

I was taking "Paxil" (antidepressant) for fibro. I got immediate results from being on the sleep system. I stopped taking the medication immediately after I felt better. I would say that I am about 80% better. I don't have that unbearable discomfort anymore. When I do feel stressed, I use the wraps and the mini magnets. The magsteps have been a tremendous help. I also have the pearl necklace, and have had almost no discomfort in my neck. It used to drive me crazy; I cried a lot with my neck pain. But have really found the products to help a great deal.

Danielle

I started seeing results for my fibromyalgia around 4-6 weeks and was able to get off the amitriptylene that I using to help me sleep. I have not used any medications in 13 mos. since. I used the sleep system -- mattress, comforter and pillow. I am able to get to sleep without medication usually in 15-30 min. I still awaken during the night, but I am able to go right back to sleep 90% of the time. I sleep less hours and have more energy. I still do not have the energy that normal people (without FM) do. I use the back flex when I need it and the necklace for neck and shoulders.

Carol Laws

I went off my medication for fibromyalgia after 8 months on sleep system. I saw a difference almost immediately in energy level but didn't believe it for a while. Its subtle differences that are hard to pinpoint. I started realizing I was doing things I usually couldn't do... I wear necklace and back flex all the time -- fibromyalgia people need back flex all the time as well as magsteps and minis in problem areas. I just retired 5 years early from job as Nursing Supervisor to go fulltime with Nikken, because of what I've experienced and what I've seen happen to many folks with fibromyalgia and other problems.

Joy Cole

My health problems started about 15 years ago with chronic back problems. Then I starting hurting in my neck, my arms and my shoulders and eventually I hurt throughout my body. I started having constant headaches and migraines. This all then turned into a sleeping disorder. I went to a sleep clinic in Ames and found out I wasn't getting any REM sleep. I had gotten so bad from years of hurting, that the only way I could get some sleep was to take prescription drugs. I hurt all over (extremely), my joints and muscles were on fire most of the time, I had no energy, low self esteem, no will to live much less being concerned about a future, I had gotten so depressed, because I had tried everything, and I just kept getting worse. I had tried many different antidepressants, but I hated the way they made me feel. I had done everything I knew how to do. I had gone to different doctors, physical therapists, chiropractors, massage therapists, and was taking a lot of medications. Most days I was taking up to 1,000 milligrams of ibuprofen just so I could make it through the day. I was just surviving from day to day. My misery colored my views of everything and everybody. It seemed like I was sick all the time with something; colds, sinus infections, migraines, the flu, or whatever. So when Nikken's natural products came along, my life was totally out of balance and I was ready to try anything. It was totally unbelievable to me what happened. By the end of one week, from using the back flex, my back no longer hurt. By the end of one month, from being on the sleep system which includes the mattress, pillow and comforter, wearing the necklace, magsteps in my shoes, and taking Nikken's nutritionals, I was able to quit taking all my medications. I got my quality of life back. My whole body feels normal again and I sleep like a baby. And I haven't been sick once since. The products literally saved my life. I now have energy, joy and passion for life again, and I have so much fun helping people to find the balance we all deserve. What a blessing!

Cinda

I have (lupus and fibromyalgia) and was desperate to find something to relieve my discomfort, besides being so extremely tired and weak. I'm not sure which symptoms to relate to which problem, but I do know that together, they are very debilitating. I started on the sleep system in March of 2000, and also the neck wrap, insoles and nutrition (liver support, joint and vitamins). I received almost immediate relief and by the third day I no longer required the strong medication for pain. Today I don't even take aspirin or

Tylenol. I'd had kidney failure, liver problems and developed a heart condition before I was introduced to these products. Now I consider myself quite healthy. The products give me such complete relief; I can enjoy the good things in life once more.

I have Fibromyalgia and I have been greatly helped with Nikken products. I have the pad, Dream comforter, pillow, necklace, magsteps, shower head and drink the PiMag water. I am back to playing tennis and riding my bike and doing about anything else I want to. It took several weeks to see results, because I had been taking so many prescriptions, but now I am virtually pain free. I cut out my Celexa and Vioxx, cut my Ambien in half and almost cut out totally the Ultram and Flexeril. I also take the vitamins, anti-oxidant and joint nutritionals. I am living proof that Nikken works for Fibromyalgia. I also no longer have migraine headaches!!!

Barbara Short

It all began with that one moment when Sally, a woman I did not know, knocked on my door in August of 2000 to share with me some funny products from Japan by a company called Nikken. I had been diagnosed with fibromyalgia in 1990. I had also been in two car accidents, one a head on collision and the other going off a winter road into a ditch that aggravated many of the symptoms. My life for over ten years was haunted with body pain from head to toe, migraines, digestive disorders, sleep disturbances, chronic fatigue, extreme lack of energy, infections, lack of muscle control, muscle spasms, feelings of hopelessness and worthlessness, mental fogginess, increase in weight, and more.

By August of 2000 I had reached a point where I was occasionally using crutches, had limited use of my hands, and was unable to work and take care of my family and household. After sleeping on a Nikken magnetic sleep system, wearing magnetics daily, drinking ultra filtrated, oxygenated water, taking herbals and nutritionals, and making minor changes in my diet, most of the symptoms of my affliction just melted away in an extremely short period of time. Then Nikken introduced the CardioStrides. I began wearing these special designed shoes and immediately saw and felt an additional positive result in weight loss and my health. I also started doing the "Weighted Shoe Workout" a few times a week and my health and fitness reached a more heightened level and I knew that I was on to something.

I just couldn't imagine that I had gone from being wheelchair bound to doing a fitness program with weighted shoes. But now I was living a life free of discomfort and continually improving my fitness level and body conditioning. By that point I felt like I had been truly blessed and my whole life had changed. I felt like I had discovered the secret combination of products and exercise that allowed me to live a miracle and get my life back.

I am 48 years old and feel like I am 20 again. I believe that I have been given a second chance to life and so have dedicated my life to helping others. My experience with fibromyalgia has given me a sharp understanding of what people go through as they deal with pain, weight and other health challenges.

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