

ATTENTION/BEHAVIOR ISSUES AND THE USE OF MAGNETIC PRODUCTS
by Dr. Margolis and others

For Wellness Consultant Training Only.

Note: These testimonials are the personal experiences of the people who gave them. We neither make nor imply any medical claims whatsoever. We suggest you use the products and experience their benefits for yourself. For medical help and information, see your healthcare professional

The following 14 testimonials were collected by Dr. Margolis, a pediatrician for 36 years from Harrisburg, PA, who conducted an informal trial of magnetic products with a number of his patients with attention and behavior issues. The products used were Nikken's (1) a magnetic mattress pad, (2) a magnetic pillow, and (3) a 4" round magnet, worn over the upper chest. Each patient used the products for a one week trial. The testimonials were provided by the parents.

What he did was offer his patients with ATTENTION PROBLEMS the option of trying magnetics to see if they would help symptoms. They specifically did this during vacation times so it would not interfere with school work. They had the children's parents fill out questionnaires rating physical behaviors, emotional and attention/memory before using the magnets, while on them and then when taken off of them. 28 children completed the study. The time restraint of one week was basically due to a lack of enough products. Other children were waiting to use them.

Of the 28 children who completed this study 19 showed a significant improvement in scores with using magnets. These children all used one or more magnetic products. Of the children who did not respond Dr. Margolis noted that they only used one magnetic product. The question remains as to whether they would have responded if they had used them for longer than a week or used additional products.

(1) "With using the magnet, Christopher's (age 10) mood and behavior was more even throughout the day, instead of the highs and lows on medication. It was new to have him happy and not fighting with us first thing in the morning. His grand-mother said that he seemed happier with the magnet. Christopher's appetite was so much better with the magnet - he ate almost all the time!"

(2) "Ian (age 11) used all three magnets: mattress pad, pillow, and disk. During use of magnets Ian appeared to be more calm, rested, and focused. They had almost an immediate effect. For example, on Saturday, Aug. 3rd, after having not used the mattress pad or pillow for one night, Ian displayed rowdy, impulsive behavior and was "out of control." We placed the disk magnet on his shirt at lunch time and it calmed him almost immediately. Usually when we go to a restaurant, Ian is unable to sit still and plays with anything and everything within his reach. During the trial

period of using the magnets, we went out to dinner on two occasions, and he sat quietly and actually engaged in adult level conversations with us. Although he had previously been "written up" three times for poor behavior this summer by his day camp counselors, during this trial week there were no reports of mis-behavior. He received another written warning last week after the trial. We are convinced that the magnets may have a positive effect on Ian's behavior and are interested in purchasing them to continue the "experiment." We would appreciate if you would call us with information about how we can purchase the magnets. Thanks for the opportunity to participate in the trial."

(3) "Ryan (age 11) was off treatment and medicine one day post-testing (magnetic products trial), and was moving back to pre-testing behavior. Ryan was more cooperative, calm, pleasant to talk to, not argumentative, during testing. He went to bed much easier. (He recognized his own tiredness). Ryan was not a perfect child during testing. He was more typical of his age, but showed more ability to be worked with, reasoned with. He was quite willing to wear the magnet. Our trouble was with tape irritation and sweating. When Ryan is on medication, he seems suppressed, extremely calm. That is nice to have, but I don't think that's really our Ryan. During testing he was not suppressed. He could wind up but we could call him on it and he knew and worked with himself more to settle down. During testing Ryan seemed more like a "normal" little boy without the attention issue that needs direction and encouragement to better his behavior."

(4) "It was like night and day with him. He was lovable with magnets, and without he was up for adoption!" (age 13)

(5) "Shaun (age 9) said he didn't feel as angry after he wore the magnets for 2 days. He told me the same thing after he was on medication for 2 days."

(6) "We started Vincent (age 5) on the mattress pad on Saturday, and by Wednesday he started to improve substantially. His concentration and manner improved, and he did not appear to be as belligerent. He was even asking for some paper to draw on a couple of times, which he rarely enjoys doing. He was able to sit for longer periods of time and work on a project, which again, rarely happens. His attitude and demeanor improved. Sometimes he gets "mouthy," which, again, did not happen from Wednesday until about Saturday. On Sunday I took the mattress pad off. Almost immediately he was back to his "normal" self the following week."

(7) "After using the mattress pad we viewed a positive change. We feel this will be beneficial to Shannon."

(8) "Sean (age 11) used the mattress and the pillow. He was pretty much the same, but possibly a little calmer. When we were exasperated, I sent him to his room to rest on his bed. He seemed calmer after a rest on the magnets. I'm not sure if this is a result of the time on the magnets or the time away from stimulation. Sean would take his magnetic pillow downstairs at times to lay on it while he watched TV. There was a big increase in appetite in the beginning ... that continued through the trial. While on medication, Sean had a little trouble falling asleep at night, but not more than lots of other kids. While on the mattress, he fell asleep quickly, and did sleep in every morning."

(9) "Mike (age 7) showed no visible signs of improvement with the magnets. Please keep us informed of ANY other non-prescriptive alternative. We appreciate your concern and research."

(10) "Paul (age 39, father of Mike) ... the magnet worked very well. It allowed me to sleep soundly at night and I was significantly more at ease during the day. The magnet reduces irritability and reduces a tendency toward impulsivity. I noticed the changes after wearing the magnet for about 4-6 hours!"

(11) "Jen (age 18) went off medication for 4 days before the trial. By the 4th day I was deciding this is it. Back to medication. I didn't even want to try the magnet. OBNOXIOUS and BELLIGERENT, her behavior was horrible. Still eating, but very restless and moody. We persevered until Wed. 7/10. When she woke up, she took a shower and we placed the magnet on her chest and hoped for the best. By Wed. evening, things were moving slowly back to normal (whatever that may be). On Thursday she was better than the day before. Did a complete resume (wrote, typed and edited by herself, not with the usual 100 questions that needed to be asked) for a job. Totally impressed friends who have been a part of her growing up years. Thought she was a different child. Judy, my best friend and mother of 3 was amazed how much better she was in tune, focused on herself, and proud of what she had done. On Friday we went for her permit. Very proud of her, how well she was focused." I think we are headed in the right direction. Jen seemed pleased with herself. Hoping she gets the job at the daycare. First time in a long time she has been happy about herself or anything. Jen continued wearing the magnet until 7/19. A few evenings she chose not to sleep with it on. When she woke up it was quite obvious. It took her longer to get organized and settled. Once showered and the magnet back in place, things improved. On July 20, Jen decided no more medication; she would like to use the magnet."

(12) "To summarize my feelings about the change: previously he was highly agitated. That word best described his outlook and behavior. The

mattress calmed him down considerably, enabling him to deal with matters with much more consideration. Our relationship improved substantially. By the way, I never told him about the qualities of this mattress. He only knows that I bought a new one because the old one was no longer comfortable ... the bed was expensive and I felt that buying it was a bit crazy, but it has turned out to be a great purchase. Hope it continues to provide John with the calm he needs to be more effective in life."

(13) 14 year old Thom was an angry, argumentative, impulsive boy, who was also a bed-wetter. He needed to be told many times to do his chores before they got done and homework time was very unpleasant, with lots of yelling and poor study skills. His younger siblings (ages 6 and 8) were constantly on his nerves, and the battles raged constantly. "Immediately after starting to use the ... products, and getting off of medication, the amazing changes began. In 12 days he wet his bed only twice; his mood was mostly happy. His appetite, which had been suppressed on the medication, came back wonderfully. He has become a warm, friendly child who is no longer angry at the world, and has become complimentary to his mother, and cares about her feelings. His chores are getting done willingly with no hassles; helps sometimes with the cooking and cleaning without being asked. The behavior of his siblings doesn't bother him anymore, and he is now setting better examples for them. His maturity level has leaped forward, making it possible to have a decent conversation with him. He actually referred to his science homework as "fun" ... his mother couldn't believe her ears!" Due to the marvelous way he has responded to the magnets and the happiness he is experiencing, the atmosphere in the home has changed tremendously. His mother, who works full time in the family business, used to dread the time she had to go home because of the stress and tension that Thom's behavior always caused. Now she looks forward to going home, and is marveling at her "new" son, and enjoying him tremendously."

(14) "Our 11 year old daughter had attention and impulsivity problems, and used to be on medication for those problems, and used to visit her pediatrician every 2-3 months for various reasons. In July she went off the medication and began using (magnetic) products. She has not had to return to the doctor's office for one year for a routine physical, and has grown 4 inches, gained 15 pounds, and is doing very well in school."

More Personal Stories :

I have a son who has been documented and diagnosed with everything. Timothy has been diagnosed with all sorts of behavioral problems. The only ones I accept are Oppositional Defiant Disorder and a Tourette's Syndrome Related Disorder. By the time he was 5 1/2 he had 18 major diagnoses--because they have to change the diagnosis to validate changing the meds which weren't working. And it all started as a result of his going bad on Amoxicillin. His skin lesions were then treated with Hydrocortisone cream and he's never been the same since. He has been in 22 schools and had 7 long-term placements.

In October, 1997, Dr. Margolis from Harrisburg, PA, shared his work with behavior problem children using Nikkens products. That day I took my son out of the group home they had him in and took him off all meds and put him on Magstrides and the sleep system. He uses the Intellirest pillow and the comforter, which is crucial. It has given him a new life--and the rest of us as well!

Dr. Margoles has been a pediatrician for 36 years and is a distributor. In the summer he started a project to see if the behavioral-problem kids of 30 families (whose parents did not like having them on psych meds) would show any response on Nikken products. Surprise, they were still off the meds in October. He was in Mesa for a Health Professionals Symposium and it was very informative. He is a Nikken distributor and I think he was recently in the Magazine for going Gold. (He is listed with information in Harrisburg, PA as a pediatrician)

Harold Stagner (distributor), MS Speech Pathologist from Indianapolis Indiana, ran two clinics for learning disabled kids. After the Nikken magnetics helped him with his migraines, he began to wonder if they might also help his ATTENTION PROBLEM kids. 35 kids used a complete system (far-infrared pillow is a MUST) and insoles and all of them came off the medications in 2-6 weeks.

My son was 15 years old (9th grade) when I got involved in Nikken. He had been taking Ritalin since 5th grade, every morning before and every day at lunch from the school nurse. He had an attention problem, however, not so much the hyperactivity. When I joined Nikken I got all the family members magsteps and we all took turns using the demo pak sleep system. After my son used the demo pak for a week he asked me to buy him his

own. He could not really say why, but it really made him feel better. After about a month or so, he said he did not think he needed his Ritalin anymore! If he had missed a day of Ritalin in middle school, we ALWAYS got a call from a teacher! We tried it for one week and again another week. He has not taken another Ritalin for 2 years! I would caution you that if you lend products, be aware that they will probably not notice a change in a week or two. They would have to try it for a month or two or three, so I would encourage you to have them buy it with the understanding that they use it religiously for 3 months with a money back guarantee. The child should also use the magsteps every day!

Nancy Bullough

I just want you to know that adults also have ATTENTION PROBLEM symptoms. I suffered a brain injury a few years ago and was diagnosed with ATTENTION PROBLEMS and the doctors wanted to put me on medication (which often happens after a brain injury). I knew I never had those symptoms before and knew one does not suddenly develop ATTENTION PROBLEMS at 45 so I declined. I recovered my life-long ability to screen out stimuli using Nikken products in conjunction with other energy modalities. The Nikken products worked synergistically with the energy work. Now I only have symptoms when the stress gets too high.

Ali

Here is some further testimonial info from Lori Beardmore on the use of Nikken Products with children with Attention Problems:

We have an eight year old son with ATTENTION PROBLEMS and found that a combination of modifications have been very successful. We have been using the Nikken mattress, pillow (our son prefers the intelli-rest), quilt and insoles for the last two years. The results have been very good and consistent with what Keith's forwarded letter had quoted. He was always a restless sleeper and would flop from one end of the bed to other throughout the night. Within about one to two weeks his sleep patterns had changed dramatically. He fell asleep faster, and would usually wake up in a similar position to what he had started out with when he fell asleep. He also began waking up about one hour earlier. His behavior was much better. We know what sleep deprivation can do and we know these

dramatic results came from the use of Nikken products. We have also incorporated Feng Shui principles in our home and paid particular attention to his bedroom. (Feng Shui is the Ancient Chinese Art of Placement-balancing your environment to suit your personal needs-very similar principles to the Five Pillars) I am a Certified Feng Shui Practitioner recognized through the Feng Shui Ak in his eyes, and appeared happier > and calmer, and when his mother told him her son had only had one outburst in > 3 weeks, he told her he wanted to know more about the products! This was a child who had serious outbursts (several times daily) over the littlest things!

In April, 1999, a friend of mine had a wonderful experience with magsteps. She had help with a 2-year problem that her doctors had not been able to solve. She brought me an article about a child who sounded a lot like my son and asked me to read and think about it. The article was about how parents had used the Nikken sleep system, and it had helped their child's behavior in school and at home.

I had been introduced to Nikken products several months before by Jane Hartsell, my Jazzercise instructor. I had used the KenkoTherm elbow wrap for a painful elbow during exercises and got 100% results.

After reading the article, my son and I attended the Wellness Preview in our area in May, 1999. I was ready to try anything to help my child's behavior to "even out". My son had been on medication since kindergarten for his behavior. He had trouble staying in his seat during class, although he could tell you everything the teacher had said during his "wanderings". He was constantly in trouble - for making noises while the other children were working, getting up and down during silent seat work time, messing with things in his desk, bookbag, etc. His academic grades were good, but his conduct grade was always "unsatisfactory".

The medication helped him, to an extent. It was only good for four hours, so he had to take a dose at school. As he became older, he became increasingly embarrassed about going to the office every day at lunchtime to get his mid-day dosage. During the four hour cycle, his behavior would be markedly better for about 3 hours, then it was obvious that the first dosage was wearing out. So, for about 1-1 1/2 hours during the day, between doses, his behavior would be worse. The medication was changed to extended release, which did "level him out" more. But he was getting to the stage where he "didn't want to take those pills anymore". It was a battle every morning to get him to swallow the pills, instead of washing them down the toilet. At the thought of not having to take "those pills" anymore, he was ready to try anything - even a magnetic mattress as odd as it sounded at

the time. I was ready to try anything to save myself \$350 a month on the three medications that he was on at the time.

I signed up as a distributor in May, 1999 and ordered the sleep system and magsteps for him. I spoke to our doctor about helping me to ease him off the medication. After he finally stopped laughing about my son's magnetic mattress, he said that he would help me wean him off the pills. He came off the medications one at a time and took his last pill on July 15, 1999. Actually, the savings on the medication that I didn't have to buy anymore paid for the products after a few months.

I knew the real test of how his behavior was affected would be when school started last fall. I didn't tell his teachers that he was off the medication; they assumed he took it at home. As far as his behavior, he behaved as well, if not better than he had when he took the medications. As an 8th grader this past year, my son had the best year of his entire school life, and even made some "satisfactorious" in conduct. He isn't perfect, by any means, but I feel like now we have a "normal" 14 year old boy. When my son accompanied me to the doctor in September, 1999, the doctor talked with him, saw the difference in him (he has taken care of him since he weighed 4 lbs 1 oz) and to say the least, he isn't laughing any more.

Through contacts in my business and personal life, many people have commented on the difference in my son's behavior, attitude, etc. He is happier, and in turn, that makes me happier.

We also got a wonderful side effect that we didn't expect. My son's migraine headaches have all but disappeared, but that's another story.

If this information can help any of you with prospects, please use it. I am glad to do 3-way calls, also.

Kim Whitley