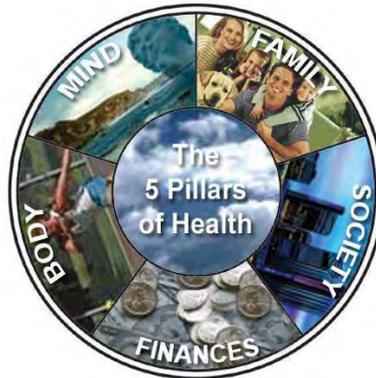


NIKKEN

THE TOTAL WELLNESS COMPANY
LEADING THE WELLNESS REVOLUTION



MSI HEALTH TECHNOLOGIES - WELLNESS AND PREVENTION CENTER - CUSTOMER TESTIMONIALS PEOPLE HELPING PEOPLE



PROMOTING GLOBAL
HEALTH, ENERGY AND PREVENTION

P.O. Box #498 * Beach City, Ohio 44608 * 330-756-2417
www.nikken.com/healthchoices * msihealthtechnology@roadrunner.com

DISCLAIMER: The opinions expressed herein are those of the persons providing the enclosed testimonials. Nikken, Inc. and Nikken Independent Wellness Consultants make no medical claims for our products. Any inadvertent reference to any illness, disease or medical condition is accidental and not intended to be a claim to heal, cure or affect those diseases and/or conditions.



LUXOR
HEALTH
TECHNOLOGIES,

Re: Testimonial Letter regarding Nikken Health and Wellness Products

Dear Ken,

I was first introduced to Nikken, Inc. wellness products in March of 1994 by an old friend, a podiatric physician who I had known for over 30 years.

He told me that for 12 years, he had been suffering with ever increasing neck and back pain. Despite consulting with over 25 physicians at a world class medical center and being prescribed many drugs and therapies, his condition worsened. He was finally advised to seek total disability and buy a wheelchair. Luckily for him, a family physician in his area had been using some magnetic products from Japan made by Nikken, Inc. He had been amazed at the effectiveness of these products on a variety of physical conditions. This physician was calling doctors in his area to see if he could interest them in taking a look at the products. When he called my friend, he was met with resistance since everything conventional had been tried without success so what were some magnets going to do?

Long story short, the magnetic mattress pad did more for him in 24 hours than all of the other therapies did in two years. My friend began using the products and to his delight, he was able to resume his normal activities. He then began using them on his patients with great success.

Based on my faith in him, I began using them for my patients and I was astounded at the beneficial effects they caused. Once a physician or podiatrist begins using these in their practice, I don't see how, after using the products, any practitioner could go back to practicing without them.

In addition to being very effective, they are completely safe and very affordable. The science behind them is sound and has been used in one form or another for hundreds of years. In fact, the very founders of medicine as we know it today used energy devices as a major part of their medical practices.

The old saying, "What goes around comes around" is certainly alive and well when examining magnetic fields and healthcare. People are becoming more and more concerned about the overall effect of drugs. Nikken offers us a drug-free way to help our patients heal and recover faster.

I was so confident about the impact of Nikken's technologies in healthcare, that I retired after 30 years of practice to devote my full efforts to spread the world about them.

Feel free to call or email me and I'll be happy to answer your questions.' (330) 837-9077 or purdy@sssnet.com

With best regards,

Robert C. Purdy, D.P.M

Robert C. Purdy, D. P. M. * Karen L. Purdy, R.N.

Independent NIKKEN Wellness Consultants * P.O. Box 35667 * Canton, Ohio 44735

PHONE 330.837.9017 • FAX 330.837.9525 • E-MAIL: purdy@sssnet.com * www.nikken.com. * www.mynikken.net/luxor

NOTE: FOLLOWING IS A SMALL PORTION OF THE " *COINCIDENCES*" THAT HAVE BEEN SUBMITTED TO MSI HEALTH TECHNOLOGIES BY THOSE HELPED BY NIKKEN PRODUCTS

ANOTHER NIKKEN COINCIDENCE - SPINA BIFIDA OCCULTA

Dear Ken,

I would like to share with you my personal experience with Nikken products that virtually changed my whole life. I was diagnosed with *Spina Bifida Occulta*, a birth defect of the spine, twelve years ago. From that day onwards I was plagued by lower back pain every once in a while. I tried several treatment methods to relieve the discomfort without much success. Later I accepted it as a way of life even though it affected me in numerous ways both physically and mentally.

Sometime around the 4th of July this year I got the back pain and this time it did not respond to medication as before. I suffered for three whole months being in constant debilitating pain, unable to walk, sit or sleep properly. I swallowed pain and muscle relaxing medication bottle after bottle, with scary side-effects. The pain and medication was affecting my working ability, impairing sound judgment and making me very depressed. During this time many x-rays were taken and I was put through an intensive 60 day rehabilitation therapy program. This program helped a lot at the beginning, by toning my almost non-working muscles and actually reduced the pain too, which by this point had moved up from the lower back all the way to the neck region. As soon as I got off the program the pain came back in all its fury. Getting up from bed in the morning was an ordeal for me. I had to virtually roll off the bed and crawl for a while before I could straighten out. Bending over the bathroom sink was almost impossible. I had my wife put on my shoes every morning for three months. Needless to say, this was putting an immense stress on my family too.

Then the miracle happened. A friend, whose wife was an independent Nikken distributor, introduced me to the products and loaned me a "Kenko flex" pad. I put the pad on right away and by the end of the day I could definitely tell a difference. When I got up the next morning, with the pad faithfully taped on, I got the shock of my life. I could sit on the bed for the first time in 90 days, I didn't have to crawl, I didn't need my wife to put on my shoes, the pain was completely gone. I was a little stiff but there was no pain. I have been free of discomfort for the past two months and am now getting the benefit of the other great products offered by Nikken,

These products gave me back the life I was used to and I was finally able to experience the last few days of outdoor weather. I wanted to take this opportunity to thank Bill and Darlene Fischer for introducing me and my wife Kumudu, to the Nikken products and the Nikken opportunity. We look forward to exciting times ahead.

Best Regards,

Ravi Kulasekere Ph.D. Physics

Senior Research Physicist
Materials Physics Research
The Goodyear Tire and Rubber Co.
142 Goodyear Blvd.
Akron, OH 44305

NOTE:
Today, Ravi Kulasekere is presently Director of Clinical Physics in Radiation Oncology at Metro Medical Center, Cleveland, Ohio

NOT A COINCIDENCE - HOW DO MAGNETS WORK?

THE HEALING POWER OF MAGNETS

Mankind has been using magnets for healing since the dawn of early civilizations. The ancient Hebrews, Arabs, Indians, Chinese, Egyptians, and Greeks all document the use of magnetic therapy. According to legend, Cleopatra wore a magnetic amulet on her forehead to preserve her youth. And her beauty was indeed legendary!

Today, scientists and doctors worldwide are researching the use of magnets for healing and pain management. Dr. Oz recently did an episode on the healing powers of magnets where he said, "Magnetic therapy will revolutionize pain management." I know this to be true from personal experience.

Personal: An MRI showed that the cause of my husband's crippling back pain were four (4) herniated discs in his lower back. Years of steroid injections, muscle relaxers and painkillers helped mask the pain, for a while. Then a friend told me about magnetic therapy. My husband's pain was so bad that he agreed to try it. That was over two years ago. Today he is pain-free and medication-free. He even does yoga and jogs.

All cells in the body share common components, regardless of their type. One of the common constituents of all cells are ions. Ions are positively and negatively charged particles that conduct electro-magnetic pulses from within the cell. Without ions a cell cannot live.

In a normal healthy cell, the ions are distributed around the cell with all the positive ions on one side and the negative ions on the opposing side. The ions that live outside the cell will align with those inside the cell so that opposing poles are together with the cell membrane between them. This allows fluid, oxygen and nutrients to move freely in and out of the cell, while at the same time maintaining the natural balance within the cell (homeostasis).

In a diseased or injured cell, the positive and negative ions do not stay on opposing sides of the cell. They are misaligned and scatter randomly around the cell. This results in cellular imbalance. Fluids from outside the cell penetrate it, and then push vital nutrients, hormones and electrolytes (salts) out of the cell. The cell's ability to function is greatly reduced and cellular degeneration and inflammation begins which if not corrected, leads to the death of the cell.

When a static magnetic field is applied over an injured area, the magnetism penetrates the tissues and surrounds the damaged cell. The magnetic field created around the outside of the cell will pull the ions, both inside and outside the cell, back into alignment. The result is that as the ions once again return to their correct position within the cell, the extra fluid that has penetrated the cell is pushed out (via osmosis and diffusion) and returned to the surrounding tissues. Inflammation is reduced; the cell regains its natural healthy balance, making healing of the damaged area possible.

Unlike conventional pain killing drugs, magnets do not block the pain signal. They work on the cause of the pain. Depending on the type of drug, different painkillers block pain at different points along the pathway. They interrupt the signal that starts at the point of pain and travels along the nerve pathways via the spinal cord to the pain receptors in the brain. Unfortunately, prescription painkillers only last for a short period of time, are highly addictive, and do nothing to actually heal injuries. Magnets, on the other hand, work by reducing inflammation at the point of injury, which helps promote healing and reduce pain. Modern medicine may be finally catching up to what the ancient healers knew about the healing power of magnets.

Virginia Applen

ANOTHER NIKKEN COINCIDENCE SEVERE BRUISE REDUCED DRAMATICALLY

Four years after ridding her body of Fibromyalgia with Nikken products, my wife Carol was stricken with Primary Progressive Aphasia and Dementia. She has been bed ridden with a feeding tube since April of 2005. We take care of her at home and have her on a regimen of Nikken nutritionals, plus she sleeps on a Nikken magnetic mattress pad and pillow. Since April of 2005, she has never had the beginning of bedsores and the last time she was in the

hospital, the nurses and doctor commented on the condition of her skin. She is 67 years old, has barely any wrinkles, and has skin like a 40 year old. She was hospitalized the last time because we thought she had another blood clot, in her left arm this time. However, it was just a huge bruise caused when her arm slipped down over the arm on her Geri chair and she constricted her arm against the side of the chair. Because of being on a blood thinner, she bruises very easily.

I took the photos on the right showing the progression of her bruise from the first day home from the hospital until the fifth day.

The first day home, I taped a Nikken Super Mini Magnetic disk over the center of the bruise.

As you can see in the photo, on the third day the bruise had dissipated by 50% to 60%.

On the fifth day, the bruise was approximately the size of **a quarter**. The seventh day, it was the size of **a dime**. Today, the eleventh day, **IT'S GONE**.

The RN who comes weekly to draw Carol's blood, had been here the day she came home from the hospital and had seen the huge bruise. When she came this week, she asked how the bruise on Carol's arm was doing. First I asked her how long it usually takes for a bruise like that to go away. She said, **"Anywhere up to 6 months"**.

I showed her Carol's arm. She was amazed. She said, **"If I hadn't seen this myself, I would have never believed it. What did you do?"** I explained to her what I did and she was still talking about it when she left. She was also very curious as to how Nikken products could help other people.

I guess the old adage is true;

SEEING IS BELIEVING!

Ken East, Nikken Independent
Wellness Consultant 330-756-2417



ANOTHER NIKKEN COINCIDENCE - GOOD HEALTH AT 91

Dear Ken,

I have been using Nikken products since 1996, when my late husband Russ and I became Nikken Distributors.

I just recently celebrated my 91st birthday, and attribute my present good health to the continued use of Nikken products.

I live alone, drive my car wherever I need to go, have breakfast and lunch out a few times a week with friends and am experiencing good health for a person of my age.

I sleep on a Nikken Kenko magnetic mattress pad and pillow and use a Nikken Kenko comforter. I have a Nikken PiMag Water system and a Nikken Air filtration system.

I sit on a Kenko Seat pad and use the Nikken Body Energizer whenever needed.

I also take most all of the Nikken nutritionals, plus Nikken's Bone and Joint Health Pack (OsteoDex, Lactoferrin and Calcium Plus).

I had knee replacement surgery a few years ago and I attribute my rapid recovery from the surgery to the fact that I had a Nikken Wellness Home and used many Nikken products during my recovery.

The surgery corrected most of the problems I was experiencing, but I still had some knee discomfort. Since starting on Nikken's Bone and Joint Health Pack, the knee discomfort has disappeared.

I also use the CM Complex Skin Cream on my feet, as they ache some times and the CM cream helps alleviate the discomfort.

Needless to say, these products have allowed me to still be independent at 91 years of age.

Thank you for introducing us to Nikken and thank Nikken for their many quality products.

Sincerely,

Dorothy Beals

Dover, Ohio
330-602-4906

ANOTHER NIKKEN COINCIDENCE - OSTEODENX

I want to share with you some amazing testimonies regarding Nikken's OsteoDenx bone replenishment product.

My sister-in-law, at 74, was told by her Doctor that she has severe Osteoporosis and needed to take Boniva or Fosamax. Not wanting to suffer any side effects, she declined to take anything for her bones other than calcium. By late 2008 she developed 5 spinal fractures, one after another. She was not falling, all she had to do was move a certain way, bend over, pick something up and she developed a fracture. She was at the point where she could no longer move or walk normally. All she could do was just sit in a chair most of the day. I had received information about OsteoDenx from a Health Expo I attended in 2007. I shared the information with her, but she was hesitant in taking OsteoDenx. Finally in March of 2009, her daughter talked her into taking the OsteoDenx. Her daughter told her she had to do something. When she started taking OsteoDenx in March, 2009, she stopped having fractures. She is walking faster, taller and gaining some height back. She is now able to reach a shelf in her kitchen cabinet that she couldn't reach before. She forgets about the cane she was using and sometimes walks without it forgetting she has it. She is a remarkable testimony for OsteoDenx and I share it with many who have bone health problems.

I began taking OsteoDenx in November 2008 after my Dr. told me that my last bone density test showed I still had Osteopenia. My first test was back in 2005. I thought I was doing pretty good just taking calcium and getting exercise. I had my last bone density test Dec. 2009. I got the amazing results. My back is now normal bone mass, my one femur area is showing improvement and the other femur area shows little change at this time. I know OsteoDenx works! My doctor told me not to stop what I am doing. He said most people once diagnosed with osteopenia, within 4 years with have osteoporosis. Also, I fell 3 times in 2009 and didn't break a single bone! I give Nikken's OsteoDenx all the credit!

Yvonne Kress
Bolivar, Ohio

ANOTHER NIKKEN COINCIDENCE - NEW CARTILAGE

Hi Ken,

I would recommend Nikken's "Bone Health Pack" for anything that had anything to do with bone, cartilage, inflammation, etc.

My ex-sister-in-law got dramatic results using the **Nikken Kenko Seat** and **OsteoDenx** and started shopping, going to Church, etc., ***without her wheel chair*** for the first time in 9 years. She had been basically housebound, either in bed or in a wheel chair.

A few months ago, she was in the kitchen and turned a certain way. She heard something pop in her back and a pain hit her so severely that she passed out.

When she went to an orthopedic surgeon and had x-rays taken, he said, "*I don't know how this happened, **but you didn't break your back. You had three vertebrae that were compressed before, and somehow, new cartilage has grown back between them.***" The popping noise you heard was your back readjusting itself back to normal."

She can now flex her back like never before. Everyone needs to find out about Nikken's "Bone Health" products!

Dennis Williams
Vashon Island
Puget Sound
Washington
(206) 567-4785

ANOTHER NIKKEN COINCIDENCE – HORSES and PEOPLE

Ken,

Just two weeks ago, my 10 year old AQHA gelding was kicked in the shoulder by another horse in the field. He came in very sore through his entire neck and left shoulder. I had a show the next day, and this being my top all around gelding, I wanted to see if I could get him as comfortable as possible. He was given one gram of Bute as soon as possible and I had my husband bring down the Nikken PowerMag. I ran the PowerMag over his neck and shoulder and just continued my normal routine all over his body. I paid special attention right to the area of the kick. By the next morning, the swelling had disappeared and I couldn't find stiffness or lameness anywhere. I ran the PowerMag all over his body like I normally do without any more extra time spent on his neck or shoulder. He performed the entire day at the show and we came home High Point of the Day.

A 6 year old, AQHA gelding came off the trailer from Texas dead lame and continued lame until the day I found Nikken. I have used the Nikken PowerMag and MagSteps on this horse for a suspensory injury and he started developing side bone. I used the PowerMag all over his body like I do with all my horses now, but paid special attention to the front right leg. With a little help from the farrier and getting angles of his hooves correct, this horse came back 100% in less than 60 days. He is now on a strict training schedule and has restarted his show career. He is blind in his left eye and shifts his head and neck quite a bit to see things with the right eye. He would get very stiff and wouldn't perform straight going down the rail. I could tell a difference just the first time using the PowerMag. He's a very mouthy horse (I say he has ADHD) and he stands and completely relaxes when he hears the PowerMag turn on. Sherwin (the horse's name) also wears strips of the Nikken MagSteps in his splint boots and under 12 hour wraps and the development of side bone has dissipated.

My father's office manager, Carol, bought a pair of Nikken's Magsteps for her husband. He was very cautious, but with an open mind. He received them on a Monday and on Tuesday morning he stepped wrong and twisted his knee. This knee had been giving him trouble for quite some time and he knew he'd be out of commission for the next couple weeks. They decided to go out to eat for dinner Tuesday afternoon and Perry decided to put his new Magsteps in his shoes before they left. He told me that once they were home and he went to let the dog out, he suddenly realized his knee wasn't bothering him in the least. He now sits on a Nikken Kenko Seat and wears his Magsteps in all of his shoes. He says his lower back and knee pain will never stop him from doing the things he loves to do now!

My brother Ron pulled a muscle in his back and was miserable at work one Friday. He went to the chiropractor and was informed once he got there, that the doctor wasn't in that day. I had my husband run the PowerMag down to him and told Ron to just go home and put it between the couch and his back. It couldn't hurt right? The next afternoon as we sat down for lunch as a family, I asked him how his back felt. His said, "I only had that thing on for maybe an hour, and I'm fine today. I'm going to save a lot of money if I don't need the chiropractor every week!" It took me a long time to get my PowerMag back!

I wear Nikken's MagSteps in my everyday shoes as well as in my boots. After I had my son, I was so out of shape that riding one horse would leave me in pain and almost breathless from my lower back (from a car accident and being thrown off a horse going over a 3 foot jump). I couldn't lay flat at night, the pain would just radiate through my entire body. With the Magsteps alone, I had amazing pain reduction in just 24 hours. I now do what I love to do for a living. I ride nearly 7 horses a day, with no pain in the evening.

I carry a lot of stress in my shoulders to the point that if my husband even attempted to rub them I would hit the floor in pain. I now thoroughly enjoy my shoulder rubs and ask for them every chance I get!

Nicole Miller
Dover, Ohio

ANOTHER NIKKEN COINCIDENCE

Dear Ken,

Below are the improvements in my health I have experienced since beginning the use of the Nikken products.

To start with; I have Diabetes and Parkinson's disease.

I began using Nikken products nine (9) months ago. Since that time I have had noticeable improvement in several different areas of my life.

The first dramatic improvement occurred when I inserted Nikken Magstep insoles in my shoes. Prior to that, my left foot would swell during the day to the point that I had to remove my shoe. The circulation in my feet is also much improved.

I no longer have these problems.

I have experienced lower back pain for quite some time. I started using Nikken's Magnetic Flex Pad on my lower back and wore the pad all day long. At first I noticed I had less pain. I now have no pain when wearing the pad. In fact my back is much improved and I only use the pad as needed.

I have also had stomach and digestive problems. Since taking Nikken's nutritional digestive aids, this problem is much better.

The Nikken PiMag Water System and our Nikken Sleep System pad for our bed have played a large part in my improved health also.

All of the Nikken products I have used have had a dramatic effect on my health. I have more energy and a positive outlook on life now. My skin coloring has improved.

I would highly recommend the Nikken line of products to anyone.

Jim Sommers
North Canton, Ohio
330-896-1484

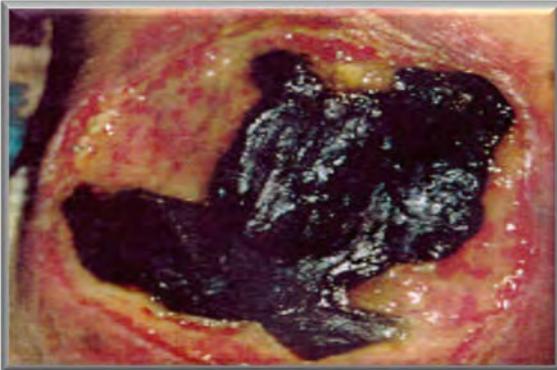
MORE COINCIDENCES - ASTOUNDING RESULTS



6 MO. LATER

12 MO. LATER

ANNIE'S DRY SKIN: The first picture was taken after the trial of many medicines: The second and third picture are after Annie began using Nikken's new and unique product technologies.



2½ YEARS AFTER BURN and GRAFTS

1 MONTH LATER

SEVERE BURN: The first picture was taken 2½ years after the arm was burned in an oven. Doctors had performed three skin grafts and the wound would not heal. The second picture was taken one month after applying Nikken's special energy technology products



PETER SUFFERED FROM (CHRONIC PAIN) FROM AN ELECTROCUTION. He was addicted to narcotics and needed spinal shots for pain control. He then used Nikken product technologies.

Never before has there been the need to spread the word about Nikken's Life-Changing technologies. As you can see from these photographs, the results of helping others with Nikken product technologies is an amazing, life-changing experience for everyone.

ANOTHER NIKKEN COINCIDENCE – FIBROMYALGIA

Ken,

I had been ill for over 5 years. During this period of time I had been in various hospitals for tests, examined by many doctors and my health continued to deteriorate to where I no longer had the energy to even go up and down the stairs, or drive a car. I was told by the doctor, when I left the clinic, to go home and get my affairs in order (he thought I wasn't going to make it through Christmas).

My heart was not pumping the blood out properly, causing the pooling of blood in my legs and in my ankles. My legs and knees were swollen to twice their normal size. I had to wear heavy support hose for 4 years, day and night, to keep pressure on my legs.

During this time I was taking up to 15 prescription pills plus 10 aspirin for thinning the blood, each day.

I also had a degenerative disease of the muscles and connective tissue, which affected my entire body. That disease made me very sensitive to the touch and also made my joints painful.

Due to all my challenges I had not slept more than 2 hours a night, for 3½ years, and as a result of that, I was at the end of my rope, fearing what my future might be.

At this point, I was introduced to Nikken products by a friend of mine, Lillian Slentz. She had been introduced to these products by friends of hers, Daryl and Carol Jackson. They had been to South Dakota to see Daryl's parents and found out about the Nikken products through Daryl's mother.

After hearing about the products, my husband and I purchased a mattress pad, a pillow and Magstep shoe insoles for me.

The first night I slept on the mattress pad, I slept 7 hours. My husband had to check my breathing because I wasn't moving and he thought something was wrong.

Within 6 weeks the swelling in my legs and knees had gone away and they were back to normal and I no longer had to wear the support hose. I also reduced my medication back to 2 pills a day and no longer needed to take the aspirins.

I now sleep soundly for about 7 hours every night and wake up in the morning feeling rested and ready to face the new day.

My quality of life is greatly improved thanks to the wonderful Nikken products. I know that everyone's system is different and as a result, reacts differently. In my case, I feel these products have saved my life. Thank you Lillian Slentz, and Thank you Nikken.

Marilyn Burgess
New Philadelphia, Ohio
330-339-3768

ANOTHER NIKKEN COINCIDENCE – BONES/JOINTS

Following are portions of three (3) letters we received from an Amish friend of ours from Wisconsin named Sylvia. They show the progress of her health as she began using Nikken's revolutionary bone health product, **OSTEODENX**.

On January 17th Sylvia wrote: My husband Dan wants me to try your OsteoDenx, as right now I'm having problems with my hands being numb and they just ache and throb during the night that I can hardly sleep. People say I should do carpal tunnel surgery, but I hate to think of it. I've had this problem for 10 to 15 years now, but it's getting worse. I can hardly write.

It seems like my bones are getting weak. I can hardly walk at times because the pain goes to my knees. I've also been bothered with sciatic problems for a long time, so I'm willing to give this product a try. I want some of my friends to try this also. I will be looking forward to my 1st shipment. If you think I could use something else, send it along with the instructions and the bill.

On February 13th Sylvia wrote: My, it feels good to wake up after a good night's rest. I think I can say that I notice quite a few changes already. My numbness in my hands is a lot better. I now have the full feelings in my last two fingers and the others aren't as numb as before. And as for the pain in my hip joint, it is very tolerable.

I can't believe what a difference I feel and notice. Would you send me more, another month's supply and the Calcium Plus? I have a very dear friend who has lots of aches and pains. She is waiting to hear what results I get from this product. As soon as I get in contact, I'll give her your phone number.

On February 27th Sylvia wrote: My, how those aches and pains can leave a person! I can hardly believe it. The pain in my hip and legs has left. Oh, I can't be thankful enough for it, and I can sleep better. I hope my numbness will leave my fingers.

Oh yes, I went to a quilting the other day and quilted, which I haven't done for 8 years or so. My numbness isn't as bad as it was. I started the 2nd batch of pills, so I am looking forward to some more results.

Dan and the boys were at the horse sale last week, so we women did the milking and I didn't even notice it in my hands! This sure is amazing!

Testimony submitted by: Liz Ann and Ben Yoder, Amish business owners and Silver Wellness Consultants from Farmerstown, Ohio. 330-897-8003

ANOTHER NIKKEN COINCIDENCE – NEVER GIVE UP

Dear Ken,

I wanted to share with you what has happened to me since I started using Nikken products.

For as long as I can remember I have had problems with my feet. Then this summer my son, Ron, introduced me to Magnetic Insoles for my shoes. He was using them and some other Nikken products and found they really helped him. I found the magnetic insoles made my feet feel much better.

I have always been active, but about 4 years ago my energy level began to decline. I was still active but I noticed a big difference in how quickly I became tired. My night's sleep was frequently interrupted with 3 or 4 trips to the bathroom and in the morning I would have to "pry" myself out of bed. I was determined not to sleep my life away so I set my alarm for 8 am and made myself get up, no matter how I felt. Many mornings it would take me an hour or two to get going. I attributed this fatigue to my old age (78) and told my children, "when I turn 80 I am going to a retirement center because I don't know how much longer I will have the energy to care for my home.

Ron asked me to try his Nikken seat cushion, it has magnets in it too and he suggested that I use it under the bottom sheet on my mattress, as well as my favorite chair. I found I really liked sleeping on this seat cushion. I began sleeping better, felt more rested, and reduced my trips to the bathroom to only 1 a night.

Because I was so impressed with how much better I began to feel in the morning, I decided to buy the mattress pad that had the magnets in it. I was really surprised at how much better I slept. I began to wake up before the alarm went off and I was actually ready to get up. I began to feel more rested.

I still had a problem. I have a lung condition that causes me to cough a lot and because of this, I still fought with fatigue. Cough syrups gave me very little relief, therefore, my doctor decided to put me on antibiotic therapy for one week each month to see if that would help. The antibiotics did help, so the week I took the antibiotics I would plan to do things I really wanted to do because I was fairly certain I would feel good enough to do them. For the other 3 weeks I would drag myself around coughing and hacking and feeling tired from it all. Ron suggested I try using the Nikken magnetic flex pad on my chest at night to see if it would help the coughing. I decided to wear it at night and during the day too. Within a week I began noticing a significant improvement in my coughing and within about 2 months, I no longer needed my antibiotics. I feel as if I have my life back and feel better now than I have felt in years.

At Christmas time this year I was able to go shopping with my daughter at 9 o'clock at night. That is something I have not been able to do for a very long time. A few weeks ago I was able to change my bed, clean up my basement, scrub my basement steps and drive to the grocery store to do my weekly shopping, all in one day.

This evening I helped my son with a Wellness Preview. I think I can postpone that retirement center for a good while. These Nikken products have really helped my quality of life. Thanks to you, my son Ron, and NIKKEN, my life is back to normal.

Very truly
Martha Minor
Martha Minor
Canton, Ohio