

# A World of Change

“I had the bones of an 80-year-old”

**C**ari Roundy was your typical 8-year-old. Dancing, running and social activities were her specialty. But at 9, something changed. “I got really sick,” she remembers. “I had a fever and major swelling around my joints.”

To everyone’s disbelief, the doctor diagnosed Cari with polyarticular juvenile rheumatoid arthritis — meaning five or more joints in her body were stricken with the pain of arthritis.

At 15, Cari was confined to a wheelchair and was told that she would never walk again.

Years of physical therapy and dozens of so-called remedies offered her little improvement. By 18 she could walk some, but often relied on a walker or wheelchair most of the time.

As a student at Brigham Young University, Cari relied on her faith — and the help of friends to get her through.

It was there in Utah that she met and fell in love with her husband, Loren, who became Cari’s working arms, legs and body.

“He did everything,” she says. “He worked, he cooked, he cleaned — he was amazing.”

At 23, Cari and Loren talked of having children, and at the suggestion of her doctor, Cari underwent a bone density scan before getting pregnant.

The results were devastating: osteoporosis.

“I had the bones of an 80-year-old,” she admits. “I had lost inches in height and broke bones in my feet just trying to walk.”

But Cari and Loren were blessed with two healthy baby boys — right around the time that Cari’s mom became a Nikken Consultant.

Surrounded by products her mother loaned her, Cari began using the Bio-Directed™ Liver Support, Travel Comforter and the Intelli-Rest Pad — a product that introduced Nikken viscoelastic foam, technology found in the current Kenko™ Dream Light Pad.

Enjoying the extra comfort the pad offered her, Cari also favored the comforter and Liver Support.

After hearing about a positive study published regarding the Bio-Directed™ Joint, Cari gained a bit for the health of her joints — she decided to try some.



When Cari was a teenager, she was confined to a wheelchair.



Today, Cari is strong enough to hold her two sons, Jacob (5) and Jared (3).

Twenty days later, with no one around for help, Cari reached down to unbuckle her shoes with less effort than she expected. After 40 days, Cari tried mopping the floor — for the first time in her life.

“It hurt,” she said, “but I was able to do it, and that was exciting.”

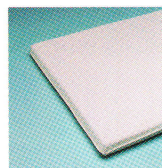
Today Cari continues to take the Joint supplements, she sleeps on the Sleep System and she enjoys doing things that many people take for granted, like getting up off the floor — oftentimes without the help of someone else, walking more and being able to hold her two boys. And with more movement, Cari has been able to build up more bone density and begin working toward a more healthy, abundant life.

“I shudder to think of my life without Nikken,” she says. “It has changed my world in every possible way.”

## Nikken Products used by Cari:



Kenko™ Travel Comforter



Kenko™ Dream Light Pad



Bio-Directed™ Joint



Bio-Directed™ Liver Support