

## Self Care Made Easy!



## Hot Fun in The Summer Time! June 2016 Newsletter & Recipe!

“It’s a smile, it’s a kiss, it’s a sip of wine...it’s summertime!”

*Kenny Chesney*

### Want to be energized & detoxified for your summer fun!

- More energy to do the fun stuff this summer
- More focus working so you can get done & have summer fun
- All organic macho green tea energy drink, only 5 gm sugar
- 500% B6 and 1066% B12 per serving?

**Nikken has you covered!**

**No other energy drink and no other company,**

**Nikken makes self care easy!**



### [Kenzen Ten4®](#)

Wake up your body and mind the healthy way. Kenzen Ten4 is made with real ingredients – including what is known as “nature’s own energy drink,” naturally organic Matcha green tea, and one of the ...

#### **DETAILS**

- [Ten4 Brochure](#)
- [Ten4 Fact Sheet](#)

SKU	Description	Price	Qty.
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Click on [Kenzen Ten4®](#) and Order Today!  
**Recipe of the Month**

## **Lemon Garlic Shrimp & Vegetables**

- 4 teaspoons extra-virgin olive oil, divided
- 2 large red bell peppers, diced
- 2 pounds asparagus, trimmed and cut into 1-inch lengths
- 2 teaspoons freshly grated lemon zest
- 1/2 teaspoon salt, divided
- 5 cloves garlic, minced
- 1 pound raw shrimp, (26-30 per pound), peeled and deveined
- 1 cup reduced-sodium chicken broth
- 1 teaspoon non GMO cornstarch
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley

### Directions

1. Heat 2 teaspoons [oil](#) in a large nonstick [skillet](#) over medium-high heat. Add bell peppers, asparagus, lemon zest and 1/4-teaspoon salt and cook, stirring occasionally, until just beginning to soften, about 6 minutes. Transfer the [vegetables](#) to a bowl; cover to keep warm.
2. Add the remaining 2 teaspoons oil and garlic to the pan and cook, stirring, until fragrant, about 30 seconds. Add [shrimp](#) and cook, stirring, for 1 minute. Whisk broth and cornstarch in a small bowl until smooth and add to the pan along with the remaining 1/4-teaspoon salt. Cook, stirring, until the sauce has thickened slightly and the shrimp are pink and just cooked through, about 2 minutes more. Remove from the heat. Stir in lemon juice and parsley. Serve the shrimp and sauce over the vegetables.

## **Eat for the Taste & Health of It!**

**Call or email me if you would like to set an appointment for a free Summer Self Care Evaluation Or to get free shipping on your Ten-4 or learn how to get it another 25% off for only \$ 28.00/box**

***Be my Customer this June and begin your Self-Care Journey!***

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