

# VITAL BALANCE EATING PLAN PROTOCOL

CUTTING OUT SUGAR, FRUITS, GRAINS AND CARBOHYDRATES FOR 7 DAYS WILL CURB YOUR SUGAR CRAVINGS.

PROTEIN ONLY MEANS: NO SUGAR, NO FRUIT, NO JUICE, NO GRAINS, NO BEANS, NO STARCH.

PROTEIN CAN BE EGGS, MEAT, FISH, SEEDS. (NUTS UNLESS THEY CAUSE A PLATEAU)

(NO: POTATOES, TOMATOES, YUCCA)

BREAKFAST	LUNCH	DINNER	SNACKS
<p><u>BEFORE NOON.</u> <u><b>PROTEIN ONLY</b></u> <u><b>BREAKFAST!</b></u></p> <p>CAN BE THE <b>KENZEN VITAL BALANCE MEAL REPLACEMENT SHAKE</b> (TO RAISE PROTEIN, MAY ADD RAW EGG TO SHAKE)</p> <p>EGGS AND/OR MEATS</p> <p>OPTIONAL: 1 CUP COFFEE OR TEA WITH CREAM BUT WITHOUT SUGARY CREAMER <b>PiMAG WATER</b></p>	<p>CAN BE THE <b>KENZEN VITAL BALANCE MEAL REPLACEMENT</b></p> <p>SALAD WITH LEMON JUICE, SPICES &amp; 1-2 TSPS OLIVE OIL MAY ADD IN MEAT PROTEIN, OR TUNA/EGG SALAD</p> <p>1 DIGESTIVE ENZYME</p> <p><b>PiMAG WATER</b></p>	<p>1 <b>DIGESTIVE ENZYME</b> * (WHENEVER YOU ARE EATING OTHER FOOD)</p> <p>7 OZ SEAFOOD CHICKEN, TURKEY BEEF OR 2-3 EGGS WITH VEGETABLES</p> <p>CAN BE THE <b>KENZEN VITAL BALANCE MEAL REPLACEMENT</b></p> <p><b>PiMAG WATER</b></p>	<p>CAN BE FROZEN <b>KENZEN VITAL BALANCE MEAL SHAKE</b> WITH UNSWEETENED COCONUT FLAKES &amp; TOASTED ALMONDS</p> <p>A CUP OF SOUP</p> <p>TUNA SNACK PACK EDAMAME</p> <p>CELERY OR OTHER VEGETABLES WITH PEANUT OR ALMOND BUTTER <b>PiMAG WATER</b></p>

**Take your body weight, cut it in half, this is how many grams of **PROTEIN** your body needs **EVERYDAY** to reduce weight, it is also the number of ounces of **PiMag living water** you need every day.** After noon all real vegetables are ok. Reducing or cutting out dairy entirely will increase your results. You may take **Ciaga** & **Bergisterol** after Noon with a meal too. **Liver support** may add to your success as will exercise. Nikken's **Mega Daily 4** is also helpful. Quicker results are realized with 2 **Vital Balance** shakes a day. If you have a thyroid issue, ask for additional coaching. You may have better results without salads. **Unlimited:** Algae, asparagus, beet greens, broccoli, Chinese cabbage/red cabbage, cauliflower, celeriac, fiddleheads, hot peppers, kale, leeks, green peppers, mushrooms, onions/raw, shallots/raw, sorrel, sauerkraut, Swiss chard, turnip, jicama, watercress, zucchini, spaghetti squash, alfalfa, Bok Choy, celery, cucumber, daikon radish, fennel, salad, radish, seaweed, soy bean sprouts, spinach, dill pickles, lemons, pickle juice, herbs. Himalayan Sea salt.

**2 times a week:** Eggplant, Brussel sprouts, palm hearts, wax beans, green beans, tomatoes  
Phase two: Same as above, just replace one protein shake for a 2nd Dinner Protocol either for breakfast or lunch. Anytime you have a bad eating day, the next day or two is a strict Phase one recovery plan.

30 minute Information & **support call** Wednesday & Friday morning @ 8:30 AM (PT) 218-548-8267 pin code 83854#. You have 4 times the success with support.

In addition to weight loss, this diet is to **repair** and **reduce the stress** on your **pancreas**. We recommend **Nikken whole foods organic nutrition** [www.wholefoodsrevolution.com](http://www.wholefoodsrevolution.com) in the support of this plan along with the **PiMag Water**. Except for with the **Kenzen Meal Replacement Shake**, I recommend taking **one digestive enzyme** with each meal. Additional nutritionals are suggested. Contact your Independent Nikken Consultant for your personal coaching and suggestions. Track activity through [www.MyFitnessPal.com](http://www.MyFitnessPal.com) or iphone app.

Tips for Using Vital Balance Successfully.....

Here are the tips for using the **Vital Balance (VB)** for the most benefits that you will hear on Roger Drummer's Audio CD or online at <http://youtu.be/QbubOIMc9wg> I hope you have listened to it and are open to Roger's suggestions.

First thing in the morning take the 2 scoops of Vital Balance in PiMag water & ice if you want it like a smoothie. Our bodies detox from midnight to noon. Giving it protein to work with will aid your body, you may add an organic egg to the shake for added protein. 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. Have you divided your weight in half? How many grams of protein is your body requiring today to enable it to release the sugar stored as fat? You may have a cup of coffee with 2 tablespoons of cream after 30 minutes of your shake. Please consider doing this as your norm for the rest of your life so your body works properly. If you introduce sugar in this regime then none of this will occur. We are here to share information through education and assist in your new lifestyle! We have a passion for health and Well BEing!

For 7 days, avoid all sugars, breads, fruits, fruit juice. Nuts, pastas, grains, beans and only use vegetables as your carbohydrate source. (Allowed foods on the Vital Balance Live It Plan) 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. You are also giving your pancreas a well-deserved rest. Then when you re-introduce sugar in 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 it for weight loss, then you should do 2 shakes a day. The second Vital Balance at lunch time or when hungry again, may have unsweetened coconut or almond milk. If you want additional flavor, add nutmeg, cocoa powder or cinnamon. Be sure to look at the carbohydrates on all food labels or at [www.myfitnesspal.com](http://www.myfitnesspal.com) The goal is to reduce sugar intake so the body will use its reserves stored in fat.

For dinner, protein and vegetables, chicken, beef, turkey or fish is preferable. After dinner it is best if you do not snack. If you feel you need some sweetness have a Vital Balance ice cream or another VB shake. This is a good time to calculate grams of protein and ounces of PiMag water needed by your body EVERY DAY to be able to lose the weight.

The East coast support group members have been doing this since March of 2013 (2 shakes a day) and having great results. It is all about making a decision on what you want to achieve and then "just do 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. Weight loss does come within 3-7 days if following the VB Plan. The best part is when your body starts its fat burning and then the inches just melt right off!

If you do 2 shakes a day, then you will need another jar within 15 days or 2 jars a month. (Equal to 2 weeks of going to the grocery store). It might be a good idea to establish an automatic monthly or bi-monthly program. We can help you establish a further reduction both in weight and in cost. If that is of interest, please ask. The longer you stay on the plan, the better your long term results and health will be. Start Your Own Adventure Today!

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