



from eNikken

21 Club Testimonials

"In doing our 21 Club, we learned a lot about how to approach people and read people; how to understand what people want and how what we have fits with that. Finding a way to approach people without cramming them with information is hard. It's like the old saying: People don't care how much you know until they know how much you care. It's a hard thing to learn. You have to figure out your own style of approaching people. You can go to any meeting and learn about it, but until you actually do it, it's hard. The knowledge we gained doing the 21 Club is worth more than a million dollars."

Tom Schmucker
Farmington, Utah

Humans Being More Silver Training Testimonials

**A Human Being More What She Wants.
Nikken Helps Her Grow as a Person.**

Dear Nikken:

I recently attended my third Humans Being More Silver Training. The first two times, I was very quiet and insecure. At the end of our group sessions, I heard a lot about how I am "a compassionate and loving person." That was very good to hear because I didn't have a lot of self confidence. When I went to my last Silver Training, I expected to hear the same comments. However, I was there to work on my leadership skills. No one told me I was compassionate this time, but they all said I would make a great leader and thanked me for mentoring them! I was amazed, since I hadn't told anyone what I was mentally working on. I even spoke up several times in the meeting and did this without stumbling or feeling self conscious. Nikken has really helped me to grow as a person and I love it!

Lynn Thomas
Port Orchard, Washington

Sleep System Testimonials

"My son, James, was diagnosed with autism before the age of 3. I started attending conferences all over North America, getting newsletters from all over the world and became trained in teaching modalities that showed us a good percentage of progress. James is now 11.

"Over the years, we made progress, but James still had a sleep disorder and a rash on his arms and legs that we couldn't do anything about. I tried everything. For the sleep, I tried massage, Reiki, herbal remedies (melatonin), and even painted his room blue for a calming effect. Of course, the doctors were prescribing medicines throughout the years. Yet every night, this child would get up and roam all over the house, turning on TVs with loud volume, turning on lights, and going into his brothers' rooms and wake them up. Needless to say I was struggling with lack of sleep myself. It disrupted the entire household.

"I decided to try a Nikken mattress pad on his bed. It still amazes me. For the FIRST TIME IN EIGHT YEARS, I WOKE MY SON UP! That was almost two years ago, and he continues to sleep every night, medicine-free! His body is now doing what it is supposed to be, and he is now making more progress through the day because of this good sleep he is getting. He is also now COMPLETELY medicine-free through the school day, as well!

"He has had other positive effects from Nikken products, and if I didn't experience this myself, I would have never believed it. The best part was how non-invasive all of these products are. Autism is like a puzzle, and you are always seeking the right pieces that fit. Well, I definitely found some of the biggest pieces to help my son. It didn't cure him, but his quality of life is so much better. And isn't that ultimately what we all desire?"

Carla Piccarreto
Rochester, New York

Humans Being More Silver Training Testimonials

"My wife and I heard that Silver Training would be a wonderful experience, an essential step toward success. It would enable us to look at our past and let go of some of the hindering concepts, to move toward the success and fulfillment of our dreams. It's wonderful. It is what I expected; it has lived up to all the expectations that I've had and then some. I believe Silver Training has enabled me to move from my past, to not let my past control me — it may define me, but it doesn't have to control me. Silver Training has also given me a foundation; given me a set of beliefs and a mechanism to achieve success by way of beliefs — belief in myself, belief in the company, the products, the industry. You should come. Silver Training will give you a clearer vision of what's possible, of your ability, of what you can do. I highly encourage anyone to go."

David Green
Arkansas

"This is my third Silver Training. Now we really enjoy the parts of meeting other people and just sharing with each other the total experience we get from coming to it. Silver Training has really opened up my ability to help people and do the business that I was looking for. My feeling, I told my wife, is that it should be called a Silver Experience instead of Silver Training because there's so much in it that you don't get from any other kind of training that I've ever been to."

Charles Hodgkin
Arkansas

"This is my sixth Silver Training, and the reason I keep coming back is because I still need personal development. This is the best form of personal growth you can ever experience. Also, I have people who come to

Bio-Directed Immunity Testimonials

"Once again we have a new product, Bio-Directed Immunity, in an area with tremendous need. Once again we lead with a product superior to anything on the market."

Dennis Estes
Eureka, CA

"Immunity is another cutting-edge wellness product!"

Tammy Krozal, R.N
Livonia, MI

"As an RN, I have seen a great increase in auto immune illness, and I know this product, the Bio Directed Immunity, will help so many people."

Lynn Mistorich
Akron, OH

PalmMag Testimonials

"At our product launch, we saw many positive results with people who tried the PalmMag. The introduction of this product gives us feelings of exhilaration."

My most profound experience was when I used the PalmMag with a young woman. I told her I would use the PalmMag on maximum level. I timed its use. We were at ten minutes, but she was having no negative response to the PalmMag's use, so I continued to seventeen minutes. She felt unbelievably better and was excited, as was her mother, as was I. Later that afternoon, at the Executive Lunch, the young woman gave her testimony of what had happened to her. Tamara continues to have a good response whenever she can have access to a PalmMag. Needless to say, she is very excited to receive hers so she can maintain her results."

Ron Dillman, DDS
Redding, California

Silver Training who are not wellness consultants yet, and this is the best way to check out the heart of Nikken. There are huge things in our life that hold us back, and if we can learn what they are, we'll be able to have a choice, to make a choice to either step over those or shrink back."

**Lisa Thomas
Arkansas**

I attended the product launch in Victoria, BC, and brought Jim & Leona Wilson. At one of the breaks, we had opportunity to try out the PalmMag with Jim, who had a very positive product experience in less than five minutes. We knew we had something. They ordered the launch Pak on our return and are now looking at the business. Thank you Nikken!

**Don Savard
Nanose Bay, BC**

"In business I've always gone to a certain place and stopped, never did realize why I couldn't go a little bit further. What Silver Training has done for me was to realize my blocks in life; who I was listening to talking in my head, where it was coming from and that I could get over it and get going. That's what it's done for me. Real, personal development and growth, plus a lot of fun. In Silver Training one of the games that we do play is not to listen to the negatives. And so many of the times when we get ready to do a business like this, and you go straight to your family first and you start hearing all of that negative talk, 'You can't do it, this isn't gonna work, what's wrong with you? What do you mean you're not gonna get a paycheck every week?' That you can still stick with the beliefs that we have found in us and our convictions. Yes, I can do it; and I will do it and I am doing it. Just do it! Everybody gets something different out of it. Everybody's experience is so different. I haven't heard anybody who has not come out of Silver Training with an 'aha.' "

**Donna Van Degrift
Arkansas**

CardioStrides Testimonials

I have had CardioStrides since they were released. They have helped tremendously with my cardiovascular health. Wearing them all day keeps my exercise requirements for heart health where it should be. I also do a 30-minute walk with them per day. I have lost 30 lbs. in the last year as a result of eating changes combined with this exercise. The muscles in my lower body are very toned.

**Barbara Ostrem
Billings, Montana**

"I have been wearing the CardioStrides for regular exercise since May. I walk three to five days a week. I go a distance of 3 to 4 miles each time. I have decreased my weight 7 pounds so far, and I haven't altered my eating habits at all. I had to buy new slacks because I am now two sizes smaller than I used to be! My legs, hips, and tummy are more toned than they've been in the last 12 years. I feel great and look great!"

**Nancy Walker
Mead, Washington**

"This is my fourth Silver Training and I continue to come because each and every time I gain more knowledge on how to be a more productive human and to interact with different people, their beliefs and help give them a stronger belief system. I noticed that each time that I come I resolve different issues in my life, and then I realize once I've done that, I'm ready to move on to a different level of productivity for myself. I enjoy them. I think the LifeCycle Plan has made such a difference for

"I've been wearing CardioStrides for two months, and I haven't changed any of my other habits, in exercise or diet, and I've lost 18 pounds and lost 3 inches from my waist and 4 inches from my hips."

**Susan Garber
Pompano Beach, Florida**

me; it was a huge change for me because I have never made long-range goal plans. I keep it in my laundry room — and it's kind of a neat place because you're always in your laundry room by yourself — and I look at it and I can see what areas that I need to work on more, but I also look at the areas that I'm gaining. I begin my day and I reflect on it and I know what to begin with and then I also mark down things I have accomplished and I put 'I've done it' and then I like to date it. But at the very end of it I have an Olympic track star that is holding up the flame torch, and basically he is running for the gold, and that's exactly what I'm doing — I'm racing for the Gold. You get so many wonderful new techniques that you can incorporate in your daily life every day or interacting with people, and I know that it's taught me more patience; it has also taught me to be more generous and more grateful."

Nancy Shuster
Arkansas

"It gets you back in touch with your ability to dream and plan and grow. That's the reason I continue to go back to Silver Training. You're willing to take more chances; willing to take the extra step; you're more geared toward looking at other opportunities than you were beforehand. You take it away and use it each day that you're involved in meeting people or doing the business. The first Silver Training that I went to, the LifeCycle Plan was totally out of my comprehension because I really had forgotten how to dream. I really didn't know how to look long-term — I could plan in detail financially; I could look at goals I wanted to accomplish there, but just the ability to dream and think 'what might be' was beyond my comprehension, so I really came away almost with a blank page. The second Silver Training that I went to, I had grown enough that I could dream a little bit; so I could dream and put some of the things down, and then by the third Silver Training you really allow yourself to dream and see things that you hadn't been able to see before. Don't miss it. As soon as you can get involved with it, go — and go with anticipation, knowing that you will grow from it — and then attend as soon as you can a second time because as you grow, your ability to grasp more of what is taught and your ability to apply it in your life grows with it. So go, and just like a lot of other things, don't give up —

"I tore knee cartilage, and it was really bothering me. I thought I was going to need surgery. But I got the CardioStrides, and it feels so much better now, it's unbelievable. All I've been doing is walking in them and keeping my knees and toes aligned."

Steve Johnson
Yakima, Washington

"I love the CardioStrides. I wear them every day. It's really strengthened my calves and legs. My friends tell me they can see I've lost weight."

Shelly Lopez
Holland, Michigan

"The CardioStrides are really great for getting in shape. I'm a physical educator, and I find the CardioStrides easy, simple and efficacious."

Francois Letourneau
St. Laurent, Quebec

"The CardioStrides are very cool. I love the simple elegance of the technology."

Tom Vratny
St. Louis, Missouri

"The best product I've seen is the CardioStrides. One of my aides at school is wearing them, and she lost 10 pounds in just two-and-a-half weeks. She hadn't been able to lose weight in years. We love the CardioStrides."

Natalie Van Vleet
Paul, Idaho

go back.”

Ron Morris, Arkansas
CM Skin Cream Testimonials

“Within minutes of putting on this CM Cream, I felt great”

Karen Johnson
Deer Lodge MT

“I’m an athlete and so are most of my friends. CM Complex Skin Cream is the new “sports cream” for us”

Kathryn Ebnet
Charlotte NC

“I started walking in the mornings with my CardioStrides, and after my fourth day I could feel the tightening pretty much throughout my whole body, especially my calf muscles. Before I went to bed, I rubbed the CM cream on just one of my calf muscles. When I woke the next morning to go for my walk, my calf that I didn't put the CM cream on was sore and very tight. But the one with the CM was just fine. I had decided to do my own double-blind study, and it worked.”

Maria Leidholt
Minot, North Dakota

“CM Complex Skin Cream works well ... Nothing else has ever worked like this.”

Karen Gehret
Spokane, Washington

ThalassoKea Skin Care Testimonials

“I love the ThalassoKea Face Patch. It's my favorite product of all time. I cut it in half and put half of it on my face, and afterward, I went to a meeting. People could notice the difference. It tightened up that side of my face.

“Let me tell you about my experience with CardioStrides. I lost five and a half pounds in the first week I wore them. That's not bad for a 71-year-old woman.”

Carol Vadon
Chubbuck, Idaho

“I wasn't feeling well yesterday, but I wore the CardioStrides all day and got my energy back.”

Kimberly Schwender
Springfield, Virginia

“Wearing the CardioStrides has raised my metabolism and helped my back tremendously.”

Joy Perpetua
Myrtle Beach, South Carolina

Nikken General Product Testimonials

In 1995, I was diagnosed with a condition that left me feeling totally fatigued. I lived in agony every day. The physicians' protocols were toxic drugs. These only temporarily relieved the symptoms. Even simple activities like dressing, walking, and driving an automobile became more and more difficult.

A friend who had seen my health worsen referred me to a Nikken Wellness Consultant. I was totally skeptical and really did not think that these products would have any benefit for my condition. I tried the products and had dramatic improvement. My quality of life has been restored, and I am able to do all the things I enjoyed most, like golfing, dancing, walking, cycling, and returning to my exercise program.

My husband and I were so excited with my improvement that we decided to research

It's taken 10 years off my face."

Judy Jennings, Fairfield, Ohio

The Nikken Business Opportunity

"What we love about this business is that we cannot be successful by ourselves ... there are no solo acts. For us to be successful, we must help others attain their goals. The whole business plan is based on cooperation and teamwork. We feel that Nikken demands a higher order of business conduct than we ever experienced in a corporate job. And we are proud to represent the integrity of this business model."

**Tracy Hooper
Baltimore, Maryland**

"I know it may sound corny, but I'm really not in it for the money. I'm in it for the balance and the career change. I want to be a wellness consultant. This is something that is underplayed in our culture and something that is very important to me. I firmly believe that 'an ounce of prevention is worth a pound of cure'. When I talk to people, it seems like they are searching for wellness in their lives and don't know where to turn. I want them to know that they can turn to Nikken for their wellness needs."

**Lynn McCarthy
Sandy, Utah**

"As a scientist, I reviewed Nikken's technology thoroughly and became personally and professionally convinced of its validity."

**Gary Lindner
Galt, California**

"I am a competitive person when it comes to my own goals, and the beauty of Nikken is that I can reach for these goals while helping others

these technologies. After a visit to a local library, we found numerous periodicals on the subject. My physician advised me that the products could do no harm and was very impressed with improvements in my mobility.

In a desire to learn more, we attended a Wellness Preview and discovered that these products were for everyone, especially for wellness and prevention. People shared how these products had helped them and how by simply sharing them with others, they were also financially rewarded from the company. The testimonials were so sincere. We knew that we were given a gift to help others.

We now have a purpose and mission in our lives to bring value and hope to the lives of others through the awesome Nikken products, remarkable business opportunity, and the philosophy of a balanced life! We have an international business that we operate from our home. It has been so rewarding and so much fun to network with people from all over the world. My husband was downsized several years before we were introduced to Nikken, and there was a significant pay cut. Nikken has provided us an opportunity to replace that lost income, and we now have more control over our physical and financial future.

Nikken has given us choices – the choice for early retirement and an opportunity to maintain our lifestyle into our retirement years. We have also had an opportunity to travel internationally with our Nikken business and meet so many people from all over the world. Nikken's philosophy is based on "5 Pillars of Health" – healthy mind, body, family, society and finances. To be healthy, you must have balance in all 5 areas.

Nikken continues to research and develop new wellness technologies. As new technologies have been introduced, my health has continued to improve. My husband and I continue to share Nikken wellness technologies and are making a difference in so many people's lives!

**Linda Chaney
Phoenix, Maryland**

and not by beating them.”

Mickey Sullivan
Canandaigua, New York

“The Nikken business opportunity has given our life a purpose and we have a mission to tell as many people as we can about how they can achieve financial freedom through better health and a balanced life.”

Fran Frano
Belvidere, Illinois

“Nikken gives you the opportunity to grow on an individual basis and to step out and gain exceptional growth. Seeing how people grow in this business is wonderful to watch.”

Igor Gruendl
Sarasota, Florida

“We are very proud to be Nikken wellness consultants and part of this phenomenal network marketing industry. We believe that we have the most innovative health products and the best business opportunity in the world.”

Carol Ann Gruendl
Sarasota, Florida

“With Nikken, we realized we could have it all: balance, time and the lifestyle we wanted.”

George Madiou
Boca Raton, Florida

“Nikken has given us the vehicle to achieve our dreams, while having the freedom we have worked so hard for.”

David Write
Sherrill, New York

A member of the President's Club asked me to share this story with you:

As a massage therapist, I visit a nursing home on a regular basis to provide comfort to the residents. It is a wonderful way to share the Nikken products with people who need them so much.

I asked Emma, age 85+, if she'd like to have the use of my "magic blanket" (Far Infrared Nikken Comforter) and of course, she did. She feels cold much of the time, and it gave her the warmth she needs. Emma was seated in her wheelchair, and after I put the comforter over her I could see that in her position, it would be expedient to use the new PalmMag. I set it in the "nest" I had created with the comforter and immediately Emma smiled at me with rosy cheeksand then tears poured from her eyes, down her cheeks and splashed to the floor!

I asked Emma if she were OK (I was afraid I had hurt her in some way!) She nodded and said, very softly, "I have tears because I think you love me."

As I worked with Emma's hands and feet I was thinking how grateful we can all be to affect and impact people's lives in such meaningful, helpful ways.

Connie & Norman Baum
Grand Island, Nebraska

Ever since I can remember, I had to eat every two hours; otherwise I would get weak and feel shaky. My friends used to tease me in fun about how I always had to take time out to eat. People couldn't believe how much I ate.

Although I seemed to eat a lot, it was always in small portions, so I didn't have a weight problem. Then Nikken came out with the Bio-Directed nutritional products. I started with the Multi-Vitamin, Women's Formula, Beta-C E Zinc, Mushrooms and, about three or four times a week, I take the Emerald Harvest. Amazingly, I now have only three meals a day. I never get the shakes, and there have been

Nikken General Product Testimonials

My friend recently received a total knee replacement and had a lot of discomfort several days after returning home from the hospital and rehab. I lent her the KenkoTherm knee wrap plus two Mini Promo Pads. Shortly after she put the wrap on her knee and tucked a Mini on each side, she said she began to experience welcome relief. She has continued to use them for several weeks and recently called to say she was still using them even though her discomfort is gone. She said, "You wouldn't believe how good I feel."

Carol Douglas
Phoenix, Arizona

Because I am an medical professional, I have the wonderful opportunity to share the Nikken products many times a week. Last week I met an elderly gentleman who had fallen and was enduring significant discomfort. While interviewing this man, I just spun the Magboys in my hand. I was sitting about 12 inches from him. In about 5 minutes, it was visible to the gentleman and me that he was having a very positive product experience. As a medical professional I love to be able to offer this technology to my clients, knowing no harm is to follow.

Suzanne Truax, RN
Sugar Land, Texas

many times when I've gone five hours without eating, as long as I take my vitamins throughout the day. I no longer crave sweets either! It really is amazing. I am 42 years old, and I have been faithfully on the Bio-Directed nutrition for two years. I feel healthier than I've ever felt!

Cindy Rivait
Tecumseh, ON

"I am a young man (56) with mild hypertension, high cholesterol and a family history of hypertension and stroke. I eat right, work out three times weekly and get plenty of rest. However, on July 8, I suffered a stroke which left me with very significant left-side weakness, slurred speech, etc.

"We have been on the Sleep System for years. In addition, I use Magsteps, Magboys, the Nikken necklace and bracelet, and a Nikken headband with a Super Mini over the brainstem, where the infarct was seen. I also drink lots of optimized PiMag water. I saw my neurologist on July 24, and he was pleasantly surprised to find me about 85% back!

"I give God all the credit, and because of our wonderful technologies, I will be 100% very soon!"

John M. Hayes, M.D.
Gaithersburg, Maryland

"I suffered through 30 years of back problems where I traditionally would lose 30 days (of productive work) every year. I have been with Nikken now for three years and have not been down one day as a result of my back problems. I also had a bad knee when I was introduced to these products, and I was seriously looking at having surgery. My knee has completely recovered to the point that I will take a look at skiing again this year. And Nikken's far infrared products solve that other problem of being so cold when you're skiing."

Bill Widmeier
Sturbridge, Massachusetts

“My husband, Bob, and I flew to the East Coast to be with our daughter. She was diagnosed with Multiple Sclerosis when she was 28, and she now is 38 and has just started Betaseron injections for the MS. Upon arrival, we found her taking (with doctor’s permission) eight to 10 Tylenol per day and up to five naps per day. She is the mother of two teenage boys and one 4-year-old boy. Her husband is in the National guard, and she is active in her church worship team, so you can see she has her hands full.

“When we went for our visit, we took along several Nikken items to try

out on her, including a Nikken comforter for her bed, and we also broke open the Gelly-Bees. She takes two mid-morning and two mid-afternoon. Then we optimized the PiMag drinking water.

“After her first nap under the comforter, her comment was, “What is that”? She had her first real restful nap in a long time. We left her home one month later with the following results: She was then taking only one or two Tylenol per day because of less frequent headaches, she took just one nap in the afternoon and had more energy for household chores. She also drinks more water because she likes it better.

“I am anxious for the 90-day follow up. I know she will continue to improve. I am sending this along because I am so excited about how these products can help all of us.”

**Marian A. Zanoni
Hoodsport, Washington**
