

What is **Aikinen** and why choose **AikinenMaxHealth**?

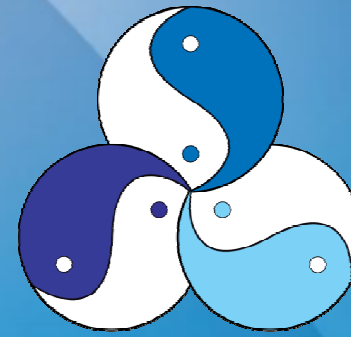
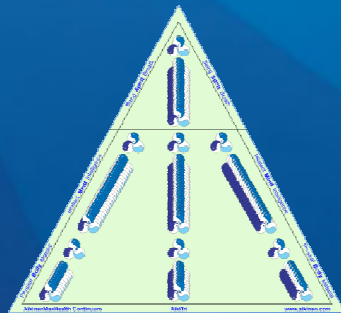
Aikinen is based on the ancient of “**Aiki**” and “**Nen.**” “**Aiki**” means the optimizing or harmonizing of conflicting energies or processes to arrive at the best possible result and balance. “**Nen**” means single minded focus on this goal. These timeless energetic principles are rooted in thousands of years of ancient history originating in various Eastern healing systems and philosophies.

Most current approaches to health target only a few key aspects of our lives like nutrition or exercise only. Health, however, is a very complex and dynamic concept where nearly every area of our life impacts the health of our mind, body, and spirit. To achieve truly optimal health all inputs our life need to be brought into harmony and optimized with each other. The result is a superior level of health that is greater than the sum of its parts.

Using the **AikinenMaxHealth** model we will work on as many inputs as possible to create ever increasing levels of health, peace, and happiness. The goal is perfect health given the constraints that exist in each person’s life. Optimal health is different for each individual, so a highly personalized health system is necessary for each person.

Call/Text/Email today and receive a **free 30 minute** initial health consultation and start building a dynamic **Aikinen** health profile for future action! Let me help you navigate the myriad options in personal health and business to bring you to a state of better and more vibrant health! For more comprehensive details on the **AikinenMaxHealth** & **SeniorMaxHealth** models and programs visit:

www.aikinen.com



Aikinen

AikinenMaxHealth/SeniorMaxHealth

“Optimizing the Pieces Together”



Perfect Health is Perfect Wealth

Adult/Senior, Business, & Executive
Health Coaching

Chris Pereira

Health Optimization Coach

Call/Text/Email Today
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About Chris Pereira

I am a **Certified Health Coach** from the Dr. Sears Wellness Institute. I hold a Bachelor of Arts degree in Psychology from UC Berkeley. I've been studying healing systems, nutrition, herbs/supplements, superfoods, kinesiology/exercise and anti-aging/longevity strategies for over 35 years.

At UC Berkeley I took university level courses in physiology, biology, genetics, chemistry, nutritional science, human food practices, seminars in health and medical issues, medical anthropology, psychology (biological, clinical, hormones and behavioral endocrinology, stress and coping, personality, developmental, human sexuality, industrial/organizational), sociology, philosophy, religious studies, social health sciences (personal and community health, drugs and health), peace and conflict resolution/mediation, physical education, and environmental/conservation and resource studies.

In my vast business and executive experience of over 3 decades in corporate America I've held positions such as VP Information Technology, VP Quality Assurance, Director of Operations, and Sales Manager. My specialty is redesigning broken processes and resolving business conflicts turning them into optimal running engines.

Chris Pereira LinkedIn
Business Credentials



AikinenMaxHealth is a concept that a person can achieve a state of health where one's mind, body, and spirit are in such balanced harmony that one feels mentally positive and hopeful, physically invigorated and relaxed, and spiritually fulfilled and at peace.

Through a combination of mental, physical, and spiritual techniques and practices, one can raise their health levels in each respective area to a new and always improving way or direction.

The **AikinenMaxHealth** model is based on universal energetic principles that can be applied to personal, business, and executive environments. Just like people have complex inputs that make them healthy or unhealthy, business and executive management also have multiple and complex inputs that when not run in harmony, leads to discord and unproductive processes.

The **Aikinen Health Continuum** or **AikiTri** model displays some of the many inputs of a person's life that impacts health. Creating a balanced flow of healthy energy between all the different inputs is the unique way to building superior health. Small changes over time in each area lead to great changes in overall health.

Professional Services also offered:

Board of Directors/Advisors
Executive Management Consulting
Business Management Consulting
Virtual CIO - Chief Information Officer
Virtual CISO - Chief Information Security Officer
Crisis/Risk Management & Mediation

To learn about **Aikinen Professional Services** and the **ExecutiveMaxHealth** and **BusinessMaxHealth AikiTri** models visit

www.aikinen.com



Adult Health Coaching/Seminars

Working with the unique issues and stressors that adults face, I will help you build a customized **AikinenMaxHealth** profile and will take you to a much healthier place.

Senior Health Coaching/Seminars

Working with seniors, I know seniors face very unique and complex challenges to their health as they age. We will develop a **SeniorMaxHealth** plan to keep you healthy and as mobile as possible in your later years and greatly extend the number of years of your life.

Business Health Coaching

Business processes bottleneck and become dysfunctional at many levels. Internal politics and warring factions, lack of trust between management and workers, past errors of judgment/poor negotiations are carried forward in never ending cycles, and cause dissent and loss of productivity, health and well being in the workplace. The **Aikinen BusinessMaxHealth** model works to address the root causes of these mostly people centered issues to greatly improve the health of the overall work environment.

Executive Health Coaching/Seminars

Executives face unique stressors and risks running businesses and departments. Leadership decisions need to be correct every time or chaos and financial loss ensue. I offer personalized **Executive Coaching** and **Leadership Training/Development** using the **Aikinen ExecutiveMaxHealth** model.