

## **Wellness Home & Classroom Testimonials** (updated 11-2-08)

*(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: [sejiyosh@sbcglobal.net](mailto:sejiyosh@sbcglobal.net)

What steps would you take to ensure your family's health, to cut down on sickness, and just feel better? Some women are spending thousands on wellness products they say changed their lives. When Julie Kujawa turned her two-story house into a "wellness home," she says she saw immediate changes in her family. "They wake up every morning before the alarm goes off, full of energy and ready to go," she said. She first made changes to deal with chronic back pain. They built what they call their sleep cocoons by buying special bedding with magnetic technology. Then they moved to other parts of the home.



When Julie turned her two-story house into a "wellness home," she says she saw immediate changes in her family. "We always make sure we're always drinking very pure, energized water," Julie said. "We have an air system in our house that has a HEPA filter, and we make sure it's running all the time, picking up any viruses that might be in the air."

The Kujawas spent about \$5,000 upgrading their home, cooking with halogen lights, showering in non-chlorinated water and drinking fresh barley grass.

Julie now shares the benefits of a healthy home -- convincing women like radio host Matuschka Lindo to make a change. Lindo wants her children to be healthy with little medical intervention. "My son has allergies and asthma, and of course, as a mother I was worried about him being on all these medications," she said. Lindo added water, air filters and nutritional supplements to her home. "As far as colds and stuff -- it's to a minimum," she said. Creating a "wellness home" can be simple. Start by creating a comfortable sleep environment, then filter your chlorine from your shower and bath water and filter the air.



For the Kujawas, living in a healthy home made them able to exercise and do well. The entire family wears weighted shoes for a little extra exercise ... Mom and Dad are even back to their wedding weight and feeling better than ever. According to the Natural Marketing Institute, retail sales of health and wellness products to individual consumers reached \$79 billion last year.

[http://www.news14charlotte.com/content/around\\_carolina/Default.asp?SecID=271&ArID=132928&&](http://www.news14charlotte.com/content/around_carolina/Default.asp?SecID=271&ArID=132928&&)

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From: [smilebutterfly@yahoo.com](mailto:smilebutterfly@yahoo.com)

Products being used for 4 months and counting! I introduced the wonderful world of Nikken to my third grade class in January of 2007, when they returned from their Winter Holiday Break. It started with 4 Kenko Seats that rotated each day to 4 different students. By the end of the week, all students had a one day turn sitting on them. I also brought in one Power5, a water cooler, and a PiMag system to go on top of the cooler. A month later (with some help), I had 16 more seats - one for each student in my room. I made a "Welcome! You are entering a Wellness Classroom!" sign for above our door and held two "open classrooms" for the parents to educate them on why I had chosen to do all this.

The bottom line is that the products worked for everyone in my classroom. The first day the kids noticed a difference in themselves and in each other's behavior. Each day, each week, more results were noted. The technologies worked from the get go, and the kids were behind it 100%. The students always have a choice whether or not they want to sit on the Kenko Seats, and if they want to take them with them when they change rooms for different subjects. Nine and a half times out of ten, even if they are rushing and late, they will make sure they have their seat cushions with them. The kids know they feel better when they have them. They don't need to be convinced.

For most of them, they felt it the first day they used it. More relaxed. More focused. Simply more comfortable. I received a phone call from the parent of my student who takes his seat cushion home every night to sleep on it. She was nervous because she had discovered that his ADD medication had only one pill missing out of 45 pills. She was worried her child had been keeping notes home from me to her stating that her child's behavior was out of control or something to that effect. Because what could be the reason for him to not take his pills for over 2 months? She was skeptical when she invested in the technologies that she did for her son. She so desperately wanted him off medication for his ADD, but nothing was working. I assured her that her son was not lying to her. There were no notes that I had sent home. I was not concerned for his behavior at all. He was getting his work done. He in fact, was behaving quite like the others in class, wonderfully! Her sigh of relief nearly broke my heart. "Finally," she said, "Finally something has started to work... It must be those magnets... I wondered why he brought his seat home every day... I guess those things really do work!... I had better talk to you about a sleep system then, I can't let him sleep on that little pad forever!" That was one of the best conversations I have ever had with a parent about a child who was finally getting some relief using something that wasn't causing any pain or side effects in another area.

The PiMag water continues to be a hit. We had to work into our list of class jobs a "water boy" or "water girl" for each week, because they were literally fighting over who got to be in charge of keeping the tank full. The water in the room does not cause the need for more restroom breaks. The kids are constantly drinking it, and you'd think otherwise, but no. Heaven forbid one of them forgets their water bottle from home. I'm not sure you could pay them at this point to get a drink from the water fountain in the hallway. The looks of dread on their faces when they ask me for a cup and I tell them we are all out, is so sad. But they are resourceful!! I have seen them constructing Origami paper cups for a drink, or even borrowing a friend's water bottle and then washing it out in the class sink before returning it. When we walk down the hallway as a class to go to lunch, P.E. or Music and pass other students drinking out of the fountain, a collective gasp can be heard as my students watch in mock horror and comment to each other that someone needs to get a PiMag water cooler for their class, too (so cute!).

The Power5 is on the side of the room next to the majority of kids who have allergies and asthma issues. It is still kind of chilly in New Mexico where I am, and I don't know much about winter allergies, but to my knowledge I don't have any kids on medications for them, nor have the ones with inhalers had to refill their prescriptions. That is pretty cool, I think! The machine remains a mystery to the kids and it was a bit of a science experiment in the beginning to see what smells would "set it off" (to turbo mode) the fastest. The students tested everything from perfume sprays to sweaty post P.E. feet, burps, sneezes, and what happens after eating bean burritos from the cafeteria... They had to make sure it works, of course! The unanimous ruling was that the Power5 could stay!

As far as how do all these technologies work together on the whole? Well... the students believe in these products, which probably makes them work better! They talk to each other about magnets and the water and the "magic" in the Power5 that makes the turbo kick in and suck the crud out of their air (and then go back down to a low setting). There is a routine of respect in my classroom for all these components. They know they don't come cheap, they know they work, and since I believe in what they can do for all my students, all my students trust me and believe in what the products can do for them, as well. The antsy kids really are able to sit still through lessons and discussions. They don't feel the restless need to move about the room and disturb other students - as much! The children are less sleepy and more alert all throughout the day. The ones that come to school tired, relish in that first opening hour to rejuvenate on their seats and have a drink of PiMag water to bring back some energy to their bodies.

The end of the year is drawing to a close. We still haven't heard back on state test scores to see if the products provided them with the ability to excel over the other two third grade classes. I was so proud of my students throughout their two weeks of testing. We relaxed, we visualized high achievement and we approached each test component with a "We can do this!" attitude. We also taped up "water words and phrases" to our PiMag system with sayings such as, "I believe in myself", "I am a winner", "I am prepared", "I am smart", and "I can figure out the answers", "Nothin but A's!" and a class favorite, "Bring it on, I'm not afraid." I can tell you that they wonder what next year will be like in a room WITHOUT all their wellness products... A few parents have asked if I would transfer to 4th grade (as if it's that easy!).

The students who have purchased seats of their own are very thankful to their parents for the investment. They know they will be off to a good start for their next school year! I'm excited as a teacher to have the products to use for my next batch of students. I have yet to bring aboard any teachers to invest similarly as I have, nor have I found someone to work with me on a grant so that these products can be for more than just one room of students. But I'm still working on that. Perhaps next year, when my kids are all 4th graders; when they and their parents see how much they really did benefit on all these wonderful technologies, and now they don't have them, it will be realized that they need them! It's a whole new ballgame when the parents get involved and the needs of their children are met. I can be patient! It all works. Everyone benefits. Now the students believe. As far as I am concerned, my students are Nikken Wellness Classroom Experts. They have Discovered It. They have Lived It. And now, happily I report that they don't want to be without It!

Thank you to everyone out there who has contacted me, and has shown a true interest in these products for our children. Hopefully Nikken will take this to heart and work on some lines more dedicated to the little ones and the younger generations out there. Kids love this stuff!

Shalyn Rocha

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From: [smilebutterfly@yahoo.com](mailto:smilebutterfly@yahoo.com)

**Wellness Classroom – February 14, 2008:**

I am an elementary school teacher (3rd grade this year) who has taken the concept of a Wellness Home and downsized it just a tad, transforming my classroom into what I'm calling a Wellness Classroom. A fire ravaged a section of my school, and residues from the smoke and fire are still running rampant through our ventilation. I've been suffering from migraines since shortly after the school year began in August, and I began wondering if the ventilation/ heating system was playing a part. SO over our Christmas '06 break, I bought an Air Wellness Power 5, a water cooler and an Aqua Pour to fit, and to start with, 4 of the smaller Kenko Seats. I have 20 children in my room and would have loved to have been able to afford 20 seats, but the reality of my teacher's salary sank in. My

students are in 5 groups of 4 kids, so each day a different 4 get the seats, and by Friday, the entire class has had one day of benefit. All of the technologies were in place when they returned from vacations in January.

To spread the word of what I was implementing and to try and get some parent involvement, I held two "Open Classrooms" after school inviting my students to bring their parents to see what this was all about. I showed the Wellness Home video, so they had a feel for where I was getting the ideas, and then opened it up to testimonials of the kids and questions from the parents. I've definitely generated interest. In a week I've sold 11 more seats (8 of them for my students, 3 for their siblings in other classrooms), 3 magstrides, signed up two consultants (so far... I have a few families still with information that are working towards an informed decision - say yes, say yes!!!), loaned out a sleep system, hooked a mom on Body Balance, and if nothing else, put the idea of wellness and healthier classroom environments for our children into the minds of dozens! I've even had donations of seats offered from members of my upline - people I've never even met - I love Nikken people! =)

My opinion is that there's no way I'm the only educator out there that wants to reap the rewards of an attentive, well-behaved, happy, healthy and balanced room of students. This classroom is great not only for me and my headaches (GONE!) but great for the one or two children that really try my patience throughout the day behavior wise. The Kenko Seats cut down on the restlessness and constant in and out of otherwise hard plastic chairs. My students report that they feel comfortable and calm and focused - nine year olds!! Imagine that! Wow, it really is incredible the change I've witnessed in my kids - and the changes they've witnessed in each other! They understand that they learn in a healthy environment; that their teacher truly cares about their wellbeing and their academic achievement. We have state testing coming up soon that everyone seems to be dreading, and our classroom attitude is "bring it on!" My students have been healthier - great point to make when we are practicing and reviewing for this test - and genuinely enjoy coming to school.... I've seen an improvement in their overall moods (yes, third graders can be moody!!).

I know that I'm genuinely interested in my students' wellbeing and success for as long as I am making a difference in their lives and their academics (bonus - the kenko seats go with them to whichever classroom and grade they progress to!).

PS My mom and I spent the past 24 hrs sewing and altering Kenko seats so that tomorrow morning, Monday, I'll officially have a COMPLETE Wellness Classroom! Yea! ALL 20 of my students will be sitting on magnets from tomorrow until the end of the year at least! Yea! I would love to be able to give you an update in a few weeks, or next month sometime to let you know how it goes - I just may be the happiest teacher in McKinley County Unified School District!

Shalyn Rocha - Gallup, New Mexico

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

**May 2007 - Shalyn Rocha's 3rd Grade Wellness Classroom Update:** (20 kenko seats, PiMag Water system with cooler, Power 5) Products being used for 4 months and counting!

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If you would like more information on making a healthier home &/or classroom, contact Maryjoan Tully RN, 707-464-4643  
[www.mynikken.net/recoverings](http://www.mynikken.net/recoverings)

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From: [Evpnenny@msn.com](mailto:Evpnenny@msn.com)

My testimonial is about my mother. She is a widow who has arthritis. Living alone presented many challenges i.e. buttons, jewelry and even pouring her morning coffee. After living in a Nikken wellness home and utilizing all the nutritionals, she went out and got a part time job in a hospital. She was bored and had too much energy! She works five days a week, 7AM - 11 AM pushing the big mail cart at St. Claire hospital. She is never sick, does a super job and has no plans of quitting. She is 85 1/2. Isn't it great she has the choice of whether or not she wants to work? What a blessing!

Penny  
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From: [sancly@glis.cc](mailto:sancly@glis.cc)

About 8 years ago we started using Nikken technologies. I had some knee issues that interfered with my aerobic classes and the magnets & far-infrared wraps were so helpful I was intrigued to learn more. A demo where lots of people gave testimonies also impressed me. I urged my husband to look into what I had heard about. (In the scenario of taking care of oneself we are at very opposite ends of the spectrum.) Since Nikken technologies are so easy to use I figured since he won't exercise, Nikken offered easy ways for some kind of daily health care. At least I could get him to put insoles in his shoes, drink good water, breath good air & sleep on the best mattress.

We purchased the mattress, added the other technologies and nutritionals and lived in a wellness home for sometime. We went on vacation recently and took pillows, Living Water, Air Wellness and comforter. My husband complained for 4 days about his legs and knees hurting. After returning home and one night's sleep on our Nikken mattress he said he felt like a new man and all his discomfort was gone. Can you imagine the quality of his daily life had we not been introduced to Nikken?

Sandy

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From: Randy Hall (e-mail omitted)

Lou-Anne (my wife) had Ron D'Amico as a customer at the jewelry store where she was employed. Lou-Anne adjusted links on his Tri-Phase Nikken bracelets. Shortly after he showed her a Nikken catalogue and gave her a CD to listen to. Lou-Anne also had a work associate who had a Nikken water system for sale and Lou-Anne thought that good water would be a healthy thing to own. Lou-Anne agreed to go to a Nikken event where Trish Schwenkler was the speaker. After hearing her, Lou-Anne wanted to learn more and agreed to attend a presentation at the D'Amico's home.

I thought the idea of Japanese health systems was interesting and decided to go with her. She had previously mentioned to Ron and Connie that I had recently been diagnosed with diabetes and they put me on the Body Energizer while I watched a movie about thermal imaging. My feet had been red and swollen from Diabetic Neuropathy and I had not wanted my wife to see them. Within minutes I felt a tingling in my feet and lower legs. My feet seemed to relax and felt more normal. We were impressed with the sleep system, the nutrients, and the air. We purchased the Wellness Home that night. The D'Amico's loaned us a Body Energizer and a Power5 Pro Air System and we took home Magsteps. I slept overnight with Magsteps in my socks and the next morning the swelling disappeared. I have been using the Body Energizer an hour in the morning and an hour at night when I can and the Magsteps every day. With the sleep system I sleep deeper and dream every night, which I don't remember happening for years. With my job (I'm a Private Investigator) I sometimes get only 3-4 hours a night but I wake up feeling like I have had more.

I also have other conditions. A severed right foot that is fused and experiencing an extreme case of arthritis has plagued me for 30 years. My original treatment was cortisone, anti-inflammatory medication and pain medication. I am also a recovering addict/alcoholic with Hepatitis C. To get away from the drugs I began taking 2000 units of Vitamin E, which miraculously kept the swelling down, and the pain diminished enough to have a normal life. However the Vitamin E at that dosage has not been good for my liver. I was stuck between a rock and a hard place until Nikken technologies solved the problem.

After two months on the Body Energizer, Magsteps, PiMag water, GreenZymes, OsteoDenx, Lactoferrin Gold, and the Nikken Sleep System, I can go without the Vitamin E and have no swelling or pain in my foot. My blood sugar has leveled off. The days I have time to exercise for at least an hour, my blood sugar drops down to almost normal. I have hope that I can, at some point, eliminate my diabetes medication. I have a more relaxed sense of myself and am able to deal with stress better than before.

From: [sharonc1969@comcast.net](mailto:sharonc1969@comcast.net)

I was your perfect picture of the successful woman of America less than three years ago. I was married for the second time to a very supportive man, four beautiful, healthy children and a very respectful stepdaughter. Jesus has been very good to me. I have no questions about my faith and believe my fate is in his hands. I love listening to people. I am a registered nurse and have been blessed with the gift to have my life touched by my patients since 1992. I run four days a week on average and have always been very physically active. My husband and I ran a marathon several years ago and a half marathon the following year. My parents are in great health and also an incredible resource. So you can imagine the picture Life has been very good to me! And I maintained a 36, 24, 36 body measurements.

I started having upper back and neck pain but it started to become an issue about three years ago. I was diagnosed with a cervical spine stenosis and brain demyelination after an MRI. I began having ocular migraines several times a month that would put me down for an entire day. Then came the mini seizures. I was told that I have a 3 cm pre-cancerous thyroid tumor in the left side of my thyroid. I began loosing strength in my limbs and sometimes suffered intermittent paralysis in my arms. I would come home from work absolutely fatigued and in pain so severe in my upper back that high doses of anti-inflammatories and lying in bed were my only options. I was not able to spend any quality time with my family. I then had a Grand Mal seizure.

I have been seeing a Neurologist for three years now and he has tried several times to diagnose me with Multiple Sclerosis. He even decided that he wanted me to start a drug that I would have to administer to myself intramuscularly in my leg and this drug was proven to do nothing except to give me side effects worse than the symptoms I was already experiencing. I then obtained a second opinion from another Neurologist who stated that I, in no way fit the clinical picture for MS. She did then, however, refer me to a Rheumatologist who began a workup for Lupus. I decided to stop seeing MD's before the bad news only became worse. A wonderful friend of mine introduced me to Nikken nutritional products over two years ago. I started taking them thinking, \_this couldn't hurt and the alternative is medicine with horrid side effects! I prayed for answers not to be cured but just to feel a little better along the way so I could spend some time with my family.

I started slow with only a few products. I also did not have lots of money to spend. After a year of taking the Lactoferrin, my thyroid tumor is no longer palpable. It was the size of a golf ball and was visible every time I swallowed something before. I began taking more of their supplements and started having more energy. I drink nothing but Pi Water and I now, don't go to bed as soon as I get home. I only take anti-inflammatories infrequently and they were a regular part of my daily routine. I still take Keppra but was told by my Neurologist that I can wean off of it in a month since I have been seizure free.

I finally broke down thinking, I spent over \$10,000 on medical bills last year and after insurance, paid almost \$4000 out of pocket, why not bite the bullet and buy and try the sleep system?\_ I have had it now for only a month and have had two weeks of hours of uninterrupted sleep. When my neck hurts, I immediately get in bed and within an hour, the pain is gone. I am now piloting the CM joint supplement and cream.

I am a skeptic but I finally believe in the power of Nikken products. I am ready to tell the world my story. This makes me very vulnerable, being that I am a registered nurse practicing medicine. My Neurologist states that she can't believe that \_Me, the person sitting in front of her is the same person written in all those medical records. Someone with my MRI results would have trouble walking, much less running and working 12 hour shifts. I am ready to spend my money on pro-active products that help nourish the core elements of my body to help me feel better. Enough has been spent on diagnostic tests and retro-active medicine that does nothing but give me side effects and affect the quality of my life. Thank you God, my family for tolerating me and Nikken for making me feel so much better!

Sharon Clark