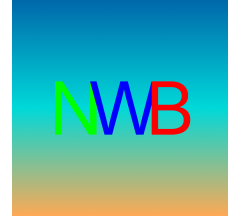


NATURE WISDOM BEAUTY

Perennial Prime Protocol (NWBPPP)



Our **NWBPPP** consists of Three Pillars: **Intermittent Fasting**, **Caloric Deficit**, and **Walking**.

These three pillars are FREE to implement with a choice of consistent self-discipline and our **NWBPPP** will always be FREE to all.

I use the FREE versions of three different apps that are linked to each other via Apple Health to track each of these pillars.

For **Intermittent Fasting**, I use the [Zero App](#) and I usually fast from 10pm until 2pm, with an eating window of 2pm until 10pm. During my fasting period, I drink Black Coffee and Herbal Teas with nothing added to them to maintain zero (or under 25 calories at the most) caloric intake during this fasting period.

For **Caloric Deficit**, I use the [My Fitness Pal App](#) and set in the App a Weekly Goal of “Lose 2 lbs per week”, even though my true goal is to lose one pound per week. This affords me flexibility to go over my caloric allotment when needed and maintains that built in leeway in the protocol.

For **Walking**, I use the [Nike Run Club App](#) and track each of my walks, from around the neighborhood to when I’m out and about, to when I’m just out in nature. Keeping track of these walks shows the calories burned in that app and connects to the other apps and adds those calories to my daily caloric intake limit so I can eat more on days I walk if I want to or eat the same amount and see quicker results over time.

I also have a smart scale from Wyze called the [Wyze Scale S](#) that I get on once a week on Monday mornings to track my progress. It is connected to the [Wyze App](#) where I can track weight, BMI, Metabolic Age, and a bunch more over time.

I began the **NWBPPP** at the beginning of 2025 on January 6th with a goal of losing 52 pounds by the end of the year (52 weeks in a year) at a consistent pace of one pound a week. Four months into our plan (as of May 5, 2025), I am down 29.1 pounds and about 25 pounds away from my goal weight (on track to get there by November 2025). Going into the summer, I expect to walk much more and continue to be locked into the discipline it takes to make our **NWBPPP** a success.

Richly,

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Chief Thinker
NWB

