



Tips for Using Nikken's Vital Balance Successfully

Here are the tips for using the Vital Balance correctly as you heard on Roger Drummer's CD I gave to you. I hope you have listened to it and are following Roger's program. If you do not have a copy, ask and we will give you a copy or provide you a link you can listen to on your computer.

First thing in the morning take the 2 scoops of Vital Balance in JUST water (& ice if you want it that way). After you have taken it for your protein fix, then you can follow on with your coffee if you drink it about 30 minutes later but certainly **NO** sugar. We suggest not using things like Starbucks special coffees as they are full of sugar. When you start your day with "protein" only, it sets your brain up for 24 hours of improved mental acuity/memory and more energy with more balanced blood sugars. You should consider doing this as your norm for the rest of your life so your body works properly. **NEVER MISS THE START OF EACH DAY WITHOUT TAKING YOUR VITAL BALANCE.** If you introduce sugar in this regime then none of this will occur. That's why so many kids are overweight as they start their day with sugar and carbohydrates.

For 10 days, try to avoid all sugars, breads, fruits, pastas and only use vegetables as your carbohydrate source. This will help you get rid of sugar cravings and is the reboot for your body to begin burning fat instead of storing sugar/carbohydrates as fat. It will help you detoxify the liver so it functions properly. Then when you re-introduce sugar in form of fruits and other prepared products it will have shifted your body to burn the sugar and fat and not store it. This will change your long term outcome and shape your body.

If you are going to use the Vital Balance for **weight loss**, then you should **do 2 shakes a day**. The second one at lunch can be done with unsweetened almond milk if you prefer but do not add fruit to it for the first week or two. If you want a flavor, use some sort of extract drops such as orange or similar but not fresh fruits. Some people have sprinkled nutmeg on the top as a flavor. Some people are also adding raw cocoa powder for a chocolate taste.

At night for dinner, try to keep to meat (chicken or fish is preferred) and simple vegetables. After dinner it is best if you **do not snack**. If you must snack, then a small amount of nuts are the most preferred snack. Keep this process up for the 10 days to 2 weeks then you can begin to add fruit and other things to your shake.

We did this for about 2 months (2 shakes a day) and experienced great results. It is all about making a decision on what you want to achieve and then "just doing it". Once you have achieved your ideal weight then you can begin to add in moderation those things you enjoy but probably no longer crave. If possible, just stay away from bread all together.

Weight loss will come but the bigger result is when your body starts the fat burning and then inches come off. Not so much weight loss as fat is released and muscle is built which is of course heavier than fat. Once you start the program, what we like to call a "liveit" (not a diet) and have a question, please be sure to CALL and ask for advice.

As you will note, if you do 2 shakes a day, then you will need another jar within 15 days or 2 jars a month. It might be a good idea to establish an automatic monthly or bi-monthly automatic shipment program which we can help you establish and realize a further cost reduction (cost savings). If that is of interest, please ask us. What is the best way to get what you need and save the most amount of money? The longer you stay on this program, the better your long term results and health will be.

-Created by Mac McDonald & Pat Terry (visit www.SaturdayAMLive.com, scroll down to **June 29, 2013** & click on link) Roger Drummer's presentation - https://www.youtube.com/watch?feature=player_embedded&v=Wyip1-Ufz9I