 Turner, Gregg

### February

Black, Ricarda  
 Zaccaro, Gail

# Watanabe Leadership Team



The Watanabe Leadership Team was created to identify, recognize and support serious Nikken Consultants at Silver pin rank and above, who are on the path to President's Club. Nikken congratulates all those who have achieved this prestigious title and encourages everyone to continue aspiring to this level of success.

#### How to qualify:

- Send a Letter of Intent to Mr. Tom Watanabe, co-signed by a President's Club member in good standing
- Reach Silver pin rank or above
- Graduate from Humans Being More Training and Gold Training
- Maintain PGV of 6,000 points for three consecutive months
- Develop three or more personally sponsored first-level new Bronze (or above) legs who each have directly sponsored three Seniors within the same six-month period
- Be on the Autoship Program
- Maintain an e-mail address



We were introduced to Nikken by a friend who invited us to try the Magsteps. This launched an incredible journey as we discovered the opportunity to work with the best wellness products in the world. Our Nikken business has enhanced our lives by providing flexibility and the knowledge that we can accomplish whatever we desire. The Nikken University training programs have taught us to think on a larger scale, focus on our path and never stop. And the products are so powerful. The idea of owning a Wellness Home is incredible once you discover it. We chose to live it and share it with everyone so they, too, can benefit.

## Jon & Mary Pritchett

BEDFORD, INDIANA

Restoration Contractor/Teacher

Sponsor(s)  
MONICA & MARK MORIN

Incentives  
21 CLUB, PARAGON AWARD, AUTO/HOME PROGRAM



- | Trainings                           |         |
|-------------------------------------|---------|
| <input checked="" type="checkbox"/> | HBM     |
| <input checked="" type="checkbox"/> | Gold    |
| <input type="checkbox"/>            | Diamond |
| <input type="checkbox"/>            | Int'l   |

## success tips

- Use the tools that are available.
- Follow-up equals success.
- Be passionate — your passion should shine through to any new potential customer or business partner.

The following Consultants recently qualified for the Watanabe Leadership Team. Those who have submitted photos and recognition forms will be featured in the next issue of *Living Well* magazine.

**February**  
Dingmann, Mary

# Nikken Honors its Top Achievers

Nikken's top achievers are movers and shakers in the business. No matter who you are or what your rank, being honored as a monthly top achiever means your Nikken business is going places – and we want to acknowledge your success.

## TOP 10 PGV

Every month, ten Consultants rise above their peers to earn the highest Personal Group Volume on the continent. Nikken is pleased to honor the following individuals for their achievement:

January Top 10 PGV:			
<b>1</b>	Peyton, Eric	Silver	Spokane, WA
<b>2</b>	Bondarenko, Marina	Silver	Spokane, WA
<b>3</b>	McKee, Maggie	Platinum	Vancouver, BC
<b>4</b>	Martinez, Tessie	Silver	Toronto, ON
<b>5</b>	DiMuccio, Massimo & Tamam, Adi	Silver	Thornhill, ON
<b>6</b>	White, Jerry & Marcia	Diamond	Spokane, WA
<b>7</b>	Robinson, Melissa	Silver	Calgary, AB
<b>8</b>	Voskarian, Rita	Silver	Las Vegas, NV
<b>9</b>	Weaver, Jean	Gold	Wilmington, DE
<b>10</b>	Miduryan, Ovsanna & Martiros	Platinum	Los Angeles, CA

February Top 10 PGV:			
<b>1</b>	Dingmann, Mary	Diamond	Saint Cloud, MN
<b>2</b>	Mao, Elliotte	Silver	Redwood City, CA
<b>3</b>	Moyseyenko, Galina	Silver	Brooklyn, NY
<b>4</b>	Bremner, Linda	Silver	Calgary, AB
<b>5</b>	Offerle, Phillip & Gloria	Platinum	Farmington, NM
<b>6</b>	Ignacio, Apolonio	Silver	Mississauga, ON
<b>7</b>	Gonobobleva, Tatiana	Silver	Brooklyn, NY
<b>8</b>	Williams, Cori W	Silver	Birmingham, AL
<b>9</b>	Weissman, Sarit & Darren	Platinum	Riverwoods, IL
<b>10</b>	Dragon, James	Diamond	Avon, IN

## TOP SPONSORS

Active sponsorship is a key component of the Nikken business model and essential to a building a successful business. These individuals sponsored the highest number of new Consultants in North America:

January Top Sponsors:			
<b>1</b>	Foster, Brian	Silver	Toronto, ON
	Michalec, Aaron	Senior	Buellton, CA
<b>2</b>	Sargent, Kimball & Avery-Foy, Geoff	Silver	Raleigh, NC
	Cortez Jr., Juan	Direct	Camarillo, CA
	Kent, Dakota	Silver	Austin, TX
<b>3</b>	Davis, Elizabeth	Direct	Camarillo, CA
	Sustache, MD, Gilberto	Executive	Sugar Land, TX
	Tovar, Jose	Executive	Pembroke Pines, FL
<b>4</b>	Hammel DC, Dr. Karen & Chris	Platinum	Holland, TX
	Lastrapes, Sharon	Silver	Austin, TX
	Kagan, Boris & Marina	Silver	Thornhill, ON
	Robbins, Keri	Bronze	Big Stone Gap, VA
	Sweltz, Brenda	Silver	Hockessin, DE
	Bautista, Eliza	Bronze	Tukwila, WA

February Top Sponsors:			
<b>1</b>	Medina, Belinda	Direct	Montreal, PQ
<b>2</b>	Regoso, Felisa	Direct	Whitestone, NY
	Grimes, Kyle	Direct	Pineville, LA
<b>3</b>	Karapetyan, Edvin & Tosunyan, Yeva	Executive	North Hollywood, CA
	Aviles, Ana	Direct	Miami, FL
	Robertson, Joanna	Direct	Newport Beach, CA
	Crawley, Randolph & Teresa	Diamond	Englewood, FL
<b>4</b>	Valiyeva, Lyudmila	Direct	Brooklyn, NY
	Podwils, Lois & Gary	Executive	Culpeper, VA
	Coker, Brenna	Executive	Oakland, CA
	De Guia, Hadrian & Elena	Direct	San Jose, CA
	Granelli, Martin	Direct	Rocklin, CA
	Williams, Cori	Direct	Birmingham, AL
	Buijs, Dennis	Senior	Miami, FL
	Kennedy, Sherry	Direct	Calgary, AB
	Searle, Reva	Direct	Tucson, AZ
	Icban, Lourdes & Orlando	Direct	Scarborough, ON



# Auto/Home Program

Get the car or home of your dreams!

Imagine pulling a shiny new key out of your pocket, one that opens the door to a whole new future for you and your family. It's not a metaphor – Nikken can help you pay for the new car or home you've always dreamed about!

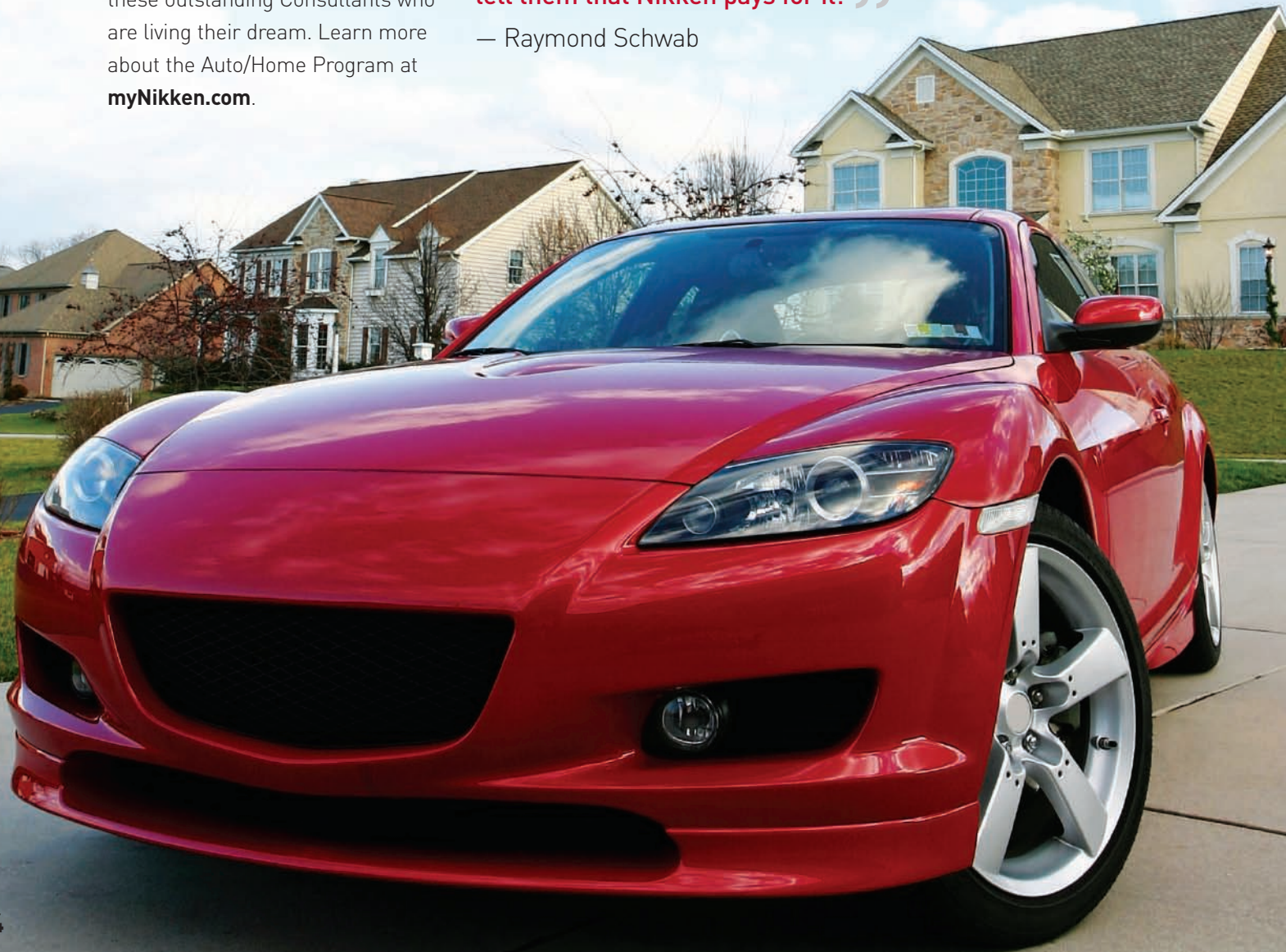
It's true. Just maintain the qualification requirements pertaining to your pin rank at Gold or above for three consecutive months, and join the ranks of these outstanding Consultants who are living their dream. Learn more about the Auto/Home Program at [myNikken.com](http://myNikken.com).

“ We've been driving Nikken cars for more than 10 years. We love this new Mini Cooper because it's fast, gets great gas mileage and can still accommodate all of our products, including the mattress. It's a great conversation starter and gives us a chance to tell people that it's paid for by Nikken. ”

— Bruce & Barbara Albert

“ I've had six other Nikken cars, but I am really enjoying this one. Driving a hybrid makes me feel like I am doing my share to help protect the environment. People always have lots of questions – especially at the gas station. I always make sure to tell them that Nikken pays for it! ”

— Raymond Schwab





*Let Nikken put you in the driver's seat!*



BRUCE & BARBARA **ALBERT**  
2007 Mini Cooper S  
RANCHO MIRAGE, CA



JEAN & FRANK **ALLAN**  
2008 Toyota Prius  
NORTH GOWER, ON



DOUG & JAN **DAVIS**  
2008 Acura MDX  
SPOKANE, WA



BOB **HOLMES** &  
MICHAEL **HOLMES**  
2008 Lexus ES 350  
TEMPERANCE, MI



ANN & GRANT **MCNABB**  
2007 Volvo 580  
COCHRANE, AB



GREG & LORI **ROONEY**  
2008 Honda Pilot  
ROANOKE, VA



RAYMOND **SCHWAB**  
2008 Toyota Prius  
ISSAQUAH, WA



RHONDA & MICHAEL **SHUTER**  
2008 Chevy Malibu  
TORONTO, ON

The following Consultants recently qualified for the Auto Incentive Bonus. Those who have submitted photos will be featured in the next issue of *Living Well* magazine.

**January**

- Hayashi, Virgie & Mark
- Louie, Dr. Sharon
- Nelson, Reid & Yvonne
- Petit, Pierrette
- Taylor, Fleeta & John

**February**

- Davis, Leon & Peggy
- Haack, Russell
- McGee, Robert & Suzanne
- Navarro, Wanelisa
- Spader, Donald & Joyce



KAREN **TRUEBENBACH**  
2008 Lexus ES350  
LAKEWOOD, WA



MARY & BRIAN **WILLIAMSON**  
2007 Chrysler Town & Country  
LEXINGTON, KY



Doesn't your family deserve the best? Create a Nikken Certified Wellness Home, and come home to pure water, clean air and a healthier lifestyle, every day. Learn more at [myNikken.com](http://myNikken.com).

The following Consultants qualified for certification of their Nikken Wellness Homes:

**January/February**

Allen, Carissa  
 & Grossman, Adam  
 Alskog, Kenneth & Debra  
 Andros, Joanna  
 Apolinario, Orlando & Violeta  
 Bailey, Larry & Ravel, Sophie  
 Bangit, Eliza & Renato  
 Bates, John  
 Beaudoin, Marguerite  
 Bezoyan, Armenui  
 Bobrowski, Karen  
 Boyce, Julie  
 Caramat, Grenith  
 Carr, Betty  
 Carroll, Cynthia  
 Casey, Drew  
 Catalbas, Beatriz & Gervacio  
 Chernesky, SueAnn  
 Chilton, Heather  
 Chu, Maria Victoria  
 Claire, Tremblay  
 Coker, Brenna  
 Cole, Marge  
 Crawford, Teri  
 Cunanan, Lourdes  
 Davis, Wesley  
 De Castro, Jocelyn  
 De Leon, Agripina & Manuel  
 Diaz, Manuel  
 Dickinson, Charice  
 Elder, Kellie  
 Eschenbrenner, Lynn  
 Fernandez, Ellen  
 Forteza, Edwin  
 Gagala, Debbie  
 Gay, Shirley  
 Greer R.N., Kathy  
 Gremillion, Laura  
 Guerrero, Hector  
 Hakoyan, Suren  
 Hammack, George  
 & Stephanie  
 Hankins, Dawn  
 Haraldson, Jennie & Tyler  
 Harvey, Haywood  
 Kansas City, MO  
 Arlington, WA  
 Etobicoke, ON  
 Etobicoke, ON  
 Palo Alto, CA  
 Gaithersburg, MD  
 Farmington, NM  
 Lyndonville, VT  
 Las Vegas, NV  
 Edmonds, WA  
 Dexter, NY  
 Springfield, VA  
 Kent, WA  
 Driggs, ID  
 Daphne, AL  
 Ponoka, AB  
 Nazareth, PA  
 Calgary, AB  
 Mississauga, ON  
 Quebec, PQ  
 Oakland, CA  
 Apopka, FL  
 Vacaville, CA  
 Sterling, VA  
 Park Ridge, IL  
 Toronto, ON  
 Seven Hills, OH  
 Jarrettsville, MD  
 Newman Lake, WA  
 Victoria, BC  
 New Castle, DE  
 Potomac, MD  
 Daly City, CA  
 Downers Grove, IL  
 Bunkerville, NV  
 Coatesville, IN  
 Marksville, LA  
 Houston, TX  
 Glendale, CA  
 Harrisonburg, VA  
 Okotoks, AB  
 Spokane, WA  
 Oakland, CA

Hobor, Tom & Brenda  
 Hummel, Jaqueline  
 Icban, Lourdes & Orlando  
 Johnson, Peggy & Peter  
 Karimaghaei, David  
 Kauppi, Sherry  
 Kennedy, Sherry  
 Khuong, Jonathan  
 Kimes, Judy  
 Klein, Charmaine  
 Klering, Karen & Timothy  
 Kluzek, Renata  
 Kotorman, Laurie & Mark  
 Lee, Sook  
 Legros, Annabelle  
 Lemire, Diane  
 Lindo, Alma & Cesar  
 Lombardo, Vincent  
 Lowry, Frederick  
 Lynch, Gail & Robert  
 Mancini, Mario  
 Mao, Elliotte  
 Marchildon, Elaine  
 & Raymond  
 Mayerchak, Brenda  
 & Michael  
 McFarland, Michael  
 Meissner, Britta  
 Mendoza, Soliman & Vivian  
 Mocco, Lori  
 Morada, MariaLuz  
 Moss, Angela  
 Murphy, Melody  
 Nash, Leslie  
 Navasca, Roslyn  
 Newton, Dennis & Jeanne  
 Nisperos, Carmelita  
 Orpilla, Freihlen  
 Pallister, Victor & Margaret  
 Pare, Raymond  
 Parkinson, Robert & Marilee  
 Pawluszka, Ann  
 Perry, Suzanne  
 Phaneuf, Jeannie

Victoria, BC  
 Camden, NY  
 Scarborough, ON  
 Rush City, MN  
 The Woodlands, TX  
 Hancock, MI  
 Calgary, AB  
 Daly City, CA  
 Federal Way, WA  
 Charlotte, NC  
 Brewerton, NY  
 Saint Petersburg, FL  
 Shelburne, VT  
 Calgary, AB  
 St Augustin De  
 Desmapq, PQ  
 Richmond Hill, ON  
 Ashburn, VA  
 Palm Beach  
 Gardens, FL  
 Mclean, VA  
 Coto De Caza, CA  
 Mississauga, ON  
 Redwood City, CA  
 Calgary, AB  
 Calgary, AB  
 Farmington, NM  
 Tucson, AZ  
 Ashburn, VA  
 Oak Creek, WI  
 Burke, VA  
 Atlanta, GA  
 Calgary, AB  
 River Drive Park, ON  
 Winnipeg, MB  
 Cincinnati, OH  
 Silver Spring, MD  
 North Aurora, IL  
 Calgary, AB  
 North Yarmouth, ME  
 Rupert, ID  
 Warren, MI  
 Ruston, LA  
 Vancouver, BC

Phillip, Ann Marie  
 Plourde, Nicole & Richard  
 Pratt, Minerva  
 Price, Charlie & Cheryl  
 Provo, Andrew  
 Pyon, Mike & Andrea  
 Ramsdell, Patricia  
 Rapacik Hess, Frances  
 Ratajczak, Judy  
 Rebanal, Noemi  
 Regoso, Felisa  
 Rocker, Regina  
 Rosa, Lina  
 Roxas, Erlinda  
 Schmidt, Michael & Barbara  
 Searle, Reva  
 Smith, Lenoir  
 Smith, Michael  
 Sos, Kathy  
 Soucy, Claude  
 & Aubin, Claire  
 Stinson, Carolyn  
 & Steeves, Gary  
 Storment, Michelle  
 Symons, Sandy  
 Szabo, Gloria & Albert  
 Tanasijczuk, Justin  
 Tardy, Jan  
 Terhoeve, Marja  
 Thompson, Phillip Jr.  
 & Dolores  
 Traaseth, Patricia  
 Walden, Heidi  
 Webster, Janice & Roy  
 Wilkey, Gary & Aster  
 Wittich, Janice  
 Woods, Rose  
 Wright, Terri  
 Yanguas, Diego  
 Young, Irene  
 Brooklyn, NY  
 Berlin, NH  
 Manassas, VA  
 Sisters, OR  
 Alexandria, VA  
 Abingdon, MD  
 Minot, ND  
 Chesterton, IN  
 Roseville, CA  
 Waldorf, MD  
 Whitestone, NY  
 Bronxville, NY  
 Santa Clara, CA  
 Potomac, MD  
 Saint Petersburg, FL  
 Tucson, AZ  
 Mc Comb, MS  
 Carefree, AZ  
 Markham, ON  
 Deux Montagnes, PQ  
 Syracuse, NY  
 Spokane, WA  
 Plymouth, MN  
 Lorain, OH  
 Toronto, ON  
 Round Rock, TX  
 Bethesda, MD  
 Calhoun, LA  
 Bagley, MN  
 Orlando, FL  
 Lexington, KY  
 Spanaway, WA  
 Friendship, IN  
 Richmond, CA  
 Chandler, AZ  
 Plantation, FL  
 San Jose, CA



# Nikken Around the World



**Europe** The Gran Hotel Bahia del Duque in the Canary Islands was the luxurious setting for Nikken Europe's Kick-Off 2008. Managing Director Anthony Chaplin joined Network Development Manager Janne Heimonen and regional network development managers to reveal strategic initiatives for Nikken Europe in 2008. Attendees hung on every word of the fascinating product presentation by Dr. A.S. Naidu, creator of Nikken OsteoDenx™ and Lactoferrin Gold 1.8™. Additional highlights included dynamic business training from Royal Diamond Morten Andersen and a vision workshop led by Regional Network Development Manager Steffi Heim. Between sessions, Consultants took advantage of the opportunity to relax, sunbathe, swim and enjoy the island sights and sounds of Tenerife.



**Singapore** Chinese New Year proved an ideal occasion to blend business and pleasure for more than 60 Nikken Consultants in Singapore last February. Kicking off with singing and dancing, the celebration coaxed attendees to let their hair down, if only for one day. While indulging in a traditional Chinese New Year dish called yu-sheng, Consultants joined Nikken Singapore staff members in shouting aloud their best wishes for a prosperous New Year. After a generous buffet lunch, the festivities continued with a rousing session of karaoke, followed by a drawing for several pieces of Bella Passione jewelry. Lucky winners gathered for a photo opp as the luncheon came to a close, but not before each attendee was offered two mandarin oranges as a good-luck gift.



**El Salvador** More than 300 Consultants from Colombia, Costa Rica, Guatemala, Panama, Mexico and the United States gathered in November to celebrate the addition of the newest member in the Nikken Latin America family — El Salvador. Kicking off with the festive Central America Convention in San Salvador, Consultants in El Salvador have hit the ground running. Just one month after opening its doors, Nikken El Salvador honored eight local Consultants who had already advanced to the Silver rank, and one who had successfully reached Gold. And as the momentum continues to build, it's clear that there are great things in store for Nikken El Salvador in the coming year. Congratulations!