

## **Magstep Testimonials** (updated 2-07-07)

*(These testimonials are not endorsed by Nikken. They are from people like you and me. We make NO MEDICAL CLAIMS -- and we do not claim to heal or cure)*

FROM: [AJROMAN@IBM.NET](mailto:AJROMAN@IBM.NET)

A neighbor of mine was pregnant and somewhere in her second trimester when she developed a severe problem in her lower leg veins. They were extremely swollen and painful. Her MD wanted her to wear surgical stockinettes but she was unenthused with this option as it was summertime. I suggested magsteps. The aching stopped in the 1st day or so and the swelling receded within another day or 2. Her MD thought they did a great job. I wouldn't hesitate to recommend this product for such a condition. Beware of the first trimester...but then this problem usually does not set in until the weight comes on later in the pregnancy as I understand it.

A neighbor of mine purchased a sleep system for her back and her husband's insomnia. They were more than happy with the benefits they were receiving already when she told me of an entirely unexpected bonus. She has some sort of thyroid problem. One of her symptoms has been for years that her body temp has always been below normal as recorded in her medical charts. During a routine visit to the doctor, her temp was inexplicably 98.6 and has stayed there ever since. She can attribute this to no other factor other than the sleep system. Her condition did not disappear (yet?) but she is happy with what has happened thus far.

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FROM: [jray@lightdog.com](mailto:jray@lightdog.com)

One of my consultants (Harry) had veins that were the size of your index finger wrapping around both legs like grape vines. When I first approached him and his wife about magnets for health, they politely waited till had left their home and then laughed out loud at the thought! He purchased a pair of MagSteps that night and didn't notice anything for about two weeks. He first noticed his legs felt better in the mornings (he no longer had to crawl for a while after getting out of bed because his legs wouldn't function). Then he began to notice a big change after about two months. We were carrying in his Sleep System and I had to say "Harry - don't take this wrong but your legs look great!" He said "Yea! You notice I'm wearing shorts again!!" All but a small patch of the V.V. on the left side of one leg were completely gone! Had I known how the MagSteps were going to work on his legs I would have insisted on a before and after picture! The difference is truly remarkable!

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FROM: [ccudenne@5pillars.net](mailto:ccudenne@5pillars.net)

I live geographically far away from my parents whom I see once a year. My father has the sugar condition and was managing well until 5 months ago. The sores on the soles of his feet were taking a long time to heal and worse of all his feet swelled due to poor circulation. When I walked in to the house I was shocked to see my father reduced in size, and appeared weak and helpless. He could barely walk inching his way with tiny steps. I had come armed with Nikken products. I taped a mini on a large sore and taped little "mag biens" magnets (which I got at the Hong Kong office) on other sores which were almost healed. Then I put FIR socks on his feet. His feet were blue black and red at the same time and definitely very swollen. He slept on the Ultra kenkopad and I wrapped the travel pad around his legs. The next morning he said that he felt tingling sensations in his feet throughout the night and he slept very well. When we changed the dressing we were so delighted to see the large sore dry out and some of the pus was drawn out on the mini. We stuck magsteps on his slippers so that his entire feet were in touch with the magnetic energy. In 2 days the swelling was dramatically reduced and the color of the skin became more normal and the blue black marks began to disappear. Best of all he walked to the garden which he had not done in the last 5 months. Before the application of products on him every step caused him excruciating discomfort and the lack of movement made the swelling worse. His face changed from being weak and helpless to a happy and re-born person. I was 100% convinced with Nikken products before this experience but now I am 200% overwhelmed with enthusiasm to tell more people how they can really really impact the lives of people they care for. We have so much potential in our hands with these great products.

Chan Cudenec

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FROM: [naginna@gte.net](mailto:naginna@gte.net)

I have a close friend who suffers from the auto-immune disease which affects the muscles. Balance is something she constantly battles. She topples over and falls with just the push of a finger. She now wears the Magsteps and swears by the fact that it keeps her on her feet and she rarely falls anymore. I've also had experience with another individual with the same illness and same issue of falling. She also states that it keeps her on her feet. I would only assume that if it keeps these individuals on their feet on a daily basis that it would definitely help the individual on a boat too.

Karen Hannigan

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From: [mpixler@n2mail.com](mailto:mpixler@n2mail.com)

My husband had extreme heel discomfort so he went to a podiatrist and paid \$250 for custom made orthotics to help the discomfort. His feet still hurt him all the time, so when we heard of the magsteps he decided to try them. In 4 – 6 weeks, his feet were back to normal. I couldn't believe it. They sure were less expensive than going to a doctor!  
Diane

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From: Martha Fisher  
(515) 752-7814

I have had foot problems for years. I was wearing two orthopedics in my shoes that cost me \$380, plus two jellies for comfort, yet still my feet were painful all of the time. At first I said no to trying magsteps because I didn't believe they could really do anything for me. But after a couple of weeks of thinking about it, I decided I couldn't stand the pain and they were worth a shot. I also was praying for help because I was going to be getting married in two weeks and I wanted to be able to dance with my husband and I knew the way I felt I wouldn't be able to. Well, needless to say, I danced all night with my husband and I'll never have to put anything else in my shoes again.

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From: [magnets@InfoAve.Net](mailto:magnets@InfoAve.Net)

One of our consultants told me over the weekend her husband, who was not receptive to the business or products borrowed her magsteps and in a short time frame had feeling in his legs and feet that had not been there in over 10 years. I have had hundreds of people have wonderful benefits just with the magsteps.

Dr. Diehl, Podiatrist, routinely puts magsteps on every patient, (he has over 1700 patients using insoles) especially those with high sugar levels that suffer from numbness. Depending on the severity of the problem, he sees results in a matter of days to a few months. I would always start with Magsteps no matter what condition or problem someone is experiencing, as the insoles are systemic.

Phillip L. Poe

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From: [stark@hiwaay.net](mailto:stark@hiwaay.net)

6 months ago, if I went anywhere, I was in a wheelchair. I have 1) chronic nerve damage (worst in feet, legs, hands and arms) I "walked on" charred glass or large gravel (felt like). Wore braces on hands for 3 years. 2) Severe connective tissue disease (neck, shoulders, collar bones and left arm and lower back and both hips) feels like ripping and tearing of muscles.

After only 3 days on insoles I "walk on marshmallows" instead of glass or gravel. After 4 nights on sleep system, I no longer have "20 to 30 explosions" in my legs a night that radiated up to my groin and hip joints. After a week on sleep system, I now sleep 6 plus hours instead of 2 -3. (For 10 years). And I wear beautiful bracelets instead of braces and no longer have "bee stings and chronic swelling from fingertips to elbows 24 hours a day. After only 20 minutes on necklace, all the ridding of muscle in neck and shoulders is gone.

After such an incredible experience myself, we put out 2 twin daughters with M.S. on the sleep system, necklaces, insoles, sleep mask. It took 8 weeks for Jodi, who has chronic progressive M.S. (worst!), who has been totally paralyzed 6 plus times in 10 years, partially, tons of times, blind, M.S. related seizures, and TMJ to realize the full effects of magnetics and farinfared. Jodi has not been able to work in 10 years because of the total (daily) exhaustion. She now has energy to burn, incredible stamina and is working part time. 20 plus hours a week. She has not had ANY major and only a couple minor M.S. attacks in 6 months.

Kim has exacerbating/remitting M.S.. Has realized incredible energy and stamina and sleep and lessened discomfort in her neck. No major and 1 minor attack in 6 months. Another phenomenal occurrence because of all the products is that in 6 months, they have both lost Jodi (1) and Kim (2) shoe sizes!! Nikken has given us our quality of life back, to which we will be eternally grateful.

The Stark's

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FROM: [honeytree@unidial.com](mailto:honeytree@unidial.com)

When there's been a major injury, there's lots of healing for the body to do. So it's not surprising when some people feel discomfort at first when using the products. If a person wants to get better, they have to be willing to be patient. Try an hour at a time, three times a day, for some days, then increase as able. If walking on them brings discomfort, they can always wear them inside a pair of socks at night, for a couple weeks, then make the transition to daytime use.

I have a good friend who broke bones in her ankles 15 years ago, surgeries, pins, etc etc. She was in serious discomfort for 15 years and tried EVERYTHING else. I sent her a pair of magsteps one Christmas and her life has never been the same. She was crying on the phone telling me about the difference (so was I)!!! If all that had been helped was her feet, both she and I would have been VERY happy, but many things in her life have been helped by these products.

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FROM: [asharvard@peachnet.campuswix.net](mailto:asharvard@peachnet.campuswix.net)

Sometimes when the foot has been damaged the insoles can initially cause more discomfort. Things are trying to repair and move properly. Think of your arm falling asleep, and when it wakes up it really hurts before everything starts moving again properly. This is what can happen in the foot. The best way to deal with discomfort is to wear the insoles for a few hours and build up to wearing them all day. Some people with foot trauma can put the insoles into a pair of socks and wear them at night. There is less pressure and easier for the body to adjust. On a different note, for me I actually had been wearing the insoles for a year and then went out and started walking. I thought my legs would drop off. The flow in my legs was increased when I warmed them up by exercising. In almost every case this feeling won't last more than 3 days.

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FROM: [jvledet@yahoo.com](mailto:jvledet@yahoo.com)

If there is overstimulation at first from wearing insoles, we suggest that the person place the magstrides (or steps) on the floor in front of a chair where they sit for extended periods a day; as they sit, place their feet on the insoles and leave them there as long as it feels good - as soon as they begin to feel added discomfort, take the feet off of them - wait a few minutes (could even be an hour or so) and place the feet back on. Generally this results in the feet being able to wear them in their shoes all day within a week or two with wonderful discomfort relieving results.

***I am told that the first sign of a nerve healing can be burning discomfort with the second sign being itching and then the third sign being soothing relief.***

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From: [mannclan@southwind.net](mailto:mannclan@southwind.net)

I would like to share a quick testimony in regard to the magsteps. A Nikken distributor that goes to my mother's church had noticed that their Pastor was shifting a lot while standing and asked what was wrong. He shared with them unusual blisters on his feet that bothered him. They offered the magsteps for him to try and he did. He shared his success with my mother, whom he knew was also a Nikken Distributor, and told her that he wore them for a few weeks and the blisters went away. Then he went out of town for a few weeks and forgot his magsteps and the blisters came back. When he got home he put them back in his shoes and they went away again. The doctor had given him some medication to put on the blisters that wasn't helping, but the magsteps gave him the results he needed. I don't think he'll forget them again!

Lisa Mann

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From: [cfarmer@ghs.org](mailto:cfarmer@ghs.org)

My first introduction to Nikken was my dad's bad diabetic feet healed. I had chronic sinus headaches and used the sleep mask and guess what, they went away. I couldn't believe it since I had been taking medication almost daily for headaches and sinus. All my friends knew that I would have a pill bottle full of whatever they needed for a headache. I didn't tell anyone for a long time because I was afraid that my headaches would come back. (crazy huh?) Also, I have some arthritis in my right wrist, hand and elbow which is relieved within 2 minutes of wearing the wrist wrap.

Cindy Farmer

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From: [v.teeter@worldnet.att.net](mailto:v.teeter@worldnet.att.net)

I have a daughter with diabetes whose feet were turning dark. I got her on the magsteps and her color returned. We will be forever grateful.

Virginnia Teeter

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From: [kjsm12@zdnmail.com](mailto:kjsm12@zdnmail.com)

Katrina had suffered an injury to her right heel and had also suffered from plantar fasciitis and heel spurs for years. For 6 months she had suffered from a knee problem caused by wearing a walking cast to correct the heel injury. She tried a pair of Magsteps, and within 1 week could walk without pain in her feet. She then tried an Elastomag knee wrap and noticed improvement immediately. She wore the knee wrap every day for 2 months and now can even walk up and down stairs with no discomfort in her feet or knee. She is afraid to not wear the Magsteps because she suffered for so many years with painful feet and it is wonderful to be able to walk without pain.

Katrina Sommers

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From: [mpixler@n2mail.com](mailto:mpixler@n2mail.com)

My husband had extreme heel discomfort so he went to a podiatrist and paid \$250 for custom made orthotics to help the discomfort. His feet still hurt him all the time, so when we heard of the magsteps he decided to try them. In 4 – 6 weeks, his feet were back to normal. I couldn't believe it. They sure were less expensive than going to a doctor!

Diane

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FROM: [kskeller@minot.com](mailto:kskeller@minot.com)

About 2 weeks ago I was part of a 3-way call where a Wellness Consultant on our team was visiting with a woman whose husband was in the hospital awaiting amputation of his leg. I'm a Clinical Nurse Specialist in wound care, so they wanted to get my ideas on Nikken technologies for wound care. The wife told me that her husband had that "sugar disease" that affects so many--and he had already lost his eyesight and his other leg due to complications of the disease. He was not eating and had large sores on the existing foot, which did not have good color. He also has an antibiotic-resistant infection. They were willing to try just about anything to avoid amputation because his existing leg was a source of balance for transfers and they did not want to go through another major surgery. I recommended that they soak his foot in Pi Water (brought in by her friend) twice a day for 5 minutes, moist saline gauze dressings to cover the wounds, following with a MagStep over the dressing.

He also started using the FIR comforter, King Kenko Seat in his bed and a Kenkopillow. His wife now reports that his foot is pink, wounds are looking better, he has a great appetite, and won't let anyone take his comforter off of him (he previously wouldn't keep blankets/covers on). There is no talk of amputation at this point--the healthcare staff is amazed--and the patient and his wife (she is a new Wellness Consultant) re very happy and excited! That's what this business is all about--That's why I'm letting my nursing license lapse at the end of this year so I can devote more energy to our Nikken business--This is the future of healthcare and it looks great!!

Sana Keller, RN, MS, CETN

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From: [A48rdit@aol.com](mailto:A48rdit@aol.com)

One of my distributors had a 70 something year old father and he was very unsteady on his feet. I saw him and I just wanted to walk behind him and catch him if he fell...he just wobbled so! Just putting the Magsteps in his shoes gave him much needed balance and strength and it was obvious to all who saw him before and after! What a major difference! His wife who is in her 70's as well, used to sit all day playing the organ and could barely walk after sitting all day. She had to always take the stairs one at a time because of her knees. After sitting on the seat cushion (in her case we used a small pet pad) while playing the organ and by putting the magsteps in her shoes she "bee bopped up and down those stairs like she did in her younger days! " They also bought a sleep system and several other products and their daughter is now one of my distributors!

I also have a Doctor in my downline. Dr. Hesse in Aiken, SC. He has bought 8 sleep systems for himself and his entire family, His three children have sleep systems at home and two have them at college, too. He also bought sleeps systems for his 80 something parents AND beloved in laws. He says that when they sleep on the sleep systems they reduce their nighttime trips to the bathroom. He is a geriatric physician and says that most falls happen at night in the bedroom and this eliminates about 75% of the chances of that happening to the ones he loves! Since they now only get up maybe once during the night instead of 3-4 times like they did before! He says they also wake up earlier and more alert and have more energy than they did before!

Eleanor

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From: [rdekker@sbcglobal.net](mailto:rdekker@sbcglobal.net)

My wife Sharon works in retail, and hence is on her feet a lot. For a long time she has had extreme discomfort in her feet and legs. In addition she developed heel spurs on both heels with the consequence of severe pain. Her description was "like walking on razor blades!" Ouch! Ever since she has the Magsteps or Magstrides in her shoes no more problems - yes, zero discomfort. The Nikken products are the best.

Rinus

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From: Donald Ross, Jr.

I was diagnosed with Crohn's disease/Ulcerative Colitis in 1992. I immediately started experimenting with different types of natural herbs, supplements and even drank a mushroom tea for over 5 years. All of these things would bring on some relief. In 2003 I was hospitalized for pneumonia. The infection built up in a pouch between my left lung and back wall. A drain tube was in my back for 14 days, but it would not heal. The prescription medication I was taking was actually knocking down my immune system. Three days after going off prescriptions I was healed. After that whenever I got a cold I would take myself off the meds, risk a flair-up, so I could recover from the cold faster.

After a time the inflammation started to settle in my ankles. I would walk from my house to the garage and have to sit in the car while my feet throbbed. I was thinking, "If this is what it is like at 36 years old, what will it be like at 66?" I was introduced to Nikken in August 2005. My first experience was the rollout (first time in 10 years, my feet got WARM). Then, I was loaned magsteps. On the 4th day, I woke up with NO pain and full mobility for the first time since I could remember. I slowly and methodically started adding Nikken products to my home, the sleep system, water system, regimen of nutritionals (Lactoferrin Gold, Liver Support, Immunity, Daily supplements, etc.) As of January 2007, I have been off all prescription medication for 10 months.

## Magsteps in Washing Machine & Toilet (updated 3-2-04)

FROM: [ann.marie.campbell@razorfish.com](mailto:ann.marie.campbell@razorfish.com)

Washing machine: I too have had great success with the Magsteps in the washing machine. You do still have to use Shout and/or bleach for tough stains and whitening -- but the Magsteps work like regular laundry detergent. It is AWESOME! I love not having to use laundry detergent that is not bio-degradable.

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From: [magnet1@theriver.com](mailto:magnet1@theriver.com)

It has been two weeks since I began using my demo MagSteps in the washing machine instead of soap. I'm happy to report that the clothes come out sparkling clean! I had one shirt I had spattered grease down the front. I treated those spots with Shout. One load had my husband's grungy shop jeans that still had stains on the front of the legs when they came out of the washer. I immediately put them back in the washer with the usual amount of soap I used to use and ran them through an entire cycle. When they came out, they were no cleaner than they had been with just using the Magsteps. All this in warm water. I'm sold! And my Magsteps look like new. No change in them at all. I lay them on the back of the washer til they dry, then they're ready to go again until I need them for a demo. Try it. You'll like the savings, and think of the impact on the environment if all we Nikkenites stop using soap!

Cheers, Faye

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FROM: [RadioLady9@aol.com](mailto:RadioLady9@aol.com)

I believe this tip should be credited to Dr. Neal Deoul, physicist husband of Kathleen. Instead of using laundry detergent which contains chemicals that we can avoid, put a pair of magsteps on the tub of your washer to get your clothes completely fresh and clean. By placing the flat side of the magsteps against the inside of your washer, they will adhere and remain there due to their magnetism for as long as you care to leave them. Water will not affect the magsteps, so if you want to take them out to wear at any time, they'll be as good as new! Not only will you save your body from the exposure to the chemicals, but you will save money on detergent! This is especially great for those with allergic reactions to chemicals. We haven't used laundry detergent at our house since I made this great discovery!

Sallye Wentz

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FROM: [Normak6663@aol.com](mailto:Normak6663@aol.com)

When I first heard about using a pair of Magsteps for laundry detergent I thought, "no way!", but I tried it anyway. The first load I washed was Whites, so naturally, I used hot water. When I pulled the clothes from the washer I wasn't convinced the Magsteps worked as well as detergent, either. I decided to continue, though, and used them with the next 2 loads; one load of darks, and the other "light/bright" colors. With the dark load it was hard to tell, but with the colored clothes, I was completely shocked! The clothes were not only clean, but all the stains were gone, as well! I have two young children, one a 7 year old boy, so you know how dirty their clothes get! This is when I wondered if COLD water was what made the difference. So next, I washed our Nikken Horse Blanket. On previous washings, I had always used hot water, and sprayed the stains before washing it, but the stains never came out completely, nor did the blanket ever appear as white as when I bought it. When I washed it with the Magsteps, I didn't use any stain remover, used COLD water, and the blanket came out as white as the day it arrived!

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FROM: [lhliving@labyrinth.net](mailto:lhliving@labyrinth.net)

A customer returned magsteps that had been poorly cut so I put them in my washing machine two years ago because I had heard that the magnetic energy would change the molecular structure of the water so that you could wash clothes without using laundry detergent. The first wash I did was with just the magsteps for the washing machine itself. It is important to fill the tub with HOT water and add a cup of vinegar. After the wash cycle, rinse the tub with the rinse cycle. This gets the soap scum off of the washer. I use some soap in the water if I think it's needed--greasy work clothes, clothes used by someone who is ill, etc. A little while after using magnets in the washer I saw a big difference in the way my clothes looked and felt. Worn-looking corduroy pants fluffed up, and I have continued wearing them. I started re-using wash cloths I had put aside for cleaning purposes. I no longer want to buy the fat, expensive towels. My husband is happy with the regular ones that don't take as long to dry in the dryer. It is a boon for us who are bothered by chemicals and perfumes.

Lois Livingston

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From: [djs\\_elder@hotmail.com](mailto:djs_elder@hotmail.com)

I want to thank Lois Livingston for letting us know about using magsteps in the washing machine. I put the magsteps on each side of the tub and filled it with the hot water and vinegar as she said to do. On white clothes, I did use some clorox and a dab of detergent and it only takes a tablespoon or two. On rugs, our clothes and towels, I turned on the water and closed the lid. How fun, not to have to put the detergent or fabric softener in. The clothes came out of the dryer fluffy and soft, and smelled so fresh. The tub of the washing machine sparkles. The amazing part though, came when I went to clean the lint catcher. No lint! The soft water puts the moisture back into the fabric and that is why they come out so fluffy.

So, I thought, why not! I put them in my dishwasher and put the dishes through a rinse and hold. The dishes sparkled. So I ran the dishwasher, when full, through with only one in. The jet rinse took some of the sparkle out. I put one in the sink with what dishes I wash by hand. In a stainless steel sink with hotwater. The bucket of water that I washed the floor with. The list could go on. Try it, you will like it. It works wonders.

Dorothy Elder

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FROM: [jrpugh@home.com](mailto:jrpugh@home.com)

I too have found the magsteps in the washing machine to give incredible results. I have not used soap for about 5 weeks now and each washing gets softer and fluffier. Obviously it takes a few washings to get all that residue out of clothes and machine. Can't wait to try it in the dishwasher. I was really skeptical about the washing machine, but it works! Think of all the \$ being saved not to speak of the environment.

Jacqui

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From: [ChipandMarcy@5pillars.com](mailto:ChipandMarcy@5pillars.com)

Well here is another addition to what you might want to do with those Magstep trimmings... There are so many good things to do with them I have one lady who said she ran out so she cut up a brand new pair...

Try this one - take the mesh bag you find around grapes and certain fruit at the grocery store, fill 2/3 full of magstep clippings.... That would be a nice sized handful as a minimum.... Now open the tank on the back of each of your toilet stools... Hang the bag well away from the flush mechanism so it doesn't get caught in it... I like a table cloth clip that is designed to hold a table cloth on the table but any way you like to hold it in place will work including using the lid directly to hold the bag in the water....

Now why you ask??? Well you've been in Nikken long enough to know better than to ask why... Here are some of the reasons you might decide to do this.... Fewer Hard Water stains, less mineral build up, stools become easier to clean with fewer chemicals etc etc... Those of you who know the value of copper might want to add a penny to the mix as one of the reported benefits of copper is that it is a natural fungus and algae fighter...The penny will discolor after a time, The magsteps will look the same and act the same months and months from now... You could even use a Nikken golf sock adding the two elements it carries copper and the far infrared... Yes you know there are reasons for that too...

We are using the old Golf soxs in the dryer with magsteps inside as a natural dryer sheet... Since we aren't putting Chemicals in the clothes (we use the magnets now for 8 1/2 years instead of laundry soap...) we don't have to use anything to make them soft. The socks though get rid of any static cling your clothes might pick up in the dryer... If I need to spot clean anywhere in the house I use the Nikken Herbal Foaming Cleanser... I use it because it works better than anything I've found doesn't invite the stains back, no harsh chemicals, and I would use it even if I didn't buy it from me....

Marcy Littlejohn

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From: [Plganson@aol.com](mailto:Plganson@aol.com)

I have used a pair of magsteps in our machine for the last two years with great results... yes, I was very skeptical at first. By eliminating detergent, my husbands "waistband" allergy has greatly improved. I do sometimes "spot" treat a stubborn stain, but usually nothing besides the magsteps (stuck to each side of the tub) are needed.

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From: [dcmajic@charter.net](mailto:dcmajic@charter.net)

We keep a pair on our washer and toss them in with every load. Clothes seem to be more clean and we use less detergent. We also keep a pair in the dryer. Clothes seem to have less static and fluffy. It's been a year now.

Chris