

STEPS for the EZ W8 and MUCH MORE PROGRAM

STEP 1: PRE-START: (YB = ybhurtn.biz)

LISTEN To the Roger Drummer recording on YB. Look for “Stop your Sugar Craving.” You can listen there online or download it to be able to put it on your Computer to put on your phone if you like.

Make your **DECISION/Commitment**. Write out Why you are doing this plan, These are for your own benefit, but become much stronger if you share with a partner. Photo for your record notebook. Record Measurements on the **YB** Chart.

NEXT: Print from **YB – LITE-Information – not the Videos** – You **Need the High Glycemic List Now** & actually all the rest of them. Good idea to laminate the Information charts. Keep in a binder & you’ll be all set.

STEP 2:

We (Nikken) have ABSOLUTELY the most Organic, most Nutritious Shake mix on the planet. Nikken says: We make it most Nutritious – You make it most Delicious ... & we do! Have your Nikken Wellness Consultant (WC) help you sign up to order the – Kenzen Vital Balance (KVB). We also add to our shakes, Nikken Green Zymes, Ten-4, & take the Cleanse & Detox capsules.

STEP 3: Learn about the Waterfall & Water Pack by clicking on the “Information” just after the acronym LITE at the top of the screen.

STEP 4: Calls on Tuesdays, 6 PM Pacific To Join: Go to **Zoom.us**— at 5:58 PM Pacific. **On Zoom**, “join” using the **Meeting Id: 463-732-330**

To Join by Phone: 415-762-9988 or 646-568-7788 (US Toll)

NOTE: If you do not know of a Nikken Wellness Consultant, you may call Dennis & Ruth at 206-612-2773. Be sure to leave a clear message and phone number.